

# Hemet Unified School District

## WELLNESS POLICY

DEDICATED TO PROMOTING THE HEALTH AND WELLNESS OF OUR STUDENTS

*In compliance with United States Department of Agriculture regulations in effect as of July 1, 2006.*

### POLICY HIGHLIGHTS

- ✓ The Hemet Unified School District Wellness Policy recognizes the link between student health and learning (BP 5030)
- ✓ It is a coordinated school health system that includes health education, physical education and nutrition education.
- ✓ It was developed with input from a variety of parents/guardians, teachers, students, food service professionals, school administrators, Board representatives and members of the public.
- ✓ Each school site has a site Wellness Committee, one member of whom serves on the District Wellness Committee. These committees provide support and guidance for implementation of the Wellness Policy.
- ✓ School staff, parents/guardians and other members of the school community are encouraged to assist in strengthening the link between student health and learning by understanding the policy and modeling a healthy lifestyle.
- ✓ District curriculum for health, nutrition and physical education is based on California standards and frameworks.

#### Board Policy for Foods Available at School

- Foods and beverages available to students at district schools should support the health curriculum and promote optimal health.
- Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided throughout the district's food service program, student stores, or other venues, shall meet or exceed state and federal nutrition standards including Smart Snacks in School regulations.
- Organizations are encouraged to use non-food items for fundraising. All fundraisers that include the sale of food and beverage during the school day must meet or exceed nutrition standards.
- Staff is encouraged to not use food as a reward for students' academic performance, accomplishments, or classroom behavior.
- Parents/guardians or other volunteers are encouraged to support the district's nutrition education program when selecting any snacks which they may donate for occasional class parties.

#### School Health Education

- The district's health education curriculum is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors.
- Quality and effective health education helps students develop "health literacy", *the capacity of a person to obtain, interpret and understand basic health information and services and the ability to use such information and services in ways that are health-enhancing.*
- K-8 Health Adoption: Physical Education teachers provide health instruction via comprehensive health texts. At the elementary level, Harcourt's *Health and Fitness* series for grades K-5 will be used; at the middle school level, Holt, Rinehart and Winston's *Decision's for Health* for grades 6-8 has been selected.

Developed by the  
Hemet Unified School District's  
Wellness Committee



#### Physical Education Program

- Our district has Elementary and Secondary Physical Education Teachers who are specialists in fitness.
- The physical education curriculum is based upon the State Physical Education Content Standards and includes a minimum of 200 minutes every 10 days for all students.
- These standards emphasize physical fitness and nutrition.
- Lifetime sport and fitness activities are taught so students will be able to maintain a healthy lifestyle after they leave our school district.
- The Fitnessgram Test is given to all 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> grade students to assess fitness levels.
- Physical activity is not withheld as punishment.
- Opportunities for participation on athletic teams are offered in middle schools as well as the high school level.
- SAFE/The Zone Afterschool Programs incorporate physical activity through Sparks Physical Education program.
- Physical Education instruction is differentiated so that all students can learn to enjoy physical activity.

#### Wellness Resources

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.heart.org](http://www.heart.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.eatright.org](http://www.eatright.org)

Wellness Policy webpage:

<https://hemeteatfreshexpress.org/index.php?>

#### Contact Us!

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