



# Wellness in Action!



Then...

Now...

|                              |  |                              |  |
|------------------------------|--|------------------------------|--|
| Foods Available to Students: | <ul style="list-style-type: none"> <li>Any chips, candy, soda, cookies, cakes, etc.</li> </ul>   | Foods Available to Students: | <ul style="list-style-type: none"> <li>There are established guidelines that indicate which foods are allowed to be offered or sold</li> <li>The development of a comprehensive Allergy Policy</li> </ul>  |
| Classroom Celebrations:      | <ul style="list-style-type: none"> <li>Could serve any type of food, anytime of day, and at all celebrations</li> </ul>  | Classroom Celebrations:      | <ul style="list-style-type: none"> <li>Food is only served at a maximum of 50% of celebrations and must be scheduled after lunch</li> <li>Must follow the <b>Acceptable Food &amp; Beverage Snack List</b></li> </ul>  |
| Non-food Celebrations:       | <ul style="list-style-type: none"> <li>Not encouraged</li> </ul>   | Non-food Celebrations:       | <ul style="list-style-type: none"> <li>Promote alternative non-food celebrations such as: scavenger hunts, sport games and contests, arts &amp; crafts, board games, movies, computer time and extra recess time</li> </ul>  |
| Classroom Pizza Parties:     | <ul style="list-style-type: none"> <li>Were scheduled at anytime of day with no nutritional guidelines to follow</li> </ul>  | Classroom Luncheons:         | <ul style="list-style-type: none"> <li>Are scheduled during lunch time</li> <li>Are part of the National School Lunch Program, which follows Federal &amp; State nutritional guidelines</li> <li>Ordered exclusively through Child Nutrition Services</li> </ul>   |
| Food Safety:                 | <ul style="list-style-type: none"> <li>Only addressed in the school cafeteria, not in classrooms</li> </ul>  | Food Safety:                 | <ul style="list-style-type: none"> <li>Requirement of signed <b>Safe Food Handling Procedures in the Classroom</b> document when home-made food items are served</li> </ul>  |
| Fundraising:                 | <ul style="list-style-type: none"> <li>No restrictions on the number or type of fundraisers held on campus</li> </ul>  | Fundraising:                 | <ul style="list-style-type: none"> <li>Food items must meet <b>Acceptable Food &amp; Beverage Snack List</b></li> <li>Only one non-compliant food fundraiser per year</li> <li>We strongly support the use of non-food fundraisers such as jog-a-thons, recycling, gift wrapping and box tops</li> </ul> |
| Food as a Reward:            | <ul style="list-style-type: none"> <li>Commonly used as an incentive for daily academic or behavioral tasks:               <ul style="list-style-type: none"> <li>Cookies, candy, soda, ice cream, etc.</li> </ul> </li> </ul> | Food as a Reward:            | <ul style="list-style-type: none"> <li>Not allowed due to the negative physical, psychological, and emotional impact it may have on student health</li> <li>Utilize non-food items such as water bottles, key chains, extra recess time, school supplies and athletic equipment</li> </ul>               |

## What's a Wellness Policy?

The San Marcos Unified School District developed a Wellness Policy to promote student health through nutrition education, enhanced nutrition guidelines, and physical education and activity. SMUSD strives to create a healthy environment where our students have an opportunity to learn the importance of nutrition and physical activity while being provided nutritionally rich foods and beverages. Here are some of the highlights of our policy:

- The District believes that the introduction of nutrition related concepts help foster healthy lifestyle behaviors and leads to academic success among our students.
- Approved curriculum sources include the Dairy Council of California, USDA Nutrition Curriculum, Harvest of the Month, California Project Lean and the UC Davis Cooperative Extension.
- Physical education and activity during the school day follows the Board adopted Physical Education Policies and Procedures.
- The District encourages the use of fine and gross motor skills, sports, and any other form of physical activity as a substitute for classroom rewards, celebrations and school fundraisers.

## Wellness Resources:

- Wellness Policy Website: [www.smusd.org/wellnesspolicy](http://www.smusd.org/wellnesspolicy)
  - Wellness Policy
  - Meeting Dates
  - Allergy Notification Guide
  - Snack Calculator
  - Wellness Policy Fair Information
- Child Nutrition Services Website: [www.smusd.org/cns](http://www.smusd.org/cns)
  - School Menus and Nutritional Information
  - Nutrition Library
  - Fundraising Ideas
  - Non-food Rewards
- USDA Nutrition Information: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Dairy Council of California: [www.dairycouncilofca.org](http://www.dairycouncilofca.org)

