

Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed in conjunction with the School Health Advisory Council (SHAC) that includes teachers, parents, staff, administrators, and Board members.

What Is a Local School Wellness Policy?

The Local School Wellness Policy (LSWP) requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. Wellness policies were finalized into federal law through the LSWP Final Rule 2016. It requires local educational agencies participating in the National School Lunch Program and/or School Breakfast Program to develop an LSWP that promotes the health of students and addresses the growing problem of childhood obesity. An LSWP is a written document of official policies that direct efforts to establish a school environment that promotes students' health, well-being and ability to learn. The responsibility for developing an LSWP is placed at the local level so the unique needs of each school can be addressed.

Why Is It Important?

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Highlights

Folsom Cordova Unified School District is committed to providing school environments that promote and protect student's health, well-being, and ability to learn by supporting healthy eating and physical activity. A few of the Wellness Policy highlights include the following:

- All foods & beverages served, offered and sold during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards. This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties, and school-wide celebrations.
- All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, and before- and after-school programs.
- Staff should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.



Wellness Policies and Regulations

Student Wellness

- ❖ [Board Policy 5030 Student Wellness](#)

Food Service/Child Nutrition Program

- ❖ [Board Policy 3550 Food Service/Child Nutrition Program](#)
- ❖ [Administrative Regulation 3550 Food Service/Child Nutrition Program](#)

Food Service Operations/Cafeteria Fund

- ❖ [Board Policy 3551 Food Service Operations/Cafeteria Fund](#)
- ❖ [Administrative Regulation 3551 Food Service Operations/Cafeteria Fund](#)

Free and Reduced Price Meals

- ❖ [Board Policy 3553 Free and Reduced Price Meals](#)

Other Food Sales

- ❖ [Board Policy 3554 Other Food Sales](#)
- ❖ [Administrative Regulation 3554 Other Food Sales](#)
- ❖ [California Department of Education Competitive Food Reference-Public Schools](#)

Physical Education

- ❖ [Board Policy 6142.7 Physical Education](#)
- ❖ [Administrative Regulation 6142.8 Comprehensive Health Education](#)

Getting Healthy Together Easy Tips for Families

- [Skip the Screen](#)
- [Swap Out Sugary Drinks](#)
- [Let's Get Moving](#)
- [Load Up on Fruits & Veggies](#)