

# CORONADO UNIFIED SCHOOL DISTRICT

## SUMMARY OF WELLNESS POLICY

Coronado Unified School District and the Governing Board recognizes the link between student health and learning and is committed to providing a healthy school environment that promotes student and staff wellness, proper nutrition, nutrition education, and regular physical activity. The CUSD Wellness Policy (BP 5030) was revised on August 18, 2016. It consolidates, updates, and reflects changes to all federal, state, local, and District guidelines. The highlighted passages are key areas that relate directly to the parents/guardians and their students.

### **Key policy guidelines to promote student wellness include:**


- *Integrating* health education into preschool through grade 12 core academic subjects during the school day and before-and after-school programs as well as providing professional development in health and physical education highlighting healthy behaviors.
- *Supplying* a standards-based preschool through grade 12 physical education program emphasizing physical fitness, positive health practices, and skill development, which meets or exceeds the State mandated instructional minutes required at the elementary level.
- *Giving* all students opportunities to be physically active throughout the day with activities such physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
- *Implementing* nutrition guidelines for all foods available on each campus during the day (midnight to one-half hour after school), with the objective of promoting student health and reducing childhood obesity.
- *Delivering* foods and beverages through federally mandated reimbursable school meal programs that meet or exceed federal regulations.
- *Prohibiting* the marketing and advertising of non-nutritious foods and beverages on school sites. School staff are strongly encouraged to use non-descriptive containers for food and beverages they consume while with children.
- *Prohibiting* food items in celebration of a student's birthday on the school site during the school day.
- *Permitting* no more than three parties/celebrations with food for each class, per school year, to be scheduled after lunch whenever possible. With no more than one non-compliant food or beverage per party/celebration. All food items should be store-bought, pre-packaged, and/or pre-wrapped for food safety and allergies.
- *Restricting* school staff and other entities from using non-compliant food as a reward for academic performance, accomplishments, or classroom behavior. The District emphasizes non-food incentives as alternatives to all school staff.
- *Encouraging* school organizations to use non-food items and/or healthy food items for fundraising purposes and special events. If food is used, there should be an effort to balance healthier, appropriate portion-size food choices with non-nutritious items.
- *Encouraging* parents/guardians to support student wellness by considering the nutritional quality and portion-size of items they send for snacks/lunch and complying with new District guidelines for non-food birthday parties, healthier celebrations and special events.
- *Encouraging* staff to serve as positive role models by promoting health and wellness resources that support positive lifestyle practices among employees.
- *Fostering* consistent health messages between the home and school environment by disseminating information through District menus, school newsletters, handouts, websites, parent meetings, and/or other communications.
- *Establishing* a plan for promoting, implementing, monitoring and evaluating wellness policy practices in each school, and throughout the District.
- *Establishing* a wellness committee that meets four times per year to assist with policy development and advise the district on health-related issues, activities, policies, and programs.

**\*The complete Wellness Policy can be found at <https://coronadousd.net/Departments/Child-Nutrition-Services/Wellness/>**

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