

# Bellflower Unified School District Wellness Policy

This policy applies to all students, staff, and schools in the District and will be modified annually to reflect the needs of the students and community. Goals and procedures are established to promote student wellness and engage the community in supporting the policy and helping students practice lifelong healthful habits.

## Nutrition

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

### **Outside Food**

Fast food items are not to be brought on campus for or by students to be eaten or sold. Only healthful snacks such as fruit, crackers, vegetables, etc. should be sent with students. Unhealthful snacks such as chips, candy and cookies are not recommended. Per the [USDA Smart Snacks Guidelines](#), flavored and/or carbonated beverages are not permitted. Due to limited space, parents are not permitted to eat in the cafeteria with students.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition California state nutrition including through:

- Bellflower Unified School District acknowledges the special occasion of each student's birthday. In lieu of food items such as cupcakes, punch and other unhealthful snacks, a positive way to celebrate a student's birthday is to recognize their birthday by donating a book to their classroom library. Happy Birthday pencils given to the student's teacher to distribute might also be a fun way of sharing the happy day.
- With regard to rewards and incentives, the District will encourage teachers and other relevant school staff to utilize alternative student rewards. Foods and beverages that do not meet USDA Meal Pattern Guidelines and Smart Snacks Requirements will not be used as a reward.

### **Fundraising/Events**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. *It is recommended that schools use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).* All school sponsored events will adhere to the Wellness Policy.

## Physical Activity

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment except in cases involving student and school safety. *[This does not include participation on sports teams that have specific academic requirements]*. The District will provide teachers and other school staff with professional development to foster alternative ways to discipline students (e.g., PBIS).

All **elementary students** in each grade will receive physical education for at least 200 minutes every ten days.

\* To view the entire Wellness Policy please visit <http://www.busd.k12.ca.us/parents.html>