

**NEWHALL SCHOOL DISTRICT**  
**WELLNESS POLICY GUIDELINES**  
**Summary of Governing Board Policy 5030**

- Prohibits the marketing and advertising of non-nutritious foods or beverages through signage, logos, school supplies, or advertisements.
- Each school shall post the district's guidelines in public view within all school cafeterias or other central eating area.
- School staff shall use healthy food items or non-food items as a reward for students' academic performance, accomplishments, or classroom behavior.
- Food should not be used as a reward or punishment for **individual** student behaviors.
- School organizations are encouraged to use non food items for fundraising. If food items are used, strive to meet the nutritional guidelines from the SCV Food Service Agency.
- Parents/guardians are encouraged to support the district wellness policy guidelines by considering nutritional standards\*\* when selecting any snacks donated for class parties.
- Limit foods or beverages that do not meet nutritional standards\*\* to no more than one food or beverage per class party (including pizza parties, birthday parties, etc.)
- Class parties or celebrations shall be held after the lunch period when possible.
- Schools should limit celebrations that involve food during the school day to no more than once per month (including pizza parties, birthday celebrations, etc.)

**\*\*Nutritional Standards for class parties or fundraisers.**

Items served/sold MUST be one of the following:

- Whole Grain
- Dairy
- 100% Fruit (including juice)
- 100% Vegetable

They also MUST be:

- Less than 175 calories per serving
- Follow 35/10/35 rule: No more than 35% calories from fat, no more than 10% of calories from saturated fat, no more than 35% of total weight from sugar

**Wellness Committee Statement**

*The Governing Board Wellness Policy 5030 and wellness guidelines are to be adhered to during the regular school day. The Regular School Day is defined as normal school hours and extends to activities and programs occurring at the school site immediately before and after school, that are attended primarily by students. Only foods and beverages that meet the nutritional standards as described in the Wellness Guidelines will be offered to students during the regular school day. Wellness guidelines should be adhered to outside school hours when students are participating in a learning environment experience. The committee defines "learning environment" as an instructional setting. The Wellness Committee believes that restaurant nights or PTA/O sponsored events where parents are present and primarily responsible for their child's behavior, parents should be responsible for their family's food choices.*