

A Guide to the New Haven Unified School District Student Wellness Policy 2010-2011

New Haven School District Schools is pleased to announce that the School Board has approved the new revisions to the Wellness Policy S 5030. This policy applies to every school in our district and will assist our schools in improving the health of students by promoting physical activity and nutritious food.

We look forward to 2010-2011 as a transition year to familiarize our school community with the various aspects and implications of our Wellness Policy. This overview will focus on the main points of our policy and provide ways in which everyone in our school community can participate and work together to successfully implement it.

Why a Wellness Policy?

Children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity. In response to this crisis, Congress passed a law in 2004 requiring every school district that uses federal dollars for school lunch or breakfast, to create a local wellness policy by the start of the 2006-2007 school year. Additionally, the law requires school districts to involve a variety of school community groups in designing and carrying out their policy.

A copy of the New Haven Wellness Policy can be found on the New Haven Unified School District web site as well as in your Food Service Principal notebooks.

Who is coordinating our District Wellness policy?

The Health Education and Resource Team (**HEART**), formed in 2003, serves as the NHUSD Wellness Council to coordinate the development, implementation, and review of the Wellness Policy. HEART consists of a group of volunteers representing the school and community, and includes parents, students, Food and Nutrition Service members, school administrators, teachers, health professionals and community members.

HEART meetings take place approximately once a month during the school year. Please join our team!

To get involved please contact: Angelia Nava at anava@nhusd.k12.ca.us or 510-475-3992 ext 12.

Why is the Wellness Policy important to children?

- Research has clearly shown that good nutrition and physical activity improves learning. Schools can make a difference both in improving learning readiness today and improving eating and physical activity patterns for long-term health.
- Schools send mixed messages to students regarding healthy eating when they are taught about nutrition, but then are offered soda, candy and other less nutritious foods at school.
- Participation in the School Breakfast Program has improved students' test performance, reduced tardiness and absenteeism, increased attention, and improved behavior and emotional adjustment.
- Physical activity is consistently related to higher levels of self-esteem and lower levels of anxiety and stress

Our Wellness Policy goals:

- A commitment to Nutrition and Physical Activity by all members of the New Haven School Community - Parents, Students, Administrators, Teachers, Staff, Food Service staff, District leaders, and other interested community members
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Schools will provide consistent nutrition education and physical education to foster lifelong habits of healthy eating and physical activity
- Foods and beverages sold/served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current state law.

- A plan for measuring implementation will be developed to maintain school wellness throughout the district.

What can parents do?

- ✓ Provide non-food or healthy foods at classroom parties (see guidelines at <http://www.nhusd.k12.ca.us/node/94>).
- ✓ Support fundraisers for your school that offer non-food items or healthy foods.
- ✓ Encourage eating a healthy breakfast...it's the most important meal of the day!
- ✓ Become the Parent Wellness Representative for your school.
- ✓ Participate in HEART – come to a meeting and help guide the Wellness Policy.
- ✓ Talk to your child about what they are learning regarding nutrition and physical activity at school. Reinforce these messages by planning family activities that include physical activity and healthy food choices.
- ✓ Limit going out for fast food and bringing 'junk' food into your home.
- ✓ Substitute water and milk for sugary beverages like soda and sports drinks.
- ✓ Have plenty of fruits, vegetables, whole grains and low-fat dairy available.
- ✓ Plan and participate in fun, physical, family activities with your child like walking or biking to school.
- ✓ Make sure your child gets enough sleep every night.
- ✓ Limit TV/computer/video time, or get up and exercise during the commercials.
- ✓ Be a healthy role model for your child; enjoy family meals together.

What can Principals and Teachers do?

- ✓ Offer healthy snacks for school parties, celebrations and events (see recommended list at <http://www.nhusd.k12.ca.us/node/94>).
- ✓ Support fundraisers for your school that offer non-food items or healthy foods (see recommended list at <http://www.nhusd.k12.ca.us/node/94>).
- ✓ Avoid giving children candy or 'junk' food as a reward.
- ✓ Avoid restricting recess or active play time as a punishment.
- ✓ Provide information to parents to support healthy lifestyles.
- ✓ Become the School Wellness Representative for your school.
- ✓ Participate in HEART – come to a meeting and help guide the Wellness Policy.
- ✓ Teach students about nutrition on a regular basis.
- ✓ Ensure that students are physically active every day - in addition to during PE and recess by incorporating movement into learning.
- ✓ Participate in staff wellness activities.
- ✓ Share ideas about classroom wellness - what have you tried, what works, what do students like?
- ✓ Be a healthy role model for students and other school staff.





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