



be well

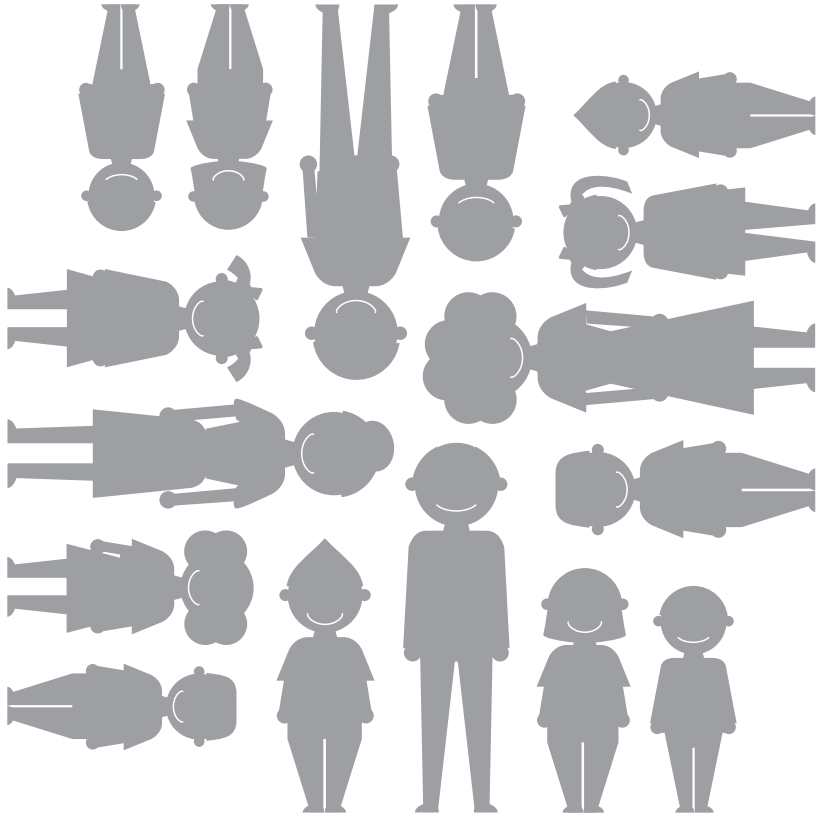


SFUSD THE NEW SFUSD WELLNESS POLICY

“Be Well outlines our vision for creating environments where students and staff can achieve their greatest potential — daily and throughout their lives. To provide everyone in our community with an equal opportunity to succeed, promoting good eating habits and physical activity must be a priority.”

—Richard A. Carranza, Superintendent of Schools

The SFUSD Board of Education has a longstanding commitment to creating school environments that promote and protect comprehensive wellness. Their approach to wellness is aligned with the Whole School, Whole Community, Whole Child model.



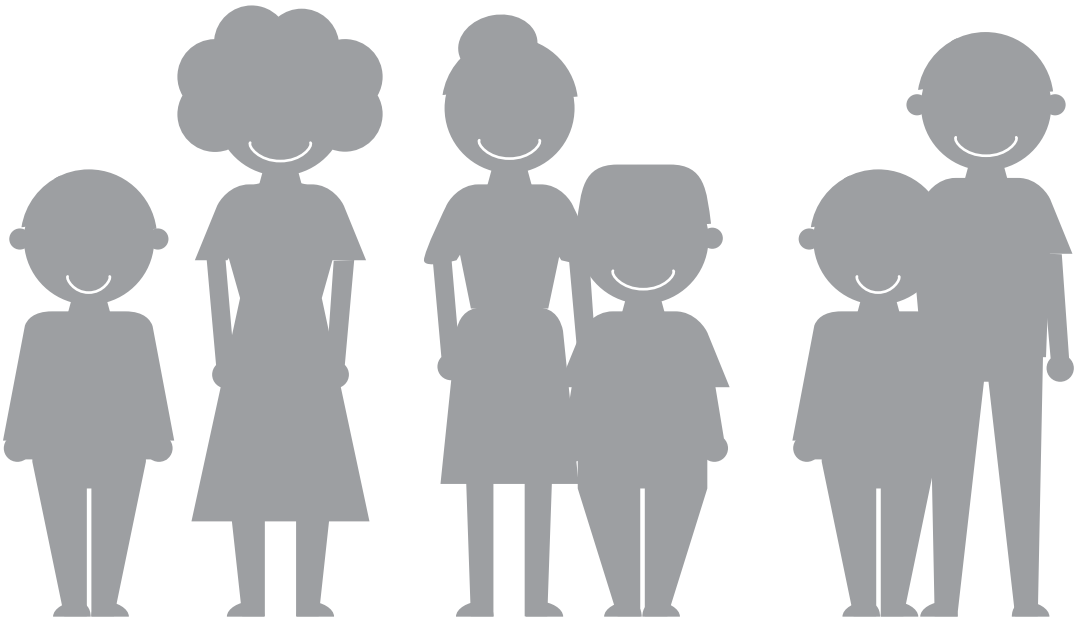
be well
is more than students.

