



# 22/23 Wellness Policy Report

## Buellton Union School District



### Our Wellness Goals



#### We met these goals:

- ✓: To provide physical activities and information that builds interest and proficiency in movement skills and encourages life-long fitness.
- ✓ To promote and offer healthy foods and beverages and to empower our educational community to make sound nutritional choices.

#### We are still working on these:

- ✘ To provide healthy lifestyle education to the students of the Buellton Union School District through classes and programs.
- ✘ To promote the social and emotional well-being of our students in order to maximize their learning potential.
- ✘ To educate our school community on the available resources to help them make healthy lifestyle choices.
- ✘ Redesign and renovate the school kitchens to accommodate the servicing of fresh foods, including hot meals in both school and a salad bar at Jonata

- ☞ Standards for USDA child programs meals – We are meeting all nutrition standards with 100% compliance
- ☞ The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- ☞ Fall of 2023 – Form a robust Wellness Committee with school, guardian, and community representation to revamp the 2018 Wellness Committee Goals
- ☞ Parent engagement / support – evening / after school opportunities
- ☞ Exploration of nutrition curriculum
- ☞ Connecting what's happening in the garden / classroom and what's happening in the schools' kitchens.

