

School Wellness Policy Attributes
“Communication about policy”

District Name	BP/AR	Page #	Sentence
1. Alpine Union	BP 5030	f	<ul style="list-style-type: none"> • <u>Communications with Parents</u>. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school may provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school may provide opportunities for parents to share their healthy food practices with others in the school community. • The district/school will provide information about physical education and other schoolbased physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

<p>2. Bonsall Union</p>		<p>4</p>	<p>The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
		<p>6</p>	<p>The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results.</p> <p><i>Previous Policy:</i> <i>The district will:</i></p> <ul style="list-style-type: none"> • <i>Reinforce messages on healthy eating by coordinating child nutrition programs/services with classroom based nutrition education, with other components of student wellness specified in</i>

			<p><i>this policy.</i></p> <ul style="list-style-type: none">• <i>Integrate current, scientifically accurate, and grade level specific nutrition content into classroom instruction.</i>• <i>Reinforce sound nutritional practices in before and after-school programs.</i>• <i>Encourage schools to utilize media such as newsletters, signs, school newspapers, websites, television, and district partners such as parent organizations to disseminate positive messages about nutrition that will reinforce the District's goals for nutrition education.</i>• <i>Monitor and approve any advertising and marketing to which students may be subject to during the school day.</i>• <i>Develop a relationship with school related organizations that will facilitate communication between parents, students, and staff to enhance the collective health of the community.</i>
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<p>3. Borrego Springs Unified</p>	<p>BP 5030</p>		<p>The Superintendent or designee may disseminate health information and/or the district’s student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous policy:</i></p> <ul style="list-style-type: none"> • <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i> • <i>Each school shall post the district’s policies and regulations on nutrition and physical</i>
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			<p><i>activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)</i></p>
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<p>4. Cajon Valley Union</p>	<p>BP 5030</p>	<p>A</p> <p>D</p>	<ul style="list-style-type: none"> • To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. • Each school shall post the District’s policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)
<p>5. Carlsbad Unified</p>	<p>BP 5030</p>		<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, or other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous policy:</i> <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. Parent/Community Outreach</i></p> <ul style="list-style-type: none"> • <i>The District will utilize multiple forms of communication to educate parents and the</i>

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			<p><i>community about health and nutrition including newsletters, handouts, articles, parent teacher meetings, assemblies, the internet, and school menus.</i></p> <ul style="list-style-type: none"> • <i>The District Health and Wellness Council will develop a relationship with school Parent Teacher Associations, School Booster Organizations, and</i> • <i>Foundations that will facilitate communication between parents, students and staff to enhance the collective health of the community.</i> <p>Communication</p> <p><i>The district will use multiple forms of communication to educate parents, students and the community about proper nutrition using newsletters and important articles. The district will also encourage parent teacher associations to select assembly subjects about proper nutrition for the students during the school day that can include subjects that we feel are important. Required communications on these nutrition guideline procedures are to be posted on the Carlsbad Unified School District Website and available to the public at each school site. It is recommended that these nutrition guideline procedures be part of a CUSD parent and staff pamphlet on the District Wellness Policy.</i></p>
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			<p>presentations for parents</p> <ul style="list-style-type: none"> ○ Making information and resources available through the District wellness website, materials sent home with students (flyers), and through District/school site electronic messaging (with permission). ○ Providing access to nutritional analysis of school menus/meals through the District Child Nutrition Services website or in written format upon request. ○ Strongly encouraging parents to send healthy lunches and snacks that comply with California Nutrition Standards and guidelines set forth by the District as outlined above. ○ Specifically relating to food portion and/or serving size appropriate for child and refraining from sending foods and/or beverages that are of low nutritional value. ○ Providing parents with a list of foods that meet the District snack, celebrations, and fundraising standards and guidelines. ○ Informing parents about children sharing their foods or beverages with others during meal or snack times due to concerns about allergies and other restrictions on some children’s diets. ○ Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on the school site. (42 USC 1758b)
7. Coronado Unified	BP	3	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and</p>

			academic performance.
8. Dehesa	BP 5030	B	To encourage consistent health messages between the home and school environment, the Superintendent/Principal or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
9. Del Mar Union	AR	1	<p>The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)</p> <p><i>Previous Policy:</i> <i>The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating information for parents, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The district/schools will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.</i></p>
	BP		