Our dream is to ensure all students have an equal opportunity to succeed, all staff members are supported in reaching their own life goals, and every family has peace of mind knowing that every day their children can excel in an environment primed for learning.

be well
is about creating together.

For years, a diverse, multidisciplinary committee made up of families, staff, students, City agencies, nonprofit organizations, and members of the public, worked together to co-create a comprehensive set of wellness guidelines based on the latest research and best practices.

This collaborative approach will continue, with each of us working within our individual school communities, and across them, to best represent our diverse values so we can create new traditions together.



be well

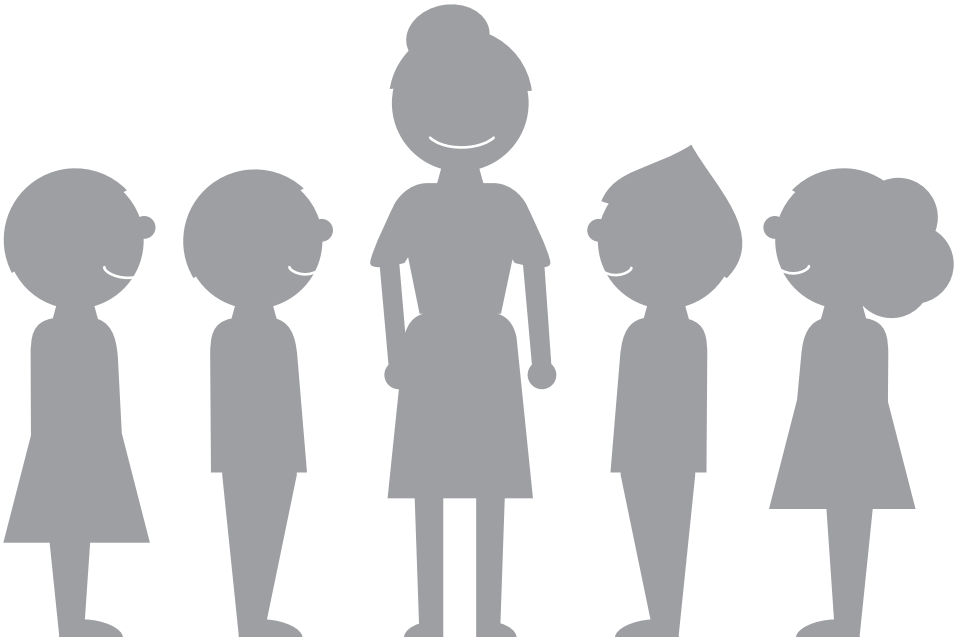
is about starting small to finish big.

Sharing these guidelines with you is just the first in a series of milestones that will be defined over many years as we continue to build towards our shared vision.



be well
is about taking the lead.

Your insights, influence and guidance will be critical for creating a path towards success in your community. We will work together to identify strategies and tools to support full implementation of the Wellness Policy.





what else is **be well?**

We are just beginning to explore how we will achieve our ambition of helping every member of our community develop healthy habits for life. We invite you to implement the Wellness Policy in ways that celebrate and honor your community. Your approach will help define how we fully implement the Wellness Policy.

be well. do well.

