



# Fontana Unified School District Wellness Policy

Updated July 2023

Fontana Unified School District Board of Education

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### III. NUTRITION

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Our school district is committed to serving healthy meals to children that meet or exceed all current USDA nutrition standards with a minimum of half cup servings of fruits and vegetables, whole grain products and fat-free and low-fat milk; moderate in sodium, low in saturated fat and zero grams trans fat per serving; and to meet the nutrition needs of school children within their calorie requirements. In addition, juice will not be served at any of the school sites within the district. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

When feasible, schools will allow alternative breakfast opportunities for students with the

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Food Services employs well-prepared staff who will serve appealing choices of compliant and nutritious foods at breakfast, lunch, and afterschool. The Food Services Department will:

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Nutrition promotion and education can positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also in commm Tc 0 3 (13) 4 (17) 0.0887 (2) 42311w138e1) 3.3 cvea



## IV. PHYSICAL ACTIVITY

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity will be provided by FUSD through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-schooltime activities. Schools will ensure that these varied opportunities are in addition to, and not a substitute for, physical education (addressed in "Physical Education" subsection). All schools in FUSD will be encouraged to participate in Let's Move! Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason; this does not include participation on athletic teams that have specific academic requirements. FUSD will provide teachers and other school staff with a list of ideas for alternative ways to address student conduct. We strongly recommend that staff use physical activity as a reward when feasible.

### **Physical Education**

FUSD will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national standards for physical education by grade level and the California Standards for the Teaching Profession. The physical education curriculum will promote the benefits of a physically active lifestyle. (w/11/10/25/04/11)-73(6)



## V. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS W12-0.0611

FUSD will encourage the integration of wellness activities across the entire school setting, not just in the cafeteria or other food and beverage venue and physical activity facilities. FUSD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

**F** FUSD will enhance relationships with community partners in support of this wellness policy's implementation and

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## VII. GLOSSARY

**School Campus:** areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day:** midnight the night before to 30 minutes after the end of the instructional day.

**Extended School Day:** time before or after the regular school day that includes intramural sports, club meetings, and other school-related activities.

**Smart Snacks:** allowable foods that can be sold in school vending machines, a la carte lunch lines and student stores during the school day, which include whole grains, dairy, fruit, vegetables and other protein sources, and have specific limits on calories, sugar, fat and sodium.

**Competitive Foods:** all food and beverages sold to students on the school campus during the school day.