			<p><i>The district/school will provide information about physical education and other schoolbased physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through the website, special events, or physical education homework.</i></p>
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10. Encinitas Union	BP	C	<ul style="list-style-type: none"> To encourage consistent health messages between the home and school environment, the District may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
	AR	H	<ul style="list-style-type: none"> <u>Communications with Parents.</u> The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community. The district/school will provide information

			<p>about physical education and other schoolbased physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p>
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11. Escondido Union	BP	3	<ul style="list-style-type: none"> The superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> <i>To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i>
	BP	6	<ul style="list-style-type: none"> Nutrient analysis of all meals shall be available for parents and students to see.
	BP	7	<ul style="list-style-type: none"> <u>Posting Requirements:</u> Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)
12. Escondido Union High	AR	5	<p><u>Communications with Parents</u></p> <ul style="list-style-type: none"> The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will

	AR	7	<p>offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on the website. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.</p> <ul style="list-style-type: none"> • The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework. • The superintendent or designee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent teacher organizations, school principals, and school health services personnel in the district.
13. Fallbrook Union High	BP 5030	2	<p>To encourage consistent health messages between the home and school environment, the Superintendent, Assistant Superintendent or Principal may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>

			<p><i>Previous Policy:</i> <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i></p>
14. Grossmont Union High	BP 5030	5	<p><u>Parent/Community Involvement:</u> This item refers to an integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.</p>

<p>15. Jamul-Dulzura Union</p>	<p>BP 5030</p>	<p>3-4</p>	<p>The Board recognizes the importance of providing an environment that promotes students’ mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.</p> <p>The district shall:</p> <ul style="list-style-type: none"> • Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments. • Provide consistent health education to parents and families, including but not limited to nutrition and physical activity (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).
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			<p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.</i> • <i>Provide consistent health education to parents and families, including but not limited to nutrition and physical activity (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</i>
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16. Julian Union	BP	8	<ul style="list-style-type: none"> • To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through the weekly school bulletin, handouts, parent/guardian meetings, the district website, Julian Pathways Newsletter, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through the weekly school bulletin, handouts, parent/guardian meetings, the district website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i> • <i>The superintendent/designee shall effectively communicate the goals and directives of the district's wellness policy with all staff, students, and parents.</i>
17. Julian Union High	BP 5030	8	<ul style="list-style-type: none"> • To encourage consistent health messages between the home and school environment,

			<p>the superintendent or designee may disseminate health information to parents/guardians through the weekly bulletin, handouts, parent/guardian meetings, the district website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
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<p>18. La Mesa Spring Valley</p>	<p>AR</p>	<p>B</p>	<ul style="list-style-type: none"> • Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program. • Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means. • Communications with Parents The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community. • The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will
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			<p>include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p>
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<p>21. Mt. Empire Unified</p>	<p>BP 5030</p>	<p>3</p>	<p>To encourage consistent health messages between the home and school environment, the Superintendent or Principals may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
<p>22. National</p>	<p>BP 5030</p>	<p>4</p>	<ul style="list-style-type: none"> • To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. The Superintendent or designee shall effectively communicate the goals and directives of the district's wellness policy with all staff, students, and parents/guardians.</i>

