



Promoting a Healthy School Environment

(Prepared by the Huntington Beach City School District Wellness Council)

Working collaboratively, parents and staff are promoting a healthier school environment and lifestyle for students.

Promoting Healthy Celebrations

Exciting new ideas have emerged as options have been explored for celebrations.

A few of these include:

- Fruit & veggie trays with fun, healthier dips
- Building your own healthy snack from different cereals
- Build your own sandwich
- Frozen fruit and yogurt bars
- Non-food related celebrations



Supporting Healthy Fundraising

Parents can be proud of the progress they have made in modifying the culture of fundraising.

Most schools have shifted to healthy activities including:

- Jog-a-thons
- Non-food sales
- Silent auctions

Monitoring Healthy Behavior

Increasing the activity level for students and monitoring healthier choices is evident by the scheduling of:

- Early morning runs at school
 - Activity clubs, team and individual sports and dance
 - Health and Fitness Week/No TV week
 - Daily activities such as walking/running
 - After school sports, Surf Club and skating parties
 - Use of non-food rewards for success
- ✓ More students are making healthy choices for food and drinks including fruits and veggies.
 - ✓ Students achieve strongly on State Physical Fitness Testing standards with over 65% of 5th graders and 68% of 7th graders meeting 5 or 6 out of 6 tested criteria.
 - ✓ Students are encouraged to eat a healthy breakfast before school.
 - ✓ Middle School students benefit from the Orange County Tobacco Use Prevention Education (TUPE) Consortium activities including prevention, intervention, cessation, and youth development activities to reduce and prevent tobacco use among students.

Food Service Department

All students are welcome to participate daily!

To comply with the healthy, Hunger-Free Kids Act, we provide Offer vs. Serve (OVS) meal service. Five food groups must be offered including meats, grains, vegetables, fruit and milk. For a complete meal, a student must select a minimum of three food groups and at least one group must be a vegetable or fruit/fruit juice. New menu items are being introduced including Chicken Tamale, Meatballs with Marinara and French Toast, Pasta with Meatball, Chicken Panini Sandwich with Bruschetta, and Veggie Burgers.

Breakfast will continue at Dwyer, Sowers, Smith and Peterson Schools for the 2018-19 school year. All students eligible for free and reduced lunch are also eligible to receive breakfast and lunch at no cost to them.

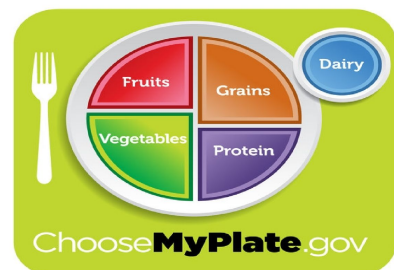
Applications for free and reduced price meals are in the first day packet and available at the school offices.

Resources:

District Website – Parent and Community – www.hbcasd.us

Food Service Department – hbcasdbistro.com

Online Payment – myschoolbucks.com (Requires student ID number)



This District is an equal opportunity provider.