

# What?

The Wellness Policy sets goals for:

## Nutrition Education

Implementing nutrition guidelines for all foods available on each campus during the school day (*before school through 30 minutes after school*), promoting student health, and reducing childhood obesity.

The District's standards and goals are designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

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.

Encouraging consistent health messages between the school and home environment through district menus, school newsletters, flyers, district and school websites and other messaging, meetings, and special events.



## Physical Education & Activity

Supplying a standards-based 9-12 physical education program emphasizing physical fitness, positive health practices, and skill development that meets or exceeds the State mandated instructional minutes required.

Giving all students opportunities to be physically active throughout the day with activities such as nutrition breaks, physical education, and before- and after-school programs.



# Why?

In 2004, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the 2006-07 school year.

A EUHSD Wellness Committee consisting of principals, teachers, nurses, community organizations, parents, school food service professionals, and students (when appropriate), was created to assist and advise the District on health-related issues.

## Healthy Hungry Free Kids Act 2010.....

Improving child nutrition is the focal point of the Healthy, Hunger-Free Kids Act of 2010. The legislation authorizes funding and sets policy for USDA's core child nutrition programs: the National School Lunch Program, the School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Summer Food Service Program, and the Child and Adult Care Food Program. The Healthy, Hunger-Free Kids Act allows USDA, for the first time in over 30 years, opportunity to make real reforms to the school lunch and breakfast programs by improving the critical nutrition and hunger safety net for millions of children.



## 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.*

Any food sales conducted outside the District's food service program shall meet nutritional standards specified by law, Board Policy, and Administrative Regulations (EUHSD BP 5030).

The District restricts 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 an alternative to all school staff.

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-sized food choices with non-nutritious items.

Only organizations that are in partnership with the Student Nutrition Services Department may conduct a food or beverage sale during the school day. All products for sale must meet all federal regulations (no foods of minimal nutritional value), state (currently SB12, SB965, SB80 and Title 5), District Wellness Policy, and may not be a potentially hazardous food.

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to a student's diet and health, with an emphasis on serving fruits and vegetables.

### 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.....

1 out of 4 students are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity.

Students 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.

### Resources:

#### Team Nutrition: USDA

<https://www.fns.usda.gov/tn/team-nutrition/>

#### National Alliance for Nutrition and Activity

<http://www.schoolwellnesspolicies.org/>

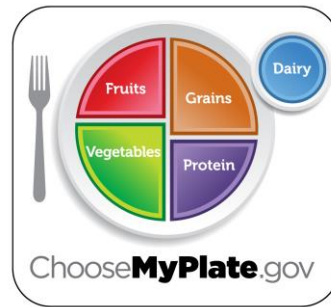
#### National School Lunch Program

<http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

#### Healthy School Campaign

<https://healthyschoolcampaign.org/policy/food/>

This institution is an equal opportunity provider and employer.



### 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 trail mix
- Bottled water or low-fat/non-fat milk

### Non-Food Celebrations/Reward Ideas

- Invite an interesting guest to speak to the class
- Donate a book, fun pencils, rulers, erasers, markers, stickers, jump ropes, or other activity equipment
- Allow free time or extra credit opportunities

### Healthy Fundraisers

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



For more information, go to the EUHSD website:

<http://www.euhd.org>

# Wellness Policy Parent Information



*“The Escondido Union High School District recognizes the link between student health and learning and is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity for all District students.”*

### Escondido Union High School District

302 N. Midway Drive

Escondido, CA 92027

Contact Andrea Perreault (760) 291-3238

### Board of Education

CHRISTI KNIGHT – JON PETERSON – BILL DURNEY – TINA POPE – DANE WHITE

Superintendent  
STEVE BOYLE

The Escondido Union High School District is committed to providing equal educational, contracting, and employment opportunity to all in strict compliance with all applicable State and Federal laws and regulations. The District office that monitors compliance is the Human Resources Services, phone (760) 291-3281. Any individual who believes s/he has been a victim of unlawful discrimination in employment, contracting, or in an educational program may file a formal complaint with the District's Human Resources Office.