



# Local School Wellness Policy FAQ's

## **Why does Santa Ana Unified School District have a Local School Wellness Policy (LSWP)?**

There are two main reasons:

- The 2010 Federal Healthy Hunger-Free Kids Act requires that all school districts participating in a federal nutrition program must develop, implement and evaluate a wellness policy.
- The Board recognizes the link between student health and learning, and requires a comprehensive policy and quality program promoting healthy eating and physical activity for all students.

## **Who is affected by this Wellness Policy?**

The wellness policy is designed to promote the health and well-being of our students.

- Therefore, all people who interact with students will have a direct or indirect role. This includes, but is not limited to school site staff, (certificated and classified), parents, booster clubs, PTA, community members, and district administrative staff.

## **Is compliance mandatory?**

Yes.

## **What are SAUSD Nutrition Guidelines for Foods and Beverages Available at School?**

- All food and beverages sold or served during the school day shall meet or exceed the USDA's Smart Snacks in School requirements.
- All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day or through programs

- for students after the school day will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current California state standards.
- The District discourages the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior.

## **How is School Wellness Policy Implemented and Evaluated?**

- The Superintendent or designee will ensure compliance with the established district-wide local wellness policy.
- All schools are required to complete an SAUSD assessment based on the Wellness Policy annually. In each school, the principal or designee will ensure compliance with the policy in his/her school and will report on the school's compliance to the school district superintendent or designee.
- The Superintendent or designee will provide periodic reports to the Board on the policy and any other policies related to student health, fitness, nutrition and physical activity.

## **What does the Santa Ana Wellness Policy Require of Schools?**

- All students in grades K-12, will receive daily physical education (or its equivalent of 200 minutes each 10 school days for elementary school students and 400 minutes each 10 school days for middle and high school students) for the entire school year.
- Students in K-12 shall receive age appropriate, research based and behavior focused nutrition education.