

HEMET UNIFIED SCHOOL DISTRICT  
Parent/Teacher Information Sheet

**Key Components of the Student Wellness Policy (BP 5030)\***

In March 2006, our Governing Board adopted the Student Wellness Policy, which complied with federal regulations requiring that all school districts participating in federal child nutrition programs have such a policy in place by July 2006. The District Wellness Committee (comprised of Board members, community members, parents, students, and site and district administrators) has been meeting regularly to implement the policy. The Key Components of the policy are summarized below:

- **K-8 Health Adoption** (BP 5030 b, AR 5030 b,c) A partnership between Physical Education and General Education teachers in grades K-8 is being developed to infuse health lessons, focusing on the priority areas of fitness and nutrition, using Board-approved health text books. A class set for each grade level is available at each school site, and teachers from every grade and subject area are encouraged to utilize them use to support health education for students.
- **Teachers and other school personnel will not use physical education (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.** (AR 5030 h)
- **Schools will use healthy food items or non-food items for fundraising purposes and as a reward for student academic performance, accomplishments or classroom behavior.** For approved food items, ideas for healthy celebrations, and more, check on the district website: [www.hemetusd.k12.ca.us](http://www.hemetusd.k12.ca.us) (see link to Student Wellness Policy under “Features”).
- **Class parties and celebrations are limited to no more than one per month and must be held after the lunch period. Items offered must be commercially prepared, and stable at room temperature.** (AR 5030 k)
- **Parents are encouraged to: (1) support the District’s nutrition education efforts by adhering to nutritional integrity when selecting any snacks, food or beverages which they may donate for approved school events, and (2) consider nutrition when selecting snacks, lunch and beverages to be brought from home.** (AR 5030 j).
- **Parent organizations must plan food sales for ½ hour after the end of the school day to not interfere with the school’s breakfast or lunch program.** (AR 5030 j)

\* BP denotes Board policy; AR denotes Administrative Regulations, which are developed as the ways in which Board Policy will be implemented and enforced.

For more information on the Wellness Policy, please also feel free to contact the following individuals: Mary Wulfsberg, Deputy Superintendent, Educational Services, 765-5100, ext. 2422; Kathy Anderson, Director, Nutrition Services, 765-5100, ext. 2601; Valerie Velez, Health Education Program Consultant, 765-5100, ext. 2537.