

School Wellness Policy



Institute for Public Strategies



Nutrition Advisory Committee

**FNS Director
Parents
Students
Citizens**



Wellness Committee

**FNS Director
Cafeteria Manager
Principals
Registered Dietitian
PE Teacher
School Nurse
Counselor
PTA
Community Organizations
Local Hospitals**



2004 Child Nutrition and Women, Infants, and Children Re authorization Act

2010 Healthy Hunger-Free Kids Act

2016 Local School Wellness Policy Final Rule

Deadline June 30th 2017

AR 5030

Student Wellness Policy

Pomona Unified School District Student Wellness Policy



INTRODUCTION

On July 1st, 2006, a new federal law (PL 108.265 section 204) went into effect. This new law, which is referred to as the "Wellness Policy," requires that every school district participating in the National School Lunch Program adopt a wellness policy aimed at improving the health of school-age children. Research shows that healthy lifestyle practices improve student academic performance, attendance, and behavior. On June 11, 2014, the Board of Education revised the "Student Wellness Policy," (BP5030) to create a healthier school environment by setting goals to combat childhood obesity, juvenile diabetes, declining physical activity, and poor dietary habits facing our students.

POLICY GOALS & HIGHLIGHTS

Nutrition Education and Physical Activity Goals:

Nutrition education shall be provided as part of the health education program taught in grades K-8 and high schools.

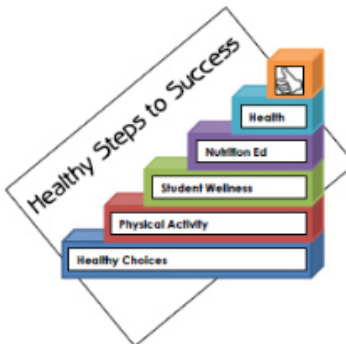
Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models to promote healthy habits.

Professional development for teachers shall include instructional strategies that assess health knowledge and skills, and promote healthy behaviors.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

All food and beverages sold or served free of charge on school grounds, during school hours, shall meet the nutritional standards set by federal and state guidelines.



School organizations are encouraged to use food items that are consistent with the current federal and state guidelines and/or encourage the selection of non-food items for fundraising purposes.

School staff and parents are to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Parents/guardians are encouraged to consider nutritional foods when providing classroom snacks and by limiting foods and beverages to only those that meet nutrition standards. Food related to classroom events and celebrations shall be held after the last lunch period when possible.

Guidelines for Reimbursable Meals: Guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued by the United States Secretary of Agriculture.

The Food and Nutrition Service program will provide students, faculty, and staff with access to a variety of nutritious and appealing food items that meet their nutritional needs.

Other School Based Activities and Facilities:

Health Services may host health clinics, oral health and health screenings, and assist to enroll eligible children in Medi-Cal and other state children's health insurance programs.

Optimum health conditions will be ensured by providing safe, sanitary, and well-stocked restrooms. Drinking fountains will be clean, functioning, and hygienic.

Local wellness policy goals are considered in planning all school-based activities (such as school events, athletic events, field trips, dances, and assemblies).

Monitoring and Policy Review:

The District Superintendent or designee should ensure District-wide and individual school compliance with the adopted wellness policy.

School site principals will be responsible for implementing and enforcing the wellness policy.

Health Services and Food and Nutrition Services shall provide continued assistance in ensuring policy compliance.

The District will revise and update wellness policy as needed.

To request a complete copy of the District's Student Wellness Policy please contact:

Food and Nutrition Services
1460 E. Holt Ave., Suite 160
Pomona, CA 91767

(909) 397-4711 ext. 3950 Fax (909) 622-1037

Revised 06-12-2014

5 Parts to a Good Wellness Policy

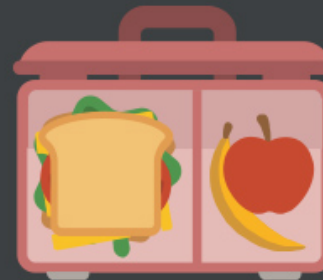
**Nutrition
Education**



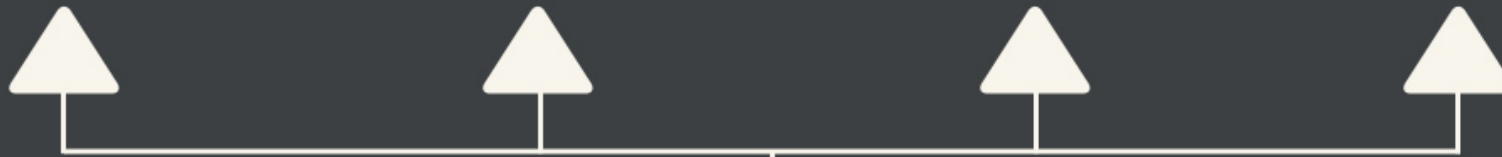
**Physical
Activity**



**School
Meals**



**School
Culture**



Evaluation & Monitoring

Good Wellness Policy and My Child

Nutrition Education



Classroom Health and Nutrition Lessons

Learning Outcomes

Teacher Training

Physical Activity



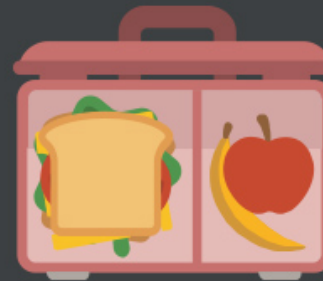
Recess before Lunch

Recess Time

Active Transportation

Physical Activity Time

School Meals



Guaranteed time to eat

Drinking water access

Non-food Rewards

Taste Testing
Breakfast Promotion
Salad Bars

School Culture



Unhealthy Food & Drink Marketing

Health Fairs

Joint-Use for After School Activities

School Health Councils

Evaluation and Reporting



- Integrate student wellness in to LCAP
- Monitor school sites with annual survey
- Wellness committee meets up to 4x a year to revise the wellness policy
- provide progress report to parents in both English and Spanish on school health

Survey



WellSAT
2.0

Wellness
Policy

School Health
Index

School Self-
Evalutaion

Smarter
Lunchrooms
Scorecard

School Meals
and Eating
Environment

Parent Roadmap

Raise awareness between healthy eating and test score/attendance



Recruite local champions (Principals/Teachers)



Translate for other parents



Introduce healthy fundraising ideas to your schools



Encourage student school health councils



Talking about school health at School Board meetings

