

GOALS

Students will have:

- Healthy foods throughout the school day.
- Nutrition education that helps develop lifelong healthy eating behaviors.
- Opportunities to be physically active before, during, and after school.
- Nutrition and physical activity promotion to promote student wellness.
- Ways to practice healthy nutrition and physical activity behaviors in and out of school.



RESOURCES

Ventura County 211

www.icfs.org/

Team California for Healthy Kids

www.cde.ca.gov/eo/in/tchk.asp

USDA Choose MyPlate

www.choosemyplate.gov/

Alliance for a Healthier Generation

www.healthiergeneration.org

CDPH Nutrition & Physical Activity Initiative

www.cdph.ca.gov/Programs/CFH/DMCAH/NUPA/Pages/default.aspx

CA Project Lean

www.californiaprojectlean.org/default.asp

Healthy Ventura County

<https://livewellvc.org/>

Teachers for Healthy Kids

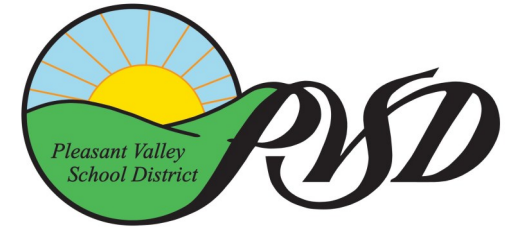
www.teachersforhealthykids.org/

Ventura County-Healthy Youth

<https://livewellvc.org/healthy-schools/healthy-schools-2/>

Pleasant Valley School District Mission Statement

PVSD prepares 21st century learners who are responsible members of our global society.



Pleasant Valley School District Wellness Policy



Pleasant Valley School District

600 Temple Ave.

Camarillo, CA 93010

www.PleasantValleySD.org

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Why

The federal government has initiated laws that set standards for improved school meals and requires school districts to follow specific criteria in order to create unique wellness policies.

Pleasant Valley School District:

The District recognizes that healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential. The district has a responsibility to provide a healthy learning environment by supporting wellness, good nutrition, and regular physical activity.

The District believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Center for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood.

Schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong healthy behaviors.

Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

What

Pleasant Valley School District Wellness Policy Overview:

Nutrition

- Food Services is meeting or exceeding Federal and State nutrition standards
- Integrating nutrition education into the academic curriculum at all grades levels
- Promoting the use of non-food rewards, healthy celebrations, and fundraising

Physical Education & Activity

- Minimum mandated amount of time for Physical Education
- Promoting physical activity during periods of academic learning
- Encourage before and after school physical activities

Other Activities that Promote Wellness

- Promoting opportunities for parents, students, staff and community members to engage in activities which enhance physical, mental, and emotional health.
 - Assemblies that promote healthy choices
 - Walk/Bike to School Events
 - Filtered Water Bottle Dispensers
 - School Outdoor Gardens
 - Community Wellness Run (Bananarama)
 - Participating in the District Wellness Committee meetings
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Who

Everyone has a role in creating healthy schools!

Students: Cultivate school gardens, participate in healthy fundraisers, and learn to be ambassadors of health to peers and family through physical activity and smart food choices.

Parents/Guardians: Support healthy school and classroom celebrations, Safe Routes to School, school gardens, school safety, healthy fundraising, and engage in the District wellness committee.

School Staff: Model healthy behaviors, promote social and emotional wellness in school sites, create and maintain safe school environments, offer healthy rewards for student achievement, and engage in physical brain breaks.

School Programs: School Gardens, Safe Routes to School, Walking /Running Clubs, Action Based Learning, Competitive Sports Teams, CPR/AED Training, Employee Wellness Opportunities, Bullying and Drug Prevention activities.

Principals: Ensure Wellness Policy is integrated into school curriculum and school environment by utilizing the Wellness Wednesday Messages, Sending a school representative to the District Wellness Committee meetings and posting the Wellness Policy .

School Board: Approved and supports PVSD Wellness Policy.
