



Tustin Unified School District



# Wellness Policy

Here's how we are raising a generation of healthier students!

## SKILL-BASED NUTRITION EDUCATION

Integrated into academics teaching students to make nutritious and enjoyable food choices



Family & community involvement



Professional development for teachers

## Physical Education & Physical Activity (PA)



In addition to required physical education minutes, students will be provided with physical activity opportunities throughout the day.



Denying PA as punishment is discouraged

## School Environment



Staff and parents are encouraged to be healthy role models



All foods and beverages sold to students will follow the new USDA Smart Snacks in School Guidelines.



Staff are strongly encouraged to use non-branded food & beverages while with students.

## Smart Rewards



Occasional classroom celebrations will include nutritious foods & beverages



Staff will not use food or beverages as rewards.

Contact TUSD Nutrition Services before engaging in any food or beverage sales.

Kids who move more and eat healthy



Are ready to learn!

