

CONEJO VALLEY UNIFIED SCHOOL DISTRICT ANNUAL SCHOOL WELLNESS POLICY REPORT SCHOOL YEAR 2017-2018

SCHOOL YEAR 2017-2018 ACCOMPLISHMENTS

- 100% of the schools have active School Wellness Coordinators
- 100% of the School Wellness Coordinators completed the Wellness Policy Assessment Tool AND the school's individual Implementation Plan
- Schools are actively participating in Wellness Activities in all topic areas: Nutrition Education, Physical Activity and Emotional Health and Wellness

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- KEY TOPICS - NUTRITION PROMOTION:
 - We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
 - We place fruits and vegetables where they are easy to access
 - We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- We provide teachers with samples of alternative reward options other than food or beverages
- We only advertise and promote nutritious foods and beverages on school grounds
- We prohibit the use of food and beverages as a reward

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- KEY TOPICS - PHYSICAL ACTIVITY:
 - We provide recess for elementary students on a daily basis
 - We provide opportunities for physical activity integrated throughout the day
 - We prohibit staff and teachers from keeping kids in from recess for punitive reasons

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- We offer before or after school physical activity in Competitive Sports, Non-Competitive Sports and Clubs
- Teachers are allowed to offer physical activity as a reward to students

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- KEY TOPICS - OTHER SCHOOL BASED WELLNESS ACTIVITIES:
 - We have a staff wellness program
 - We actively promote walk or bike to school for students with Safe Routes to School or other related programs

WELLNESS POLICY ASSESSMENT TOOL RESULTS

- We have a recognition/reward program for students who exhibit healthy behaviors
- We provide training to staff on the importance of modeling healthy behaviors

OUR SCHOOLS ARE AWESOME!

- School Gardens
- ONLY Smart Snacks provided as rewards
- Actively promote healthy eating habits
- Promote use of non-food rewards
- Wellness Wednesday
- Fruit of the Month Club
- Encourage eating a healthy breakfast at school

OUR SCHOOLS ARE AWESOME!

- Try it, you'll like it!
- Testing Treats and the Need for Sleep during test weeks
- Fresh Fruit Friday
- Food Diary = Who can eat 5 servings of fruits and vegetables 5 days of the week?
- Healthy tip Tuesday
- Multi Cultural night with various ethnic healthy foods

OUR SCHOOLS ARE AWESOME!

- Family enrichment - exploring the outdoors
- Yoga
- Walking Club/Running Club
- Family Fitness Night
- Jogathon
- Organized games during recess
- Health and Wellness Fair
- Spin Room

OUR SCHOOLS ARE AWESOME!

- Staff vs. Students Games
- 200 minutes of P.E. every two weeks
- Morning running club
- Dance Pilot Program
- After school intramurals
- Teen Center after school sports league

OUR SCHOOLS ARE AWESOME!

- Kindness Challenge
- Active Anti-Bullying Campaign
- Odyssey of the Mind
- Stand Proud
- Outreach Counselors
- Positive Behavior Training
- Buddy Bench

OUR SCHOOLS ARE AWESOME!

- Quiet seating area
- Teamwork and collaboration in the classroom
- CHAMPS
- Disabilities Awareness Day
- Start with Hello Week
- You Matter Week
- Meditation Monday
- Bullying prevention lessons from the Principal

HOW DOES CVUSD MEASURE UP?

- Our School Wellness Policy Assessment confirms our schools are committed to:
 - The promotion of Nutrition Education
 - Nutrition Promotion
 - The promotion of Physical Activity
 - Schools are highly involved in Social and Emotional Wellness

REPORT SUMMARY

- I. PUBLIC INVOLVEMENT 100%
- II. NUTRITION EDUCATION 100%
- III. NUTRITION PROMOTION 94%
- IV. NUTRITION GUIDELINES 90%
- V. PHYSICAL ACTIVITY 95%
- VI. OTHER SCHOOL BASED WELLNESS ACTIVITIES 100%
- DISTRICT SUMMARY 97%