<p>23. Oceanside Unified</p>	<p>BP 5030</p>	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous Policy:</i> <i>To encourage consistent health messages</i></p>
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		<p><i>between the home and school environment, the Superintendent or designee shall disseminate wellness information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, child nutrition menus, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i></p>
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<p>24. Poway Unified</p>	<p>BP</p>	<p>7</p>	<p>Communication with Parents and Promotions</p> <ul style="list-style-type: none"> • <i>Engaging Families</i> - Schools should encourage family involvement to support and promote healthy eating and physical activity habits. This includes supporting families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication between school and home. Nutrition education should be offered for parents, e.g., providing healthy eating seminars, sending home nutrition information, postings on school website, and providing nutrient analyses of school menus. Such supports should also include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework. • The District/school should make available to parents a list of foods that meet the District's nutrition standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. School administrators should encourage students and parents to pack healthy lunches and snacks that meet District nutrition standards.
<p>25. Ramona Unified</p>	<p>AR 5030</p>	<p>9</p>	<p>Parent/Community outreach activities will include, but not be limited to:</p> <ul style="list-style-type: none"> • Increasing parent/community involvement through consistent communication messages about the benefits and the value of physical

		11	<p>education/activity.</p> <p>The district will use various forms of communication to educate parents, students and the community about proper nutrition and fitness using newsletters and other forms of written communication including lunch menus, and district website. Site administrators will emphasize the relationship between student health and academic performance.</p> <p><i>Previous Policy:</i> <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i></p>
26. San Diego Unified	AP	1	<p>Some key components to San Diego Unified’s wellness policy development now include: notification to the public</p> <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>Increasing parent/guardian outreach and involvement efforts that emphasize the relationship between student health and fitness and academic performance and address the need for consistent messages among school, home, and community.</i> • <i>Providing ongoing and consistent opportunities for parent and family education about the relationship between general health, nutrition, physical activity and success in school and life, through newsletters, hand-outs, parent meetings, PTA/PTSA health and safety site representatives, and school site and district web sites.</i> • <i>Increasing the involvement of parents, students, and community partners in site</i>

			<p><i>and district level planning, implementation, and evaluation of school health and safety programs through the development of school site Coordinated School Health or Wellness Councils, modeled after the district council and the Center for Disease</i></p>
		5	<p><i>Control and Prevention’s School Health Index and the eight components of coordinated school health.</i></p> <ul style="list-style-type: none"> • <i>School site administrators shall ensure that information about the district Wellness Policy and this and other related procedures is made available to all site staff, is implemented at the site level and that a Site Coordinated School Health or Wellness Council, including parent, student and community members, is established at each site with the responsibility to oversee the site implementation of these guidelines and report back to the coordinator of district wellness compliance.</i>

<p>27. San Dieguito Union High</p>	<p>Summary</p>	<p>2</p>	<ul style="list-style-type: none"> • Fundraising: <ul style="list-style-type: none"> a. Will encourage all school-based organization to use non-food items for fundraising. b. If food items & beverages are used, then they must comply with nutrition guidelines. c. If they do not meet the nutrition standards, then they may be sold by students if the sales takes place off and away school grounds or on school grounds if the sale occurs 30 minutes after the end of the school day.
	<p>BP 5000</p>	<p>3</p>	<p><u>Implementation:</u></p> <ul style="list-style-type: none"> • Each school will post and make available the district’s policies and regulations on nutrition and physical activities. • The focus of the school system is on the student. It is incumbent upon the Board of Trustees, district and school administration and teachers to provide for the physical and intellectual welfare of the students in their charge. This shall be accomplished through the Board's policies and the administration's regulations. The school district shall work closely with parents/guardians and the community in
	<p>AR 5030</p>	<p>1</p>	

		5 8	<p>order to achieve a harmony of interests.</p> <ul style="list-style-type: none"> • Parent/guardian outreach efforts should emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and school environments. • Each school will post the district’s policies and regulations on nutrition and physical activity in public view. (EC Section 49432)
28. San Marcos		2 8	<ul style="list-style-type: none"> • The District will utilize multiple forms of communication to educate parents and the community about nutrition including newsletters, handouts, articles, parentteacher meetings, assemblies and the internet. • The District Health Council will develop a relationship with school Parent Teacher Organizations (PTO) that will facilitate communication between parents, students and staff to enhance the collective health of the community. • Required communications on the Wellness Policy are to be posted on the San Marcos Unified School District Website and available to the public at each school site. • It is recommended that Wellness Policy information be part of a SMUSD Parent and Staff communication device.
29. San Pasqual Unified		4, 5 5	<ul style="list-style-type: none"> • Consistent Health Messages – Students should receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel should help reinforce these positive messages. Foods and beverages sold or served at school will not contradict healthy eating messages. School staff will not use practices that contradict messages to promote and enjoy physical activity, for example, withholding recess or using physical activity as a punishment

