

Wellness Assessment

Schools used the Center for Disease Control and Prevention's School Health Index to assess their progress towards Wellness Policy goals. Here are some highlights of the results:

Successes

- Many schools reported having a representative school health committee or team.
- Most schools reported going above the number of physical education minutes required by California Education Code.
- All schools reported that the school meals program offers a variety of items in the five food groups that go beyond National School Lunch Program requirements.
- Most schools reported that they fully communicate with all families about school health activities and programs in a culturally- and linguistically-appropriate way, using a variety of communication methods.

Next Steps

- Establish school site wellness committees at all school sites, department, and student/parent organization.
- Increase student input in health, wellness, and school meals.
- Educate staff, students, and families on the district wellness policy and vision, as well as resources to support wellness.
- Implement new rules regarding foods and beverages on campus.

Wellness Council

The District convenes a Wellness Council comprised of teachers, administrators, school health professionals, Nutrition Services employees, community organizations, and more. Parents, students, counselors, before- and after-school program staff, Board members, and members of the public are all invited to join. The Wellness Council engages in oversight of the GUSD Wellness Policy in its development, implementation, periodic review and revision.

The last update of the District Wellness Policy, based on comparison with USDA model wellness policies and input from the GUSD Wellness Council, was approved by the Board of Education in 2018. The updated documents were BP 5030 and AR 5030.

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

<https://www.gusd.net/Page/995>

or call:
(818) 552-2677

Jennifer Chin Gonzales, MS, RD,
Director, Nutrition Services

[Glendale Unified School District](https://www.gusd.net)
223 North Jackson Street
Glendale, CA 91206

Funded by USDA, an equal opportunity provider and employer.

Glendale Unified School District

Annual Wellness Report 2018-19



The Board of Education and the Glendale Unified School District believe that a positive, safe, and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental, and social success.



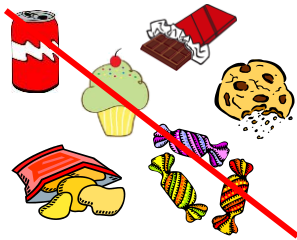
Healthy Classrooms

GUSD encourage non-food rewards for recognition of classroom success and achievement. Schools should limit celebrations that involve food during the school day so not to negatively impact school meal participation. Celebrations should occur after the last lunch period.

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 fairs, student art shows, concerts, talent shows
- Jog-a-thons, dance-a-thons, sports tournaments
- Auctions, game nights, penny wars, recycling drives
- Non-food items to sell: School spirit items, candles, holiday items, calendars, coupon books

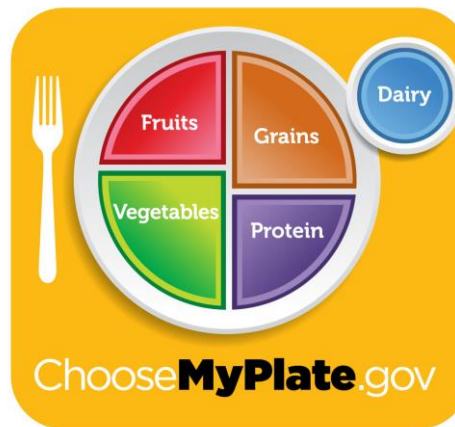
*See <https://www.cde.ca.gov/ls/nu/he/compfoods.asp>

School Meals Program

The school meal 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
- Only whole-grain rich items
- 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

Schools shall provide all students with the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

California Dept. of Education PE Requirements:

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



Physical Activity

The District shall develop a comprehensive program encompassing a variety of opportunities for students to maximize physical activity, including, but not limited to, physical education, recess, health education for physical activity, athletic programs, intramural and/or interscholastic activities, and community-based programs—Walk and Bike to School Day, Walk- and Jog-a-thons.

Research shows that physical activity in the form of recess helps students learn and behave better. Therefore, it is encouraged that students not be denied recess as a means of punishment.