sfusd.edu/BeWell

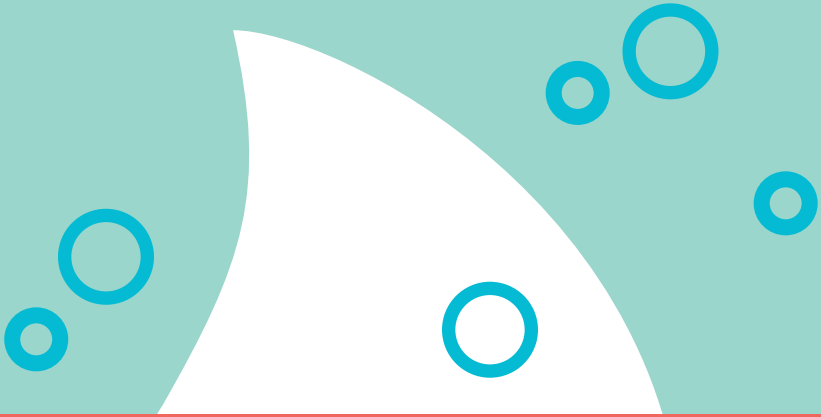
FUNDRAISING GUIDELINES

CELEBRATION GUIDELINES

MOVEMENT GUIDELINES

FOOD GUIDELINES

BEVERAGE GUIDELINES



What can you do to help all members of your community achieve their greatest potential?

SFUSD's nutrition guidelines and the application for donating/selling/serving food or beverages are available at sfusd.edu/BeWell

BEVERAGE GUIDELINES



HAPPY HYDRATION

In addition to being simply delicious, water promotes optimal brain health, so we can all function at our best.

WHAT WORKS WELL



WATER



WATER FLAVORED
WITH SLICED FRUIT



CARBONATED
WATER



NATURALLY
FLAVORED
CARBONATED
WATER



LOW-FAT MILK &
NON-DAIRY ALTERNATIVES



To stay happily hydrated, students and staff are encouraged to carry refillable water bottles and enjoy the safe, clean drinking water freely available all day, every day.

WHAT DOESN'T WORK WELL

Sweetened beverages. Caffeinated beverages. 100% fruit juice.

Beverages with added sugar, high fructose corn syrup, artificial sweeteners, or caffeine cannot be sold or served to students, staff, or families at any time on any district property. This includes sodas, diet sodas, energy drinks, sports drinks, flavored waters, sweetened ice teas, sweetened juices, juice nectars, and fruit punches.



Adult vending machines may contain unsweetened coffee or tea beverages.



We will explore the possibility of phasing out chocolate milk. In the meantime, it's possible to serve flavored milk as long as it doesn't contain high fructose corn syrup and it has less than 30 calories or 7.5 grams of added sugar.



Sweetened beverages promote excess calorie intake with little to no nutritional value added. Research links major risk factors for obesity, diabetes and other chronic diseases to unhealthy habits, often established in childhood.



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FOOD GUIDELINES



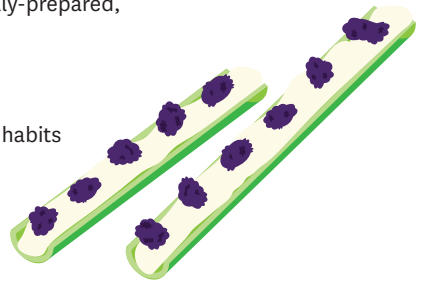
NUTRITIOUS NOURISHMENT

We nourish more than our bodies when we provide students, staff, and families with the knowledge, attitudes, skills, and experiences needed to sustain healthy eating habits.

LET'S MAKE BIG CHANGE TOGETHER

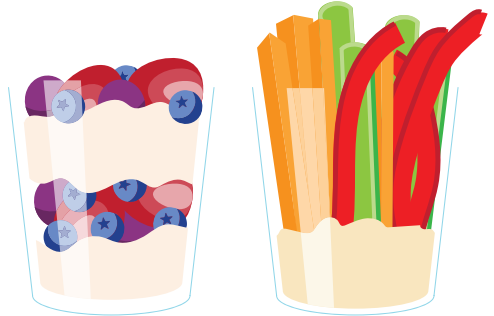
We have the capacity to provide for each student's nutritional needs throughout the day. With each school participating in and promoting all available federally-funded school nutrition programs, together we will:

- Provide all students equitable access to fresh, locally-prepared, high-quality food regardless of their ability to pay
- Help mitigate childhood obesity
- Address issues of hunger in our community
- Support the development of lifelong healthy eating habits
- Improve academic outcomes for our students
- Strengthen community across cultures



SFUSD's nutrition guidelines apply to **all food and beverages donated, sold or served** to students, staff and families on every PreK-12 campus and administrative building, including:

- Snacks
- Celebrations
- Classroom-based activities
- School meals
- Vending machines
- School stores
- Snack bars and/or concession stands
- Fundraisers on school grounds
- Afterschool programs
- Family meetings
- Staff meetings



Individuals or organizations selling, serving, or donating food and beverages during the day must be pre-approved in writing by SNS (sfusd.edu/BeWell).

