

Annual Wellness Survey

The third annual survey of district staff, students, and parents was conducted in early 2019 to assess school progress on District Wellness Policy goals. Sections of the survey were expanded to questions about topics such as mental health. Here are the results from the 1,313 responses:

Successes

- The rating for schools providing resources for nutrition education curriculum increased 62% over the last year.
- The rating for neither denying nor requiring physical activity as a means of punishment increased 21% over the last year.
- The rating for middle and high school health curriculum covering physical activity increased to 100%
- Responses that schools now have a site wellness committee increased 15% over the last year.

Next Steps

- Maintain school site wellness committees at all schools.
- Continue to include student input in decisions regarding health, wellness, and school meals.
- Educate staff, students, and families on the district wellness policy and vision.
- Expand community partnerships and collaboration on wellness initiatives.
- Increase physical activity opportunities for students.

Wellness Council

The District convenes a Wellness Council comprised of teachers, administrators, students, staff, parents and community organizations. The Wellness Council establishes goals for and oversees school health policies and programs, including development, implementation, and periodic review and update of the District Wellness Policy.

The last update of the District Wellness Policy, based on comparison with USDA model wellness policies and input from the SGUSD Wellness Council, was approved by the School Board in March 2016. The updated documents were BP 5030, AR 5030, E 5030, BP 3554, and AR 3554.

For more information about the Wellness Policy and/or how you can become involved, please visit our website:

www.sgusd.k12.ca.us

or call:
(626) 451-5400

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San Gabriel Unified School District

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San Gabriel Unified School District

Annual Wellness Report 2018-19



The San Gabriel Unified School District is committed to providing safe and healthful school environments that promote and protect students' health, well-being and ability to learn by supporting healthful eating and physical activity.



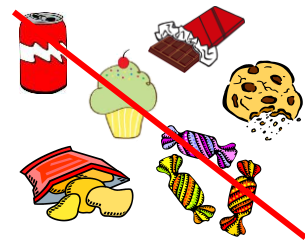
Healthy Classrooms

SGUSD recommends non-food rewards in recognition of birthdays, student success, behavior and achievements. Teachers shall limit classroom parties/celebrations involving food during the school day to no more than three parties/celebrations per class per year, and hold them after the last lunch period for that specific grade level or class.

Recommended Rewards/Snacks



Not Recommended Rewards/Snacks



Healthy Fundraising

All food sold on campus to students during the school day must meet state and federal nutrition requirements. It is recommended that schools use only non-food fundraisers, and encourage those promoting physical activity.

Suggested Fundraiser Options:

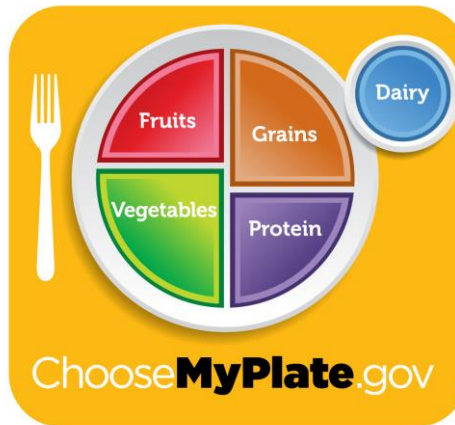
- Book fair, student art show, concert, talent show
- Jog-a-thon, dance-a-thon, sports tournament
- Auction, game night, penny war, recycling drive
- Non-food items to sell: School spirit items, candles, holiday items, calendars, coupon books

School Meals Program

The school meals program aims to improve the diet and health of schoolchildren, help mitigate childhood obesity, model healthful eating, support the development of lifelong healthful eating patterns, and support healthy brain development and learning.

School Meals Offer:

- A colorful variety of fruits and vegetables
- Items rich in whole grains
- Protein-rich foods that are low in fat and sodium
- Fat-free and 1% milk
- Age-appropriate calorie limits and portion sizes
- < 10% saturated fat
- Limitations on sodium content
- Zero grams trans fat



Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

California Dept. of Education PE Requirements:

- Elementary: ≥ 200 minutes every 10 days
- Middle/ High School: ≥ 400 minutes every 10 days.



Physical Activity

Children and teens should participate in **60 minutes** of physical activity every day. SGUSD is committed to providing opportunities for physical activity through: physical education, recess, classroom-based physical activity, safety for walking and bicycling to school, and after school programs.

SGUSD encourages teachers and administrative staff not to discipline students by taking away physical education, physical activity or recess. The district also encourages teachers not to use physical activity as a punishment.