

# Wellness Policy Assessment

Chaffey Joint Union High School District has designated Sean Franco (Wrestling Coach and Science teacher) and Debbie Beeson (Director of Food Service) to ensure that each school complies with the local school Wellness Policy.

The District promotes nutrition and fitness through a variety of activities to increase a student's understanding and awareness of living a healthy lifestyle. Federal and State guidelines establish the framework for these efforts. The District continues to increase the availability of more fresh fruits, vegetables, and whole grains while encouraging additional physical activity. The District continually provides training for staff on the guidelines and ideas to implement them. Targeted areas include cafeterias, student stores, concession stands, classrooms and extra-curricular activities. The District displays appropriate banners and posters and works with vendors to provide sampling of healthy food and beverages at school sites to encourage better eating habits. Students are provided information on the different food groups, their nutritional value, and calorie count. The District's physical education department encourages physical activity through a variety of physical activities such as walking, running and dancing. Student clubs with interests centered on physical activity are encouraged. These activities are provided before, during and after school.

District staff members actively participate in community efforts. The District continues to be a partner of the HEAL (Healthy Eating Active Living) Community Coalition. The District meets once a month with a team of collaborators from different facets of the community including administrators, teachers, food service workers, students, parents, YMCA members, nurses, athletic directors, and faith based organization representatives. HEAL Coalition members work together to share and analyze opportunities available in the community.

The District utilizes many resources to evaluate and inform the public about the wellness policy. The HEAL Coalition is one way the District reaches out to the communities. Coalition members assist in the assessment of District programs and efforts. The District provides links on our website to inform the community about nutrition, health services, and activities that are offered in our schools and in the community. The District is involved in the community's marketplaces and the community gardens. The District staff speaks to the parents about the District's nutritional program, availability of nutritional meals on each campus, and the physical educational program during Booster Club Meetings, Back to School Nights, and Eighth Grade Orientation.

The Chaffey Joint Union High School District continues to strengthen the Wellness Policy by ongoing implementation and assessment.