SFUSD'S NUTRITION GUIDELINES ARE ONLINE AT sfusd.edu/BeWell

QUESTIONS? EMAIL: BeWell@sfusd.edu



WHAT WORKS WELL

- ✓ Encouraging students to take advantage of school meals
- ✓ Engaging families and raising awareness of all school nutrition programs
- ✓ Allowing students to finish or eat breakfast in the classroom
- ✓ Modeling healthy eating behaviors
- ✓ Inspiring students to eat more whole grains, fruits, vegetables, and legumes
- ✓ Having meals with students
- ✓ Ensuring adequate time for students to eat their meals after they sit down
- ✓ Accommodating cultural food preferences and special dietary needs



WHAT DOESN'T WORK WELL

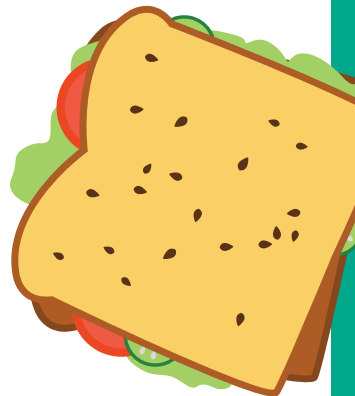
Discouraging participation in SFUSD's federally-funded school meal programs by offering students other food and/or beverages. Schools shouldn't invite or contract with anyone to provide food and/or beverages to students unless the provider has been pre-approved in writing by SNS.

Using SFUSD funds to purchase food or beverages that do not meet SFUSD's nutrition guidelines (sfusd.edu/BeWell).

Marketing or advertising non-compliant foods and/or beverages (e.g., exterior of vending machines, school posters, free giveaways, etc.) or using curricula that include unnecessary brand names.



Research has consistently shown a powerful connection between health and academic achievement, with poor health often negatively affecting students' attendance, grades and ability to learn in school. Students with better general health are more likely to graduate from high school on time and attend college or post-secondary education.



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MOVEMENT GUIDELINES



ACTIVE ACTIVITIES

Movement primes the brain for learning, and elevates mood, giving us all more stamina to tackle tough challenges — academic and otherwise.

WHAT WORKS WELL

- ✔ Opportunities for students to be physically active at least 60 minutes a day
- ✔ Adequate time for recess
- ✔ Physical activity breaks in class
- ✔ Athletics
- ✔ Before and afterschool programs offering an array of physical activity opportunities and ensuring all students are able to participate
- ✔ Walking or biking to school, and actively promoting *Walk & Roll to School Day*, and *Bike & Roll to School Week*
- ✔ Prioritizing fields and facilities for physical activities
- ✔ Access to a content-rich curriculum, high-quality instruction, and focused assessment of student learning
- ✔ Physical education that builds the knowledge and skills needed to maintain a healthy lifestyle



By actively encouraging as many opportunities as possible for movement, the hope is for all students and staff to get at least 60 minutes per day of moderate to vigorous physical activity.

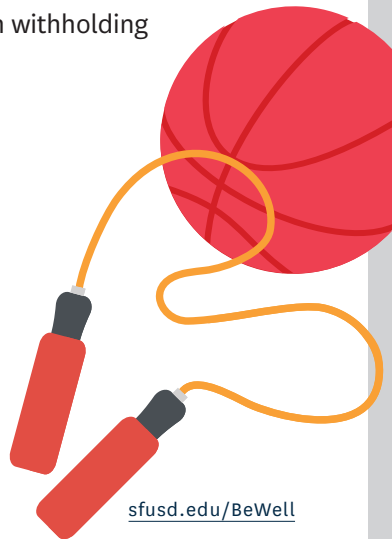


WHAT DOESN'T WORK WELL

Withholding recess, physical activity or physical education as a form of punishment. Staff should use restorative approaches to support positive student behaviors rather than withholding recess or other physical activity.



