

## PHYSICAL EDUCATION

Students will engage in 200 minutes of physical activity every 10 days, including:

- Organized physical activity during recess
- In-class physical activity breaks

## ROLE MODELING

Staff should use non-branded food and beverages.

School meals offer healthy choices to role model healthy eating behaviors.

## SCHOOL ENVIRONMENT

Marketing of non-nutritious foods & beverages is not allowed on Campus.

Food & beverages sold before, during, and after school will follow the USDA Smart Snacks in School guidelines.

# FULLERTON SCHOOL DISTRICT WELLNESS POLICY

## HEALTHY CELEBRATIONS & NON-FOOD REWARDS

Staff should avoid using non-nutritious foods as rewards for academic performance, achievements, or classroom behavior.

Class parties shall be held after lunch period.

Parents should consider nutritional quality for class party snacks.

DEVELOPED IN  
PARTNERSHIP WITH

