

TAKE ACTION

Join Your School Wellness Council!

- Want to be involved in making decisions about the nutrition and physical activity at your child's school?
- Every AVUSD school has a School Wellness Council. We need parents involved!
- You can get involved by joining your school's Wellness Council. Just ask your principal who your school's wellness lead is!

FACTS

Did you know?

- The obesity rates among children are 3 times as high as they were 30 years ago.
- Negative health effects of obesity could become the same as cigarette smoking.
- More children are suffering from conditions that typically affect older adults including: high cholesterol, Type 2 Diabetes, high blood pressure, orthopedic problems and more.
- Overweight and obese children go to the emergency room more than their normal weight peers (for non-accident related incidents).

Growing Healthy Students:

- AVUSD serves nutrient-rich breakfast, lunch, snack, supper and summer meals. To learn more about any of these meals, visit our website (www.AVUSDnutrition.org) or email us at Dietitian@Alvord.k12.ca.us
- Children who eat breakfast at school helps them to do better in school.
- Parents and teachers can positively impact students by modeling healthy behaviors.
- Rates of childhood obesity, diabetes, and heart disease can be reduced and/or prevented by increasing a child's physical activity and healthy eating.

RESOURCES

Great Websites for Families & Teachers

- Kaiser Permanente: Thriving Schools
thrivingschools.kaiserpermanente.org
- Choose My Plate:
choosemyplate.gov
- Fruits and Veggies More Matters
fruitsandveggiesmorematters.org
- Fuel up to Play 60
fueluptoplay60.com
- PBS Kids: Fizzy's Lunch Lab
pbskids.org/lunchlab

AVUSD Wellness Partners (partial list)

- American Heart Association
- Dairy Council of California
- Alliance for a Healthier Generation
- California Dept. of Health, Nutrition Education and Obesity Prevention (NEOP)
- UC ANR Cooperative Extension
- Kaiser Permanente
- Riverside County Regional Medical Center Foundation
- Riverside County Dept. of Public Health
- City of Riverside Parks and Recreation
- City of Riverside Fit, Fresh and Fun Forum
- Riverside Community Health Foundation
- Alvord Educational Foundation
- University of California, Riverside
- California Baptist University



ALVORD UNIFIED SCHOOL DISTRICT

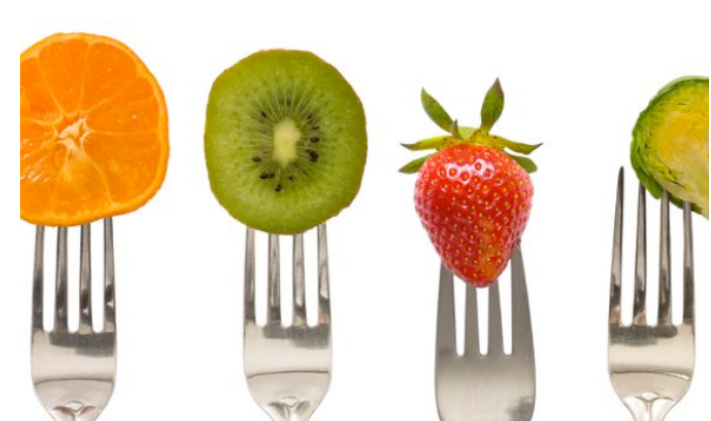
WELLNESS POLICY



AVUSD CHILD NUTRITION SERVICES

7377 Jurupa Ave.
Riverside, CA 92504
(951) 509-6200
AVUSDnutrition.org





OUR GOALS

Wellness as a Priority

- Healthy Hunger-Free Kids Act (HHFKA): Passed in 2010, the HHFKA made school meals more nutritious and it also set standards for all other foods sold at the school.
- Smart Snacks: Required by HHFKA, schools are required to offer nutrient-rich snacks.
- The AVSD Wellness Council has created a district-wide wellness policy that meets federal guidelines. It is designed to bring schools, parents, and communities together to put into action.

YOU CAN HELP

Healthy Celebrations

- AVSD's wellness policy includes non-food-centered fundraisers and celebrations. All foods and beverages provided to students must meet the Smart Snack guidelines. Guidelines for foods can be found by visiting AVSDnutrition.org.
- Class parties and birthday celebrations must also meet the Wellness Policy requirements.
- Healthy Classroom Celebration Ideas:
 - Stickers, erasers, rulers
 - Pencils, pens, paper, markers
 - Bookmarks, books, highlighters
 - Activity/game sheets

Healthy Fundraising

Items to sell:

- Coupon Books
- Candles
- Gift Certificates
- Cookbooks
- First Aid Kits
- Wristbands
- Plants, Flowers, Seeds
- Magazine Subscription

Activities:

- Read-a-thon
- Concerts/Dances
- Walk-a-thon
- Fun Run
- Bowling Night
- Scavenger Hunt
- Gift Wrapping
- Recycling
- Yard Sale

AUSD IN ACTION

Healthy School Environment

2017 National Healthy Schools Awards from the Alliance for a Healthier Generation:

- **Bronze Recognition:**
 - La Granada ES
 - Valley View ES
 - Hillcrest HS
- **Silver Recognition:**
 - Orrenmaa ES
 - Promenade ES
 - Stokoe ES
 - Norte Vista HS
- **Gold Recognition:**
 - Wells MS

Other Accomplishments:

- In 2013, AVSD was awarded a 3-year NEOP B grant to improve student and parent health through nutrition education programs.
- 16,500 healthy meals are served each day by AVSD Child Nutrition Services.
- Students across the district have daily physical activity breaks in our classrooms, getting their bodies moving and minds ready to learn!
- AVSD students receive high-quality physical education for 200 minutes every 10 days in elementary and 400 minutes every 10 days in secondary schools.
- The Fresh Fruit and Vegetable Program was granted to: Arlanza ES, Foothill ES, Terrace ES, and La Granada ES.