Time spent in recess has a positive impact on children's attention, concentration, and on-task classroom behavior. Physical activity also promotes executive functions like sequencing, memory, and prioritizing. Physically fit children score twice as well on academic tests.



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CELEBRATION GUIDELINES



CEREMONIOUS CELEBRATIONS

The bonds of our community strengthen when we take time to reward and acknowledge one another, and our accomplishments. Not just for special occasions, but every day.

WHAT WORKS WELL

Developing creative practices for rewarding students instead of using food or beverages.

Scheduling celebrations that involve food or beverages after the lunch period, and making sure all the food and beverages meet SFUSD's nutrition guidelines.

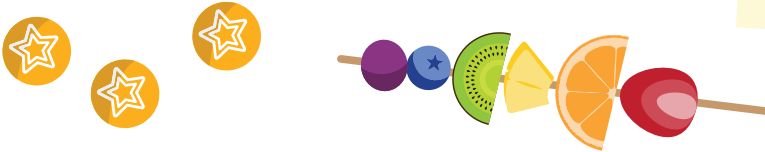
Schools should create their own traditions to uphold the Wellness Policy in ways that best celebrate the diversity of their communities.

INCENTIVES

- ✓ Stickers
- ✓ Points
- ✓ Physical activities
- ✓ Games
- ✓ Field Trips
- ✓ Books
- ✓ No-homework passes

CELEBRATIONS

- ✓ Physical activities
- ✓ Games
- ✓ Birthday recognition at assemblies
- ✓ Fruit cups
- ✓ Fruit yogurt parfaits
- ✓ Smoothies
- ✓ Vegetables and dips



WHAT DOESN'T WORK WELL

Using food and/or beverages as a reward for students' academic performance, accomplishments, or classroom behavior.

Having class parties that involve food and/or beverages before the school's lunch period.

Serving and/or selling food or beverages that do not meet SFUSD's nutrition guidelines (sfusd.edu/BeWell).



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FUN FUNDRAISERS

Supporting a broad range of student interests encourages self-discovery, provides leadership opportunities, and strengthens the values of our diverse community.

STUDENT-RUN FUNDRAISERS

Students are encouraged to organize fundraisers that don't include food and beverage sales, but instead engage the school community in *Active Activities*, like walk-a-thons and car washes, or that sell non-food items like school supplies and Valentine's Day Friendship-Grams.

If principals decide a student-run fundraiser can include the sale of food or beverages on the school campus, these guidelines reflect the key elements of our Wellness Policy and the California Code of Regulations for school fundraisers (5 CCR 15500 and 15501).

FOR ALL SCHOOLS (PREK-12)

- ✔ All food and beverages must meet SFUSD's nutrition guidelines (sfusd.edu/BeWell)
- ✔ Food sales cannot begin until after the close of the regularly scheduled lunch period
- ✔ Food similar to the food provided by federally-funded meals at school during that school day cannot be sold
- ✔ Food sold during the regular school day cannot be prepared on the school campus

ADDITIONAL REQUIREMENTS

FOR EARLY EDUCATION, PREK-5, AND PREK-8 SCHOOLS

- ✔ No more than one food or beverage item is permitted per sale
- ✔ Each school is allowed a maximum of four student-run fundraisers per school year

ADDITIONAL REQUIREMENTS

FOR MIDDLE AND HIGH SCHOOLS

- ✔ No more than three categories of foods or beverages may be sold each day (e.g., sandwich, fruit, milk)
- ✔ Only one student organization is allowed to sell each school day
- ✔ Four times a year, on dates set by the school administration, any and all student organizations may sell food and/or beverages on the same designated school days

The SFUSD School Day is seamless, lasting from when students first arrive in the morning until they leave at the end of afterschool programs.

ADULT-RUN FUNDRAISERS

Adults are also encouraged to organize fundraisers that don't include food and beverage sales, but instead engage the school community in *Active Activities*, like walk-a-thons and car washes, or that sell non-food items like school supplies and Valentine's Day Friendship-Grams.

