



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:

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

They also MUST be:

- o Less than 175 calories per serving
- o 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