

PALOS VERDES PENINSULA USD

STUDENT WELLNESS BOARD POLICY 5030

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

Palos Verdes Peninsula USD provides:

- Nutrition Education
- Physical Education
- Healthful Meals

Nutrition guidelines are selected by the district for all foods available on each Campus, with the objectives of promoting student health and reducing Childhood obesity.

Our meals are:

- **Trans-fat free (No artificial Trans-fats)**
- **Below 30% total fat**
- **Below 10% saturated fat**
- **Nutrient dense in iron and calcium**
- **Nutrient dense in vitamin A & C**

Standards were adopted by the district for all foods and beverages sold & served to Students, including foods and beverages provided through student Stores, Vending machines, Classroom Parties, and Fundraisers.

- **No soda**
- **No candy**
- **Caloric and other limits on snack and a la carte items.**

School organizations are encouraged to use healthy Food items or non-food items for Fundraising purposes.

Parents and teachers are encouraged to support the district's nutrition Education program by considering nutritional quality when selecting any Snacks.

Updated 2/2016

Non-Discrimination Statement

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (3) email: intake@usda.gov.

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