

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.

District contacts: Kathy Anderson, Director of Nutrition Services; (951) 765-5100 x2601; Mary Wulfsberg, Assistant Superintendent for Educational Services; (951) 765-5100 x 2422. Email: wellness@hemetusd.k12.ca.us

Or our district website (www.hemetusd.k12.ca.us) where you'll find more information on: healthy celebrations, classroom rewards, fundraising ideas and a nutrition calculator!

Other useful websites include:

www.5aday.com

www.americanheart.org

www.caldiabetes.org

www.kidshealth.org

www.mypyramid.gov

www.healthinschools.org/parents

www.eatright.org

www.cdc.org



Developed by the Hemet Unified School District's Wellness Committee and the Hemet-San Jacinto PTA Council

HEMET UNIFIED SCHOOL DISTRICT

WELLNESS POLICY

(in compliance with United States Department of Agriculture regulations in effect as of July 1, 2006)

DEDICATED TO
PROMOTING THE
HEALTH AND WELLNESS
OF OUR STUDENTS



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, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards. Organizations are encouraged to use non-food items, or healthy foods where appropriate, for fundraising.
- Staff are encouraged to avoid the use of non-nutritious foods 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 by considering nutritional quality when selecting any snacks which they may donate for occasional class parties, and by eliminating foods or beverages that do not meet nutritional standards and are not commercially prepared. Class parties or celebrations shall be held after the lunch period, and no more frequently than once per month.

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 will be providing health instruction in newly adopted 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 *Decisions for Health* for grades 6-8 has been selected.



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.
- 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 5th, 7th and 9th grade students to assess fitness levels.
- Physical activity is used as positive rewards for student behaviors.
- Opportunities for participation on athletic teams are offered in middle schools as well as the high school level.
- The 21st Century Afterschool Program incorporates physical activity through the Sparks Physical Education program.
- Physical Education instruction is differentiated so that all students learn to enjoy physical activity.