

## Our School Wellness Policy

### CCCOE / Floyd I. Marchus School

At CCCOE / Floyd I. Marchus School, we believe healthy students learn better. Our wellness policy explains how we support your child's health at school through nutritious food, physical activity, and a positive school environment.

#### Healthy Food at School

- School meals meet or exceed **USDA nutrition standards**.
- We encourage **healthy classroom celebrations** and non-food rewards when possible.
- Students have access to **free drinking water** throughout the school day.

#### Nutrition Education

Students learn about healthy eating in ways that are age-appropriate and culturally responsive. Nutrition education is connected to classroom learning and daily school life to help students build lifelong healthy habits.

#### Physical Activity

- Students are supported in getting **at least 60 minutes of physical activity each day** through PE, recess, and movement breaks.
- We encourage active play and participation in school.

#### Whole-Child Wellness

We support students' social and emotional well-being and work to create a **safe, welcoming, and inclusive school environment** where every student can thrive.

#### Families Are Partners

Parents and caregivers are invited to be part of our **Wellness Committee**, which helps guide wellness efforts at our school. We welcome your ideas and feedback!

#### How We Stay Accountable

- Our wellness policy is reviewed at least every **three years**. We share updates with families and the school community. The full policy is available to the public.

#### Want to get involved or have questions?

Contact our **Wellness Lead**: Christie Quinn [cquinn@cccoe.k12.ca.us](mailto:cquinn@cccoe.k12.ca.us)

*Together, we're building healthy habits for life! *