2026 Wellness Policy Report
Tamalpais Union High School District

TUHSD

We met these goals:

- Established district guidelines for food and beverages sold or given away to students on campus
- Developed a process for communicating these guidelines and tracking their use
- Rolled out use of this process with building administrators and student leadership teams
- Conducted a Triennial Assessment of our district wellness policy and implementation efforts

We are still working on these:

- Establish a district wellness council (DWC)
- DWC will learn about our district wellness policy
- DWC will review the most recent wellness policy Triennial Assessment
- DWC will set goals to support the implementation and effectiveness of our district wellness policy

Are you interested in Student Wellness?

TUHSD is looking for teachers, students, coaches, caregivers, foodservice staff, community members and anyone else interested in participating in a district wellness council.

www.tamdistrict.org

- For all foods and beverages available to students on campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)
- The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

- TUHSD Wellness https://sites.google.com/tamdistrict.org/tuhsdwellnesscenter
- TUHSD Counseling https://www.tamdistrict.org/services/tuhsd-counseling
- TUHSD Student Nutrition Services https://www.tamdistrict.org/administration/student-nutrition-services
- The 2026 District Wellness Policy Triennial Assessment is available through the district website and this QR Code.