What?

The Wellness Policy sets goals for……

Nutrition

Integrating health education into K-6 core academic subjects before, during and in after-school programs.

Encouraging parents/guardians to support student wellness by considering the nutritional quality and portion-size of items they send for snacks/lunch.

Complying with new district guidelines for non-food birthday parties, healthier celebrations and special events.

The District prohibits the marketing and advertising of non-nutritious foods and beverages on school sites. Staff, parents and visitors are strongly encouraged to use non-descriptive containers for food and beverages they consume while with children.

Physical Education & Activity

Teachers and other school and community staff are discouraged from withholding opportunities for physical activity (e.g., recess, Physical Education) as punishment.

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.

Why?

Let's Put it in Perspective……

In an unprecedented Height & Weight Surveillance Project, CVESD measured the Body Mass Index (BMI) of over 25,000 students in the district starting in 2010. The District found:

Nearly **40%** of CVESD **(K-6)** students measured as **overweight or obese** in 2010

47% of CVESD **6th graders** measured as **overweight or obese** in 2010

Since the 2010 study, the District has

- strengthened the ***Wellness Policy***
- made changes to schools' ***food and physical activity policies and environments***
- Expanded CVESD's ***Wellness Committee*** consisting of parents, District employees, and community organizations to assist and advise the District on health-related issues.

Our Results:

17% **decrease** in the **obese** category from 2010 to 2016

AND

8% **decrease** in the **overweight** category from 2010 to 2016

If you would like to be involved in the CVESD Wellness Committee, contact Heather Cruz at 619.425.9600 x181514

Wellness Policy Nutritional Guidelines

The Board of Education believes…

foods and beverages sold to students on school campuses during the school day should promote student health and help reduce childhood obesity.

Fundraisers/Food Sales

The only foods that can be sold to students at school from midnight through 30 minutes after dismissal are reimbursable school meals and foods and beverages that comply with the California Smart Snacks in Schools nutrition standards. (CVESD BP 5030)

School organizations are **strongly encouraged** 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.*

See back for ideas

Classroom Celebrations

CVESD **prohibits the use of food items in celebration of a student's birthday** during the school day (midnight through 30 minutes after dismissal). Additionally:

- No more than 2 celebrations *with food* per year
- Food items should be store-bought and pre-packaged for food and allergy safety

Rewards & Incentives

- The District emphasizes non-food incentives
- Staff is encouraged to use physical activity as a reward
- Food as a reward is ***strongly discouraged***
- If food is used as a reward, it must be nutritionally compliant (CA Smart Snacks in Schools).

Health Tip

Calories In = Calories Out

Energy is measured as calories

Energy expended during physical activity

Equals a ***Formula for Good Health!***

Did you know…

Elementary-age children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity.

Children who don't get enough sleep or who don't eat breakfast have a harder time concentrating in the classroom.

Too much TV/computer time has been linked to lower reading scores and attention problems.

The more physically fit children are, the higher they score on academic tests.

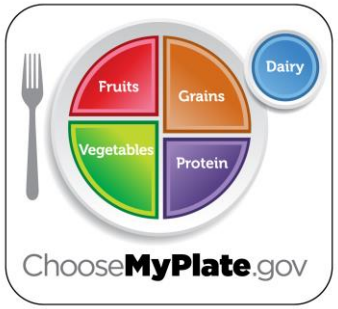
5 2 1 0 Every Day!

HEALTHY HABITS FOR HEALTHY COMMUNITIES

5 **or more** fruits & vegetables
2 **hours or less** recreational screen time*
1 **hour or more** of physical activity
0 **sugary drinks,** more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information and resources-
www.ourcommunityourkids.org



What is a Serving?
For children: size of the palm of *their hand.*
For adults: fruit the size of a tennis ball, or ½ cup of chopped fruit/veggies, 1 cup of raw, leafy greens or ¼ cup of dried fruits.
Check the Label!

Healthy Snacks – One Serving of……

- Fresh fruits or veggies, dried fruit
- Low-fat or non-fat yogurt or string cheese
- 100% frozen juice or fruit bars
- Low-fat or non-fat frozen yogurt
- Pretzels, light popcorn or goldfish crackers
- Bottled water or low-fat/non-fat milk

Non-Food Celebrations/Reward Ideas

- ***Child's Choice*** for a fun game or activity to celebrate a birthday or special event
- Invite an interesting guest to speak to the class
- Donate a book, fun pencils, rulers, erasers, markers, stickers, jump ropes, or other activity equipment

Healthy Fundraisers

- Walk, jog, jump rope, hoop, read & run -a-thons
- Student/family-designed calendars, recipe books, stationary or notepads, school bags, etc.
- Event raffles with healthy prizes or family activities

How do you stay active and healthy? Share with #CVESDphysed
For more ideas go to www.cvesd.org under "Community" go to "Wellness"

PHYSICAL EDUCATION
Health and Wellness

Wellness Policy
Parent Information

84 East J Street,
Chula Vista, CA 91910
Contact: Innovation and Instructional Services
(619) 425-9600 ext. 1514

Board of Education
Delia Dominguez Cervantes • Keren Ramirez Dominguez
Francisco Tamayo • Jessica Tolston • Lucy Ugarte
Superintendent
Eduardo Reyes Ed.D.

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