The Fountain Valley School District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed with a health and wellness committee that included teachers, parents, students, administrators, food service personnel and the school nurse.

**Sharing the Message of Wellness**

One of our goals is to share the message of nutrition and wellness via the FVSD Nutrition Services web site that emphasizes the importance of nutrition AND fitness. The site provides information on nutrition and fitness for teachers, parents, and students, as well as a variety of learning tools.

**Key Areas of our Wellness Policy**

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.

**Wellness Goals**

- Involvement of parents, students, representatives of school food service, the school board, school administrators and the community in the development of the school wellness policy.
- Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness.
- Nutritional guidelines for all food available on each school campus during the school day.
- Assurance that guidelines for reimbursable meals will not be less restrictive than federal regulation and guidance issued by the United States Department of Agriculture (USDA)
- A plan for measuring the implementation of the local wellness policy and designation of one or more persons in the district or at each school to oversee the implementation of the adopted wellness policy.

**Wellness in the Works**

**Why is wellness important at school?**

We know that healthy students learn better. Research has shown a strong link between student health and learning. Increased physical activity and healthy eating habits help students stay focused in school and prevents obesity.
What if I want to do more?

Become a representative for your school site Wellness Team. Volunteer to be on the District’s Wellness Committee by contacting the district’s wellness lead, Diane Sharpe, at sharped@fvsd.us or call 714-231-2207

Parent Groups - Healthy Fundraising Ideas

Other Healthy Fundraising Ideas can be found at these links:

- Action for Healthy Kids
- Sweet Deals
- 20 Ways to Raise Funds without Candy

View the Policy at:

Celebrating Birthdays

Students love to celebrate birthdays at school, as it is a memorable time to share with teachers and friends. In an effort to abide by the FVSD Wellness Policy and to maximize student learning time, we are asking that all parents follow these guidelines when planning for your child’s birthday celebration at school.

- Contribute a BOOK to the library through the Birthday Book program.
- Make a donation to your local PTO/PTA or the FVSchools Foundation at www.FVSchools.org in honor of your child’s birthday.
- Bring in NON-FOOD items for classmates such as pencils, erasers, bookmarks, etc.
- Donate an EDUCATIONAL GAME or book for your child’s classroom in your child’s honor.
- Send your child to school wearing a Happy Birthday sticker or hat (for outside wear) so he/she may receive lots of good cheer from friends and staff.

Students are no longer allowed to bring in food items for birthday celebrations.

It is very important that as a community, all students, staff, parents and teachers are on board with the FVSD Wellness Policy. We also ask that parents refrain from bringing birthday balloons onto school campus. Your cooperation in supporting the wellness of our students is very much appreciated!

To view the FVSD Wellness Policy go to:


To view the FVSD Food Services Website for ideas on Healthy Living visit:
