

# Promoting a Healthy School Environment

## Huntington Beach City School District

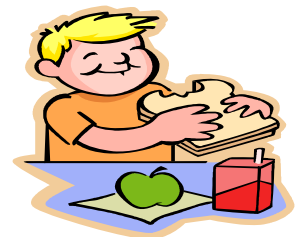
### 1. INCREASE PHYSICAL ACTIVITY

- Provide opportunities for students to be physically active, including recess, school athletic programs, and extracurricular programs and before and after school programs.
- Participation in a minimum of 200 minutes of physical education each 10 school days.



### 2. PROVIDE NUTRITIONAL GUIDELINES FOR FOOD & BEVERAGES

- Provide food and beverages at schools that support the health curriculum and promote optimal health.
- Ensure that all foods and beverages sold to students through the district's food service program, student stores, vending machines, fundraisers or other venues meet or exceed state and federal nutrition standards.
- Provide a pleasant eating environment that is conducive to healthy eating habits.
- Work with students to improve healthy food choices.



### 3. MONITOR OTHER FOOD SALES

- Encourage use of healthy food items or non-food items for fundraising purposes.
- Avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments or classroom behaviors



### 4. ENCOURAGE HEALTHY SCHOOL CELEBRATIONS

- Limit foods or beverages that do not meet nutritional standards to not more than one food or beverage per party.
- Check with principal /teacher for site guidelines.

### 5. EXPAND NUTRITION & PHYSICAL EDUCATION CURRICULUM

- Integrate nutrition education into core academic subjects.
- Link the classroom nutrition education to the school community through cafeteria based nutrition education, parent and community outreach and teacher training.
- Ensure that the physical education curriculum is consistent with state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a health lifestyle.



### 6. COMMUNICATE WITH PARENTS, STAFF & THE COMMUNITY

- Encourage staff and parents to be serving as positive role models and to be involved in process.
- Disseminate health information through brochures, district or school newsletters, handouts, parent/guardians meetings



### 7. EVALUATE IMPLEMENTATION OF STUDENT WELLNESS POLICY

- Collect data annually regarding specific quality indicators.
- Direct School Health Council to prepare a report to the Board at least every two years.



#### Overview of School Wellness Policy

The Board of Trustees of Huntington Beach City School District recognize the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The District also endorses a coordinated school health system that promotes the health and well being of all students.

See District Website to review School Wellness Policy 5030

Questions: Dana Sauer at 714.378-2051

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