

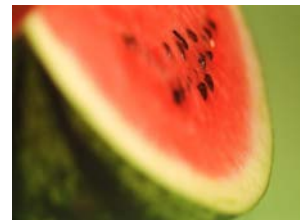
HUNTINGTON BEACH UNION H.S.D.

WELLNESS POLICY



Wellness is the Key to Success!

The Huntington Beach UHSD School Board recognizes the link between student health and learning, we desire to provide a comprehensive program promoting healthy eating and physical activity for HBUHSD students. Huntington Beach UHSD has developed a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, and psychological and counseling services and health promotion for staff. In addition we provide a safe and healthy environment, and promote wellness awareness for our staff, parents/guardians and community.



Nutrition and Physical Activity Goals

INCREASE PHYSICAL ACTIVITY FOR STUDENTS

- All students are provided with opportunities to be physically active on a regular basis, through physical education, recess, school athletic programs, extracurricular programs, and other structured and unstructured activities.

NUTRITION EDUCATION

- Nutrition education is provided as part of the health education program and, as appropriate, integrated into core academic subjects .

OTHER FOOD SALES

- Non-food and healthy food fundraising and rewards events are encouraged.
- School staff encourages healthful foods & beverages at classroom celebrations.

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES

- Meets or exceeds nutrition requirements established by local, state, and federal statutes and regulations.
 - Offers a variety of fruits and vegetables.

PROGRAM IMPLEMENTATION AND EVALUATION

- The Superintendent or designee reports to the Board regarding the District's compliance with state and federal nutrition standards for foods and beverage.

This institution is an equal opportunity provider and employer.