

**School Wellness Policy Attributes**  
**“Communication about policy”**

<b>District Name</b>	<b>BP/AR</b>	<b>Page #</b>	<b>Sentence</b>
<b>Alpine Union</b>	BP 5030	f	<p><u>Communications with Parents.</u> The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school may provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school may provide opportunities for parents to share their healthy food practices with others in the school community.</p> <p>The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p>
<b>Bonsall Union</b>		2	<ul style="list-style-type: none"> <li>• Provide consistent health education to parents and families, including but not limited to nutrition and physical activity (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</li> </ul>
<b>Borrego Springs Unified</b>	BP	B	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian</p>

	BP	D	<p>meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p>Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)</p>
<b>Cajon Valley Union</b>	BP 5030	B	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
		c	<p>Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)</p>
<b>Carlsbad Unified</b>	BP	2	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
	AR	3	<p><b>Parent/Community Outreach</b></p> <ul style="list-style-type: none"> <li>• The District will utilize multiple forms of communication to educate parents and the community about health and nutrition including newsletters, handouts, articles, parent teacher meetings, assemblies, the internet, and school menus.</li> <li>• The District Health and Wellness Council will develop a relationship with school Parent Teacher Associations, School Booster Organizations, and</li> <li>• Foundations that will facilitate communication</li> </ul>

	AR	7, 8	<p>between parents, students and staff to enhance the collective health of the community.</p> <p><b>Communication</b>  The district will use multiple forms of communication to educate parents, students and the community about proper nutrition using newsletters and important articles. The district will also encourage parent teacher associations to select assembly subjects about proper nutrition for the students during the school day that can include subjects that we feel are important. Required communications on these nutrition guideline procedures are to be posted on the Carlsbad Unified School District Website and available to the public at each school site. It is recommended that these nutrition guideline procedures be part of a CUSD parent and staff pamphlet on the District Wellness Policy.</p>
<b>Chula Vista Elementary</b>	BP	3	To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>Coronado Unified</b>	BP	3	“To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.”
<b>Dehesa</b>	BP 5030	B	To encourage consistent health messages between the home and school environment, the Superintendent/Principal or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>Del Mar</b>	BP	7	“The district/school will support parents’ efforts to



			school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
<b>Escondido Union</b>	BP	2	To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
	BP	4	Nutrient analysis of all meals shall be available for parents and students to see.
	BP	5	<u>Posting Requirements:</u> Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)
	AR	11	<u>Posting Requirements:</u> Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)
	BP(a)	12	-- Encourage consistent health messages between the home and school environment, health information to parents shall be distributed through school newsletters, handouts, websites, and parent meetings. -- Outreach to parents shall emphasize the relationship between health and academic performance.
<b>Escondido Union High</b>	AR	5	<u>Communications with Parents</u> The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on the website.

	AR	7	<p>Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.</p> <p>The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p> <p>The superintendent or designee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent teacher organizations, school principals, and school health services personnel in the district.</p>
<b>Fallbrook Union High</b>	BP 5030	2	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
<b>Grossmont Union High</b>	BP 5030	5	<p><u>Parent/Community Involvement</u>: This item refers to an integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.</p>



			<p>provide opportunities for parents to share their healthy food practices with others in the school community.</p> <p>The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p>
<b>Lemon Grove</b>	BP	1	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
<b>Mt. Empire Unified</b>	BP	3	<p>1. To encourage consistent health messages between the home and school environment, the Superintendent or Principals may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
<b>National</b>	BP 5030	4,5	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p>The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites</p>

			implement the district's wellness policy. The Superintendent or designee shall effectively communicate the goals and directives of the district's wellness policy with all staff, students, and parents/guardians.
<b>Oceanside Unified</b>	BP	2	To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate wellness information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, child nutrition menus, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>Poway Unified</b>	BP	7	<p><b>8. Communication with Parents and Promotions</b></p> <p>b. <i>Engaging Families</i> - Schools should encourage family involvement to support and promote healthy eating and physical activity habits. This includes supporting families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication between school and home. Nutrition education should be offered for parents, e.g., providing healthy eating seminars, sending home nutrition information, postings on school website, and providing nutrient analyses of school menus. Such supports should also include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p> <p>c. The District/school should make available to parents a list of foods that meet the District's nutrition standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. School administrators should encourage students and parents to pack healthy lunches and snacks that meet District nutrition standards.</p>
<b>Ramona Unified</b>	BP	1	To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other

			communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>San Diego Unified</b>	AP	3	<p>11) Increasing parent/guardian outreach and involvement efforts that emphasize the relationship between student health and fitness and academic performance and address the need for consistent messages among school, home, and community.</p> <p>12) Providing ongoing and consistent opportunities for parent and family education about the relationship between general health, nutrition, physical activity and success in school and life, through newsletters, hand-outs, parent meetings, PTA/PTSA health and safety site representatives, and school site and district web sites.</p> <p>13) Increasing the involvement of parents, students, and community partners in site and district level planning, implementation, and evaluation of school health and safety programs through the development of school site Coordinated School Health or Wellness Councils, modeled after the district council and the Center for Disease Control and Prevention’s School Health Index and the eight components of coordinated school health.</p>
		5	<p>4. <b>School site administrators</b> shall ensure that information about the district Wellness Policy and this and other related procedures is made available to all site staff, is implemented at the site level and that a Site Coordinated School Health or Wellness Council, including parent, student and community members, is established at each site with the responsibility to oversee the site implementation of these guidelines and report back to the coordinator of district wellness compliance.</p>
<b>San Dieguito Union High</b>	Summary	2	<ul style="list-style-type: none"> <li>• Fundraising: <ul style="list-style-type: none"> <li>○ Will encourage all school-based organization to use non-food items for fundraising.</li> <li>○ If food items &amp; beverages are used, then they must comply with nutrition guidelines.</li> <li>○ If they do not meet the nutrition standards, then they may be sold by students if the sales takes place off and away school</li> </ul> </li> </ul>

			<p>grounds or on school grounds if the sale occurs 30 minutes after the end of the school day.</p> <p><b><u>Implementation:</u></b></p> <p>2.) Each school will post and make available the district's policies and regulations on nutrition and physical activities.</p>
	BP 5000	3	
		1	The focus of the school system is on the student. It is incumbent upon the Board of Trustees, district and school administration and teachers to provide for the physical and intellectual welfare of the students in their charge. This shall be accomplished through the Board's policies and the administration's regulations. The school district shall work closely with parents/guardians and the community in order to achieve a harmony of interests.
	AR 5030	5	2. Parent/guardian outreach efforts should emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and school environments.
		8	2. Each school will post the district's policies and regulations on nutrition and physical activity in public view. (EC Section 49432)
<b>San Pasqual Unified</b>		4, 5	Increase involvement of parents, students, and community partners in site and district level planning, implementation, and evaluation of school health and safety program through the development of the district health committee.
		5	The Health Committee will ensure communication to the staff, Board and families. A report of progress with goals of the procedures will be made to the Board of Education on a regular basis.
<b>San Ysidro</b>	BP	D	<ul style="list-style-type: none"> <li>Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environment.</li> <li>Provide consistent health education to parents and families, including but not limited to</li> </ul>

		F	<p>nutrition and physical activity (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</p> <p>Each school shall make available the districts' policies and regulations on nutrition and physical activity in the school office.</p> <p>Each school shall also post a summary of the nutrition and physical activity laws and regulations prepared by the California Department of Education.</p>
<b>Solana Beach</b>	E	4	<p><u>Communications with Parents</u></p> <p>The schools will support parents' efforts to encourage healthy lifestyles including a healthy diet and regular daily physical activity for their children. The District will post nutrition tips on websites. The District will, upon request, provide nutritional school lunch program information. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The District will provide parents with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.</p> <p>The schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials.</p>
<b>South Bay Union</b>		1, 2	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance</p>
<b>Sweetwater</b>	BP 5030	A	<p>To encourage consistent health messages between</p>

<b>Union High</b>			the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>Vista Unified</b>	BP	1	To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
<b>Warner Unified</b>	BP	1	To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.