

SVUSD Student Wellness Policy Reminder

1. Food Sold on Campus – All foods and beverages sold as part of the National School Breakfast and Lunch Program will comply with current state and federal legislation. No foods of minimal nutritional value shall be sold on school premises during the school day.
2. Rewards and Incentives – Food or beverages will not be used as rewards for students' academic performances, accomplishments or behavior.
3. School-wide Events (examples: jog-a-thon, Grandparents Day) – Food or beverages served at any school-wide event will meet the nutritional requirements described below.
4. Class Parties – There will be no more than three class parties during the school year. Food served at parties may include no more than one food or beverage item that does not meet the nutritional requirements described below.
5. Curriculum and/or Culturally-based Activities (examples: Thanksgiving feast, Greek and Roman Day, multicultural festival) – Each class will be limited to no more than two curriculum and/or culturally based activities per year. Any food served, as much as is practical, will reflect the nutritional requirements described below. These activities require advanced approval by the principal.
6. Celebrations (examples: student birthdays, individual student accomplishments) – Celebrations require advanced approval by the classroom teacher or the principal. Celebrations may NOT include food items. Some parents choose to allow their children to celebrate their birthdays at school. These celebrations require prior teacher approval, may not interfere with the instructional program and may not include food. Alternative suggestions for approved birthday recognitions are indicated below and the classroom teacher may be consulted for additional ideas.

With these changes, we believe that we are developing a better nutrition/wellness program for our students and sending them the correct message that proper health and nutrition are an important part of their education.

We appreciate your understanding and support of this new policy. Parents who might like additional information about Board Policy 5030 may contact their school principal or access the policy on the District web site at <http://www.svusd.k12.ca.us>. All Board Policies are referenced in the "Board of Education" section.

Elementary Level Nutritional Requirements

Beverages:

- ✓ Fruit-based drinks, no less than 50% fruit juice and no added sweetener
- ✓ Vegetable-based drinks, no less than 50% vegetable juice and no added sweetener
- ✓ Drinking water, no added sweetener
- ✓ 2% fat milk, 1% fat milk, non fat milk, soy milk, rice milk, etc.

Food:

- ✓ Not more than 30% fat
- ✓ Not more than 10% saturated fat
- ✓ Not more than 35% sugar
- ✓ Not more than 175 calories per item

Alternative Suggestions for Recognition of Student Birthdays

- ✓ School or art supplies shared with all classmates
- ✓ The opportunity to read a favorite book to the class
- ✓ A greeting card (purchased by parent) signed by the school administration, teacher and/or classmates
- ✓ A donation to the classroom, i.e., games, balls, jump ropes, books, or other nonfood items or activities
- ✓ Participation in Birthday Book Club