			<ul style="list-style-type: none"> • Engaging Families – Nutrition education will be offered for parents, e.g., providing
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			<p>healthy eating seminars, sending home nutrition information, posting on school website, and providing nutrient analyses of school menus. Such supports will also include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p> <ul style="list-style-type: none"> • Lists of Foods – The District/School will make available to parents a list of foods that meet the District’s Nutrition Standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. School administrators will encourage students and parents to pack healthy lunches and snack that meet District Nutrition Standards • Posting – The District/School will post the District’s wellness policies and procedures in public view within all school cafeterias or in the other central eating areas along with a summary of nutrition and activity laws and regulations prepared by the California Department of Education. <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>Increase involvement of parents, students, and community partners in site and district level planning, implementation, and evaluation of school health and safety program through the development of the district health committee.</i> • <i>The Health Committee will ensure communication to the staff, Board and families. A report of progress with goals of the procedures will be made to the Board of Education on a regular basis.</i>
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30. San Ysidro	BP 5030	2	<p>The District aims to teach, encourage, and support healthy eating by students and others while on the school site. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:</p> <ul style="list-style-type: none">• Promoting individual school site health and wellness fairs where nutrition and physical
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		6	<p>activity information and resources will be shared with parents and the community. • Nutrition presentations for parents provided by the San Ysidro Health Center • Providing consistent messaging about healthy habits where we live, learn, work and play. The District will collaborate with community organizations, doctors, child care providers, and other health initiative partners to support the same four healthy habits of the “5-2-1-0” campaign every day:</p> <ul style="list-style-type: none"> ○ 5 – fruits and vegetables ○ 2 – hours or less of recreational screen time ○ 1 – hour or more of physical activity ○ 0 – sugary drinks (increase water intake) <p>The Superintendent or designee will provide and disseminate health information to parents/guardians, and students about the nutritional content of meals through District or school menus, newsletters, handouts, meetings and the District’s website. Outreach to parents and guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous Policy:</i> <i>The district shall:</i></p> <ul style="list-style-type: none"> • <i>Educate parents and guardians on the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.</i> • <i>Provide consistent health education to parents and families, including but not limited to nutrition and physical activity (e.g., via de school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</i> • <i>Each school shall make available the</i>
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			<p><i>districts' policies and regulations on nutrition and physical activity in the school office.</i></p> <ul style="list-style-type: none">• <i>Each school shall also post a summary of the nutrition and physical activity laws and regulations prepared by the California Department of Education.</i>
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<p>31. Solana Beach</p>	<p>BP 5030</p>	<p>The Superintendent or designee may disseminate health information and/or the district’s student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous Policy:</i> <u>Communications with Parents</u></p> <ul style="list-style-type: none"> • <i>The schools will support parents’ efforts to encourage healthy lifestyles including a healthy diet and regular daily physical activity for their children. The District will post nutrition tips on websites. The District will, upon request, provide nutritional school lunch program information. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The District will provide parents with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.</i> • <i>The schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials.</i>
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32. South Bay Union	BP 5030	3	<p>The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous policy:</i> <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i></p>
33. Sweetwater Union High	BP 5030	A	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
34. Vallecitos Elementary	BP 5030	1	<p>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p>
35. Valley Center – Pauma	BP 5030	2	<p>To encourage consistent health messages between the home and school environment, the</p>

Unified			Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications.
36. Vista Unified	BP	1	To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
37. Warner Unified	BP 5030	3	<p>The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</p> <p><i>Previous policy:</i> <i>To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.</i></p>