

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

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

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%