If principals decide an adult-run fundraiser can include the sale of food or beverages on the school campus, **sales may only occur after the end of the school day through midnight, or on weekends or holidays.**

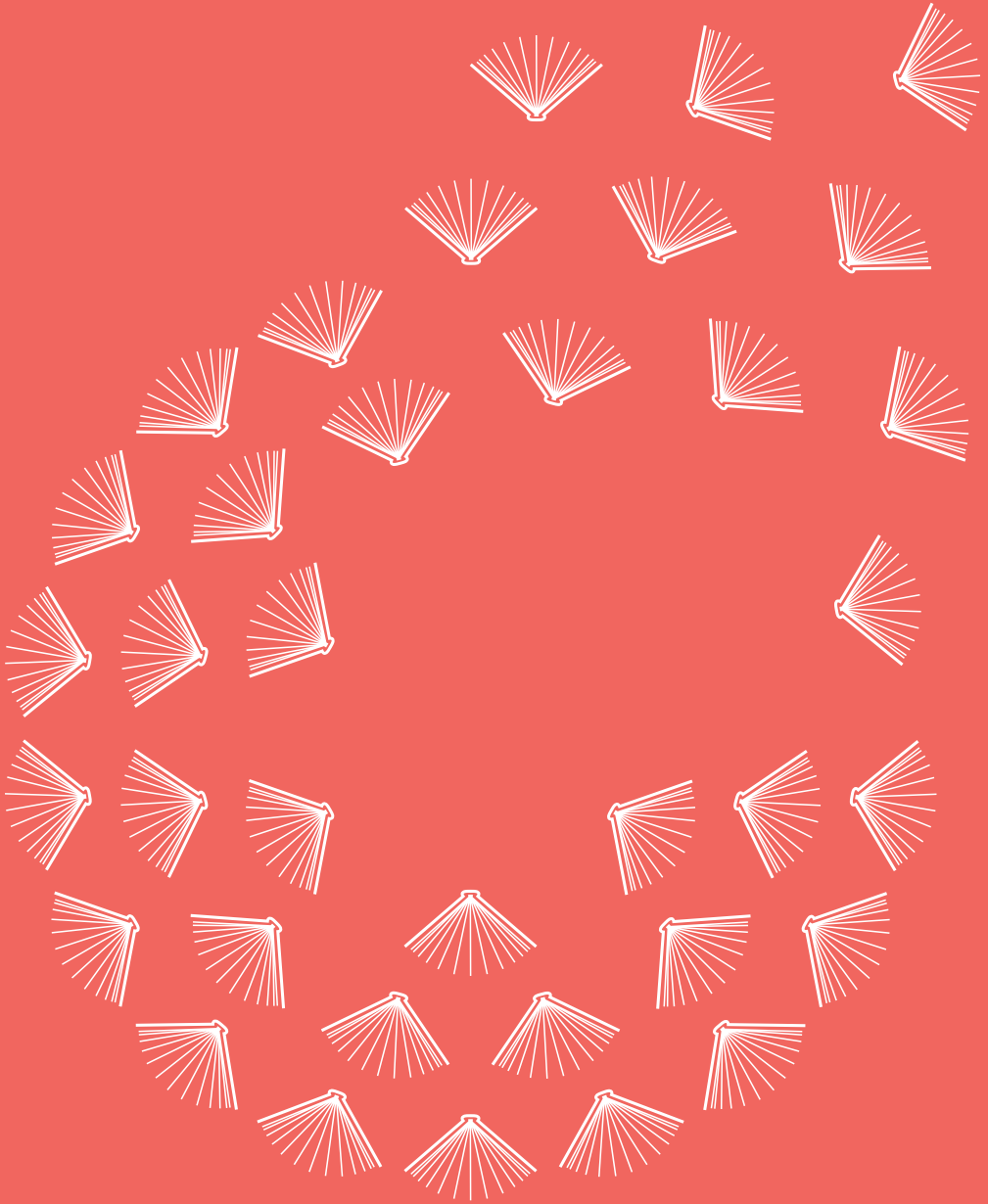
Beverages must always meet SFUSD's nutrition guidelines, and it's highly recommended that food sales meet SFUSD's nutrition guidelines (sfUSD.edu/BeWell). However, early education and elementary principals can waive the nutrition guidelines for adult-run food sales up to 10 times a year, and middle and high school principals can waive the nutrition guidelines for adult-run food sales as frequently as they deem appropriate throughout the school year.



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