

CHULA VISTA ELEMENTARY SCHOOL DISTRICT SUMMARY OF WELLNESS POLICY

The Chula Vista Elementary School District (CVESD) 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 CVESD Wellness Policy (BP 5030) was revised May 8, 2012. It consolidates, updates, and reflects changes to all federal, state, local, and District guidelines.

Key policy guidelines to promote student wellness include:

- *Integrating* health education into K-6 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 K-6 physical education program emphasizing physical fitness, positive health practices, and skill development, that 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 as classroom mini-breaks, physical education, recess, school intramurals, special events, Safe-Routes to School, and before-and after-school programs.
- *Implementing* nutrition guidelines for all foods available on each campus during the day (*one hour before and 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. *For example, the District has chosen not to serve flavored milk at meals or snacks.*
- *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 two parties/celebrations with food for each class, per school year, to be scheduled after lunch whenever possible. 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.
- *Inspiring* schools to develop intergenerational programs involving active older adults as role models to support children's healthy lifestyle behaviors.
- *Establishing* a plan for promoting, implementing, monitoring and evaluating wellness policy practices in each school, and throughout the District.

*The complete Wellness Policy can be found at <http://www.cvesd.org/DISTRICT/BoardPolicies/Wellness%20-%20BP%205030.pdf>