CONEJO VALLEY UNIFIED SCHOOL DISTRICT ANNUAL SCHOOL WELLNESS POLICY REPORT

SCHOOL YEAR 2018-2019
SCHOOL YEAR 2018-2019

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

• School Wellness Coordinators are taking a more active role in coordinating with Child Nutrition and promoting healthy snacks and treats for students
WELLNESS POLICY ASSESSMENT TOOL RESULTS

• KEY TOPICS - NUTRITION PROMOTION:
  • We promote healthy eating and nutrition education through classroom instruction, signage, use of creative menus, posters, bulletin boards, etc.
  • We place fruits and vegetables where they are easy to access on the cafeteria line
  • The majority of schools have Child Nutrition provide service for 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
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
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
SCHOOL BASED ACTIVITIES

• School Gardens at many schools
• Water Hydration Systems
• Running Clubs
• Dance Classes
• Desk Exercises during the school day
• Kindness Week
• Pay It Forward
• Healthy Lifestyle promotion in multiple ways
REPORT SUMMARY

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