



San Gabriel Unified School District

Wellness Policy

Frequently Asked Questions

Question 1: Why does the District have a wellness policy?

Answer: In 2006-07 any school district participating in the National Lunch or Breakfast program were required to establish a local school wellness policy (LSWP) that set goals for nutrition education, physical activity, all foods and beverages available on campus and school-based activities to promote student wellness. Per state and federal regulations, our policy was updated in 2013 and again in 2016.

Question 2: Who Sets the Guidelines for Food and Beverages on School Campuses?

Answer: There are federal, state and local (school district) standards for different types of foods. All foods and beverages served, sold and/or distributed to students through the District's food service program, student stores, vending machines, fundraisers, special events or celebrations, shall meet or exceed local, state, and federal nutrition standards. So the District must comply with all federal and state nutritional standards and guidelines, but can set higher standards if it chooses.

Question 3: Why does the Wellness Policy regulate Birthday Parties?

Answer: The Wellness Policy is not eliminating the acknowledgement of student birthdays, just fostering a change in the way they are celebrated during the school day. The District encourages and supports the use of nonfood celebratory activities such as choosing a fun game or physical activity, reading a favorite story or book, or receiving a special privilege or recognition. Also, parents can donate a book, materials or equipment to their child's classroom in recognition of their birthday – like jump ropes, frisbees, markers, fun rulers, etc. (Just ask your child's teacher!)

Question 4: Why does the Wellness Policy limit the number of School/Classroom Celebrations?

Answer: The Wellness Policy is not limiting the number of special occasions or school celebrations, just the way they are celebrated. Celebrations without food or beverages are not limited.

"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 which they may donate for occasional class parties."

"Teachers shall limit classroom parties/celebrations involving food during the school day to no more than three parties/celebrations per class per year, and hold them after the last lunch period for the grade level or class."

Question 5: How do the Nutritional Standards and Guidelines affect Fundraising?

Answer: There are two parts to this answer –

First – The nutritional standards and guidelines apply to foods and beverages served, sold, or distributed to *students during the school day*. The school day starts *from midnight before school and extends one half hour after school*. So any foods

sold for fundraising purposes including nonpartisan and/or parent groups *during the school day* must comply with nutritional standards specified in law and Board Policy (See 5030 E (a) and (b) for compliant foods and beverages summary sheets.)

Second – Food and beverages served, sold or distributed *beyond* the school day (like night-time parent meetings, Saturday events, and/or activities outside of the school campus) by school organizations or staff are *strongly encouraged* to support healthy food options as set forth by District Wellness Policy guidelines. If food is sold during a fundraising event like a school carnival or festival, schools are encouraged to balance healthy food items with non-nutritious food offerings.

Question 6: What other ways can Schools and Parent Organizations raise funds?

Answer: School organizations and staff are strongly encouraged to use non-food items for fundraising purposes. Here are some ideas-

Fundraising Suggestions

Items You Can Sell	Things You Can Do
-School or activity themed bags	-Walk or Jog-a-thons
-School Calendar – Art work/grade level contest	-Recycling (electronics, cans. Plastic)
-Bumper stickers, decals, buttons or pins	-Singing telegrams
-Cookbooks made by school –students, parents, and staff can contribute)	-Hoop-or jump rope a-thon
-Cups or mugs (sport cups, school mug)	-Raffle (classroom basket with stories, student designed art work, etc.)
-T-shirts, shoelaces or lanyards	-School Auction or raffle – (donations from local businesses)
-Plants, flowers, especially from school gardens	-Festivals/carnivals with activity challenges
-School designed Stationary or notepads	

Question 7: How can Parents and Guardians help kids practice healthy habits?

Answer: Help support our Wellness Policy, specifically our new food guidelines! Here are specific ways you can help-

- If your child/children eat school meals, encourage them to take, taste, and eat fruits and vegetables provided to them on a daily basis.
- Send healthy lunches and snacks that comply with California Nutrition Standards and District guidelines AND are appropriate food portion and/or serving size for the age of your child. Most importantly, refrain from sending foods and/or beverages of low nutritional value (like candy, chips, soda, etc.)
- Talk to your child/children about NOT sharing foods or beverages with others during meal or snack times due to concerns about allergies and other diet restrictions.
- All food items and/or donations of food items by parents or outside groups for student activities *beyond the school day* are strongly encouraged to meet or exceed California Nutrition Standards and District guidelines and should be store bought, prepackaged, and pre-wrapped items (no home-cooked items) with a *label* listing ingredients so students with food allergies are protected from accidental exposure.
- The marketing and promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat-free dairy consistent with California Nutrition Standards and guidelines set forth by the District are encouraged. Check the menu/nutrition label to see if it meets the standard. (For example- Jamba Juice has some items that are compliant and some that are not!)
- Modeling and promoting healthy nutrition while on the school site. staff, parents, and other visitors are strongly discouraged from displaying (specifically in the classroom)

any food/beverage items (e.g., coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the District's health messaging and wellness policies.

Additional Resources and Information:

- SGUSD Board Policy 5030 – Wellness (district website)
- SGUSD AR 5030 and E 5030 (contains nutrition guidelines)
- 5-2-1-0 Healthy Habits/Healthy Communities messaging materials
www.5210sandiego.org