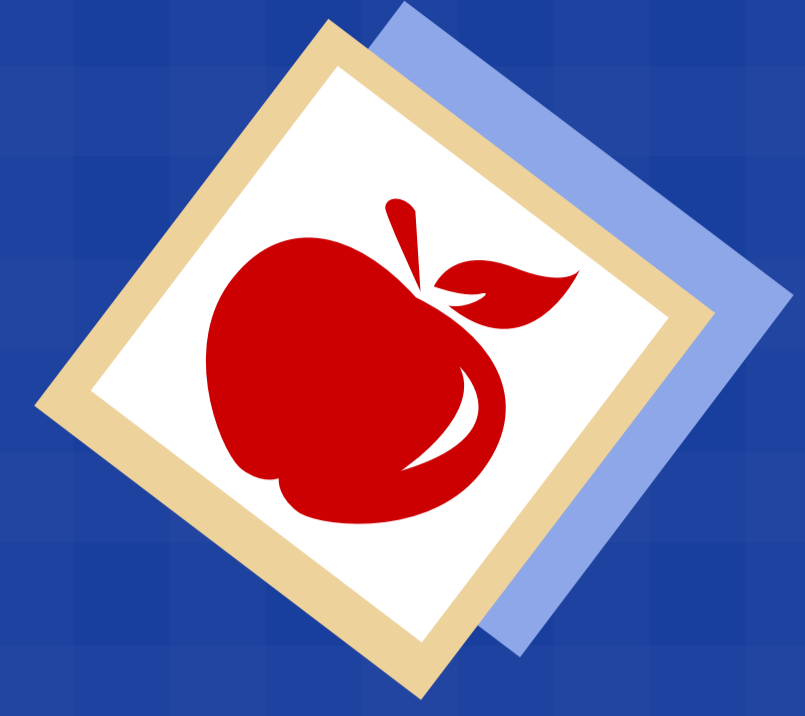


# Newport-Mesa USD Student Wellness Policy

**Newport-Mesa**  
Unified School District

*Here's how we are raising a generation of healthier students*



Kids who move more and eat healthy = Kids who are ready to learn!

## Nutrition Education

- » Research based nutrition education designed to build the skills and knowledge for all students to foster healthy lifelong habits.

## Rewards & Parties

- » Staff are encouraged to use non-food rewards and discouraged from withholding physical activity for discipline.
- » Classroom celebrations and parties will include non-food activities and/or nutritious foods and beverages.

## Role Modeling

- » Staff & parents are encouraged to be healthy role models.
- » Marketing of non-nutritious foods & beverages is not allowed on campus.

## Physical Education & Activity

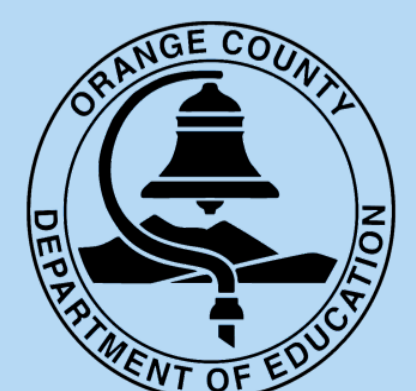
- » Students will meet physical education state standards by engaging in moderate to vigorous physical activities during the school day.

## Smart Snacks & Fundraising

- » All foods & beverages sold to students from midnight to 30 minutes after the school day will follow the USDA Smart Snacks in School Guidelines.
- » School organizations are strongly encouraged to use non-food items for fundraising.

- » Contact Newport-Mesa USD Nutrition Services for questions.  
(714) 425-5090  
[nmusdnutrition.com](http://nmusdnutrition.com)

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