



# Wellness Policy

*Board Policy 5030*

*Administrative Regulation 5030*



*Goal:  
To provide a  
comprehensive program  
promoting healthy eating  
and physical activity for  
all district students.*



# Wellness Policy

- *Board Policy 5030*
- *Administrative Regulation 5030*



A stylized landscape illustration. The foreground features rolling green hills in various shades of green. On the left, a tree with a dark brown trunk and a large, multi-layered purple and pink flower-like canopy stands on a small orange mound. The background consists of light blue and white wavy bands representing a sky or distant hills. The text is centered in the white area.

*Nutrition Education  
and  
Physical Education*

# Nutrition Education and Physical Education

- Promote fruits, vegetables, whole grain products and low-fat and fat-free dairy products, healthy food preparation methods, taste testing, farm visits and school gardens.
- May be a part of not only health education classes, but shall also classroom integrated into other subjects in the regular educational program.
- K-6 students 200 minutes of physical activity every ten days.
- 7-12 ALL students 400 minutes of physical activity every ten days.
- Physical education core-content classes provided for all students in grade 9.



# Festival of the Arts and Think Together





# *Physical Activity*



# Physical Activity



- *Physically active on a regular basis.*
- *Provided through:*
  - *Physical education*
  - *Recess*
  - *School athletic program*
  - *Extra-curricular programs*
  - *Before and after-school programs*
  - *Summer learning*
  - *In-class physical activity breaks*





*Fundraisers,  
Celebrations, Rewards*

# Fundraisers During the School Day

K-8

1. The student organization may sell one food item per sale.
2. The specific nutritious food item is approved by the Superintendent or designee.
3. The sale does not begin until after the close of the regularly scheduled midday food service period.
4. The sale during the regular school day is not of food items prepared on the premises.
5. There are no more than four such sales per year per school.
6. The food must comply with the state and federal competitive food or beverage restrictions.
7. The food sold is not one sold in the district's food service program at that school during that school day.



# Fundraisers During the School Day

High Schools – Junior High Schools

1. Only one student organization conducts a food sale on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year, may be designated on which any number of organizations may conduct sale of any nutritious food items.
2. The specific nutritious food items are approved by the Superintendent or designee.
3. Food items sold during the regular school day are not prepared on the premises.
4. The food items sold are not those sold in the district's food service program at that school during that school day.

# Rewards

- Encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.





# Celebrations

School staff shall encourage parents/guardians or volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

Class parties or celebrations shall be held after the lunch period when possible. Schools should limit celebrations that involve food during the school day to no more than two parties per class year.

The district will make available a list of healthy acceptable party ideas to parents and teachers.



**STUDENT WELLNESS**  
2017-2018

**Dear Parents,**  
The Baldwin Park Unified School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. In an effort to promote Student wellness our school board adopted Board Policy 5030

One area addressed is class parties. "School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible. Schools should limit celebrations that involve food during the school day to no more than two parties per class per year. The district will make available a list of healthy acceptable party ideas to parents and teachers."

**As always, please check with the classroom teacher concerning celebrations.**

**Healthful Food Celebration Ideas**

- Fruit "Sundae" Bar with fresh fruit and low-fat yogurt or sorbet
- Baked chips with reduced-fat dip
- Reduced-fat popcorn
- Fresh-cut vegetables with salsa
- Oatmeal raisin cookies
- Small 100% juice
- Whole grain crackers with cheese cubes



# Snow Person Party



*Cheese Stick Snowpeople*



*Boxed Snowpeople*



*Air Popped Snowpeople*





## Reindeer Party

Eat like a reindeer...

- apples
- carrots
- raisins
- pretzels
- melted snow

Play reindeer songs

- Rudolph the red Nose Reindeer
- Grandma Got Run over by a Reindeer
- Run Rudolph Run







## Monster Party

### Snacks

- eyeballs (grapes)
- Spider legs (pretzels)
- monster fingers (cheese sticks)
- banana chips (dried goblin scabs)



A stylized landscape illustration. The foreground features rolling green hills in various shades of green. On the left, a purple and pink flower with a brown stem and orange-brown base sits on a hill. The background consists of layered, wavy bands of light blue and white, suggesting a sky or distant hills. The text is centered in the middle ground.

*Nutritional Guidelines  
for  
Foods Available at School*



# Nutritional Guidelines for Foods Available at School

- Be a “whole grain-rich” grain product;  
or
  - Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- Calorie limits
    - Snack items - Elementary Schools: ≤ 175 calories
    - Snack items - Middle & High Schools: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits
    - Snack items: ≤ 200 mg
    - Entrée items: ≤ 480 mg
    - Fat limits
  - Total fat: ≤ 35% of calories
    - Saturated fat: ≤ 10% of calories
    - Trans fat: zero grams
    - Sugar limit ≤ 35% of weight from total sugars in foods

A stylized illustration of a landscape. The foreground features rolling green hills in various shades of green. In the middle ground, a purple and pink flower with a dark brown stem and small white swirls grows on a hill. The background consists of a blue sky with wavy, layered bands of light blue and white. The text "Marketing and Advertising" is written in a brown, cursive font in the center-right of the image.

# Marketing and Advertising

# Marketing and Advertising

- Prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machines, scoreboards, logos, school supplies, coupon or incentive programs, free giveaways or other means.
- Advertise healthy and physical activity messages such as increasing fruit and vegetable intake, increasing water intake and exercising regularly.
- Disseminate health information and wellness policy through newsletters, handouts, meetings, web site, district sponsored social media or other communications.





# *Wellness Committee*

# Wellness Committee

- Senior Director Support Services
- Director of Nutrition Services
- Lead Nurse
- Certificated Teachers (2)
- Dairy Council Representative
- Parent
- After School Programs
- Principal
- Periodic review and update of Wellness Policy
- Planning, implementation and evaluation of activities to promote health





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