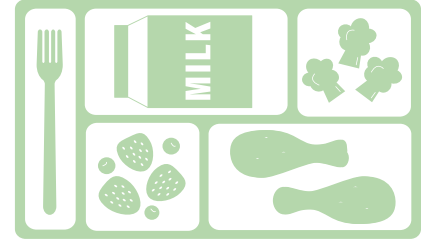


# STUDENT WELLNESS POLICY

CCSD Regulation 5157 commits schools to providing an environment in which students can make healthy food choices and have opportunities to be physically active.



## Nutrition Standards and Meals

- Nutrition standards apply to all foods and beverages sold or given away to students during the school day (defined as the period from midnight before to 30 minutes after the end of the official school day).
- Students will be allowed at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch — time spent acquiring the meal is not included.

## Physical Activity and Recess

- Schools will provide the opportunity for at least 30 minutes daily of moderate to vigorous physical activity.
- School personnel cannot withhold PE or recess as punishment.



## Wellness Coordinator and Committee

- CCSD will employ a District Wellness Coordinator, convene a District Wellness Committee and hold regular meetings, and develop District Wellness Goals related to nutrition, physical activity, and other school-based activities that promote student wellness.
- Each school will designate a School Wellness Coordinator to ensure the District's wellness goals are met at their school.

## Fundraisers, Incentives and Marketing

- All food-based incentives and rewards given out to students must meet **USDA Smart Snack** nutrition standards — it is strongly encouraged that schools use rewards and incentives that are not food-based.
- Only marketing consistent with nutrition standards will be allowed on school campus.
- During the school day, all items sold to students on the school campus as part of a fundraiser must meet nutrition standards.



### USDA Smart Snack Nutrition Standards

<b>Calories:</b>	≤ 200
<b>Sodium:</b>	≤ 200 mg
<b>Total Fat:</b>	≤ 35% calories from fat
<b>Saturated Fat:</b>	< 10% calories from saturated fat
<b>Trans Fat:</b>	0 grams per serving
<b>Sugar:</b>	< 35% by weight of sugar
<b>Milk:</b>	unflavored or flavored nonfat or unflavored low-fat
<b>Juice:</b>	100% fruit and/or vegetable juice

**Get involved! Contact your school to find ways you can support health and wellness.**

Read the complete CCSD Student Wellness Policy at [www.bit.ly/ccsdwellness](http://www.bit.ly/ccsdwellness)