



FBUSD WELLNESS POLICY – AT A GLANCE



CELEBRATIONS (*Healthful Celebrations*)

- 🚫 Only ONE per class per month that involves food.
- 🚫 No more than one non-compliant food item per celebration
- 🚫 Celebrations involving food should be held after lunch whenever possible.



BEHAVIOR MODIFICATION (*Meaningful Motivators*)

- 🚫 Physical Activity may NOT be used as punishment.
- 🚫 OK to allow extra physical activity as a REWARD.
- 🚫 NO withholding of recess as punishment.
- 🚫 NO food as a Reward... any food.



FUNDRAISING (*Fit Fundraising*)

- 🚫 All fundraising involving food on campus MUST meet strict state and federal laws. Check with Nutrition Services Director prior to selling food during the school day.
- 🚫 ALL fundraising involving the direct solicitation by students regardless of where or when, such as catalogue sales, must be non-food items, or if food it must meet the same guidelines as food sold on campus.
- 🚫 Fundraising done on behalf of the District which involves food must include healthy options and limit foods of minimal nutritional value. See policy for percentage of sales details.



PHYSICAL ACTIVITY (*Plenty of Exercise*)

- 🚫 It is expected that ALL Students spend at least 50% of PE class participating in moderate to vigorous activity.
- 🚫 Elementary – 100 minutes/week of PE is required
- 🚫 Middle School – 200 minutes/week of PE is required
- 🚫 High School – 200 minutes/week during 2 required years of PE.



SCHOOL ENVIRONMENT (*Brain Food*)

- 🚫 Students may have capped water containers in classrooms.
- 🚫 Staff is encouraged to model healthy choices.
- 🚫 No marketing, promotions, advertising of non-nutritious foods on campus.