

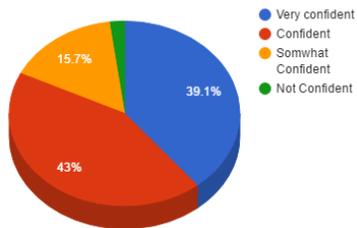
## Annual Wellness Survey

District staff is surveyed annually to assess their knowledge of and ability to comply with the District Wellness Policy. The following are just a few samples of this year's survey.

### Successes

- 88% of elementary school teachers reported using healthy rewards and incentives
- 75.6% of secondary school teachers reported using healthy rewards and incentives
- 72.5% of teachers reported feeling confident or very confident about their ability to implement the wellness policy

### Reported elementary teacher confidence in implementing the Wellness Policy



### Next Steps

- Continue to work with staff who reported not knowing about the Policy or feeling uncomfortable implementing it.
- Continue to encourage employee wellness with 3<sup>rd</sup> Annual step challenge for staff.
- Distribute monthly tip sheets to help school sites implement the Wellness Policy.

## Wellness Committee

The District convenes a Wellness Committee comprised of teachers, administrators, and parents. The Wellness Committee establishes goals for and oversees school health policies and programs, including development, implementation, and periodic review and update of the District Wellness Policy.

For more information about the Wellness Policy and/or how you can become involved, please visit our website or call the number below.

Bonnie Carter,  
Director, Academic Accountability

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### Bellflower Unified School District

16703 South Clark Avenue

Bellflower, California 90706

(562) 866-9011

[www.bUSD.k12.ca.us](http://www.bUSD.k12.ca.us)

# Bellflower Unified School District

## Annual Wellness Report 2017



The Bellflower Unified School District is committed to providing safe and healthful school environments that promote and protect students' health, well-being and ability to learn by supporting healthful eating and physical activity.



## Healthy Classrooms

BUSD recommends non-food rewards in recognition of birthdays, classroom success and other achievements.

- ◆ Make a sign, button, or badge for student to wear.
- ◆ Allow the student to pick a book and ask the principal or special guest to read it to the classroom
- ◆ Special pencils or bookmarks

## Healthy Fundraising

All food sold on campus to students during the school day must meet state and federal nutrition requirements. It is recommended that schools use only non-food fundraisers, and encourage those promoting physical activity.

### Suggested Fundraiser Options:

- Book fair, student art show, concerts, talent shows
- Jog-a-thon, Dance-a-thon, sports tournaments
- Auctions, game nights, penny wars, recycling drive
- Non-food items to sell: School spirit items, calendars, coupon books, discount cards

## School Meals Program

The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthful eating, support the development of lifelong healthful eating patterns, and support special dietary needs and when possible cultural food preferences.

### School Meals Offer:

- A colorful variety of fruits and vegetables
- Only whole-grain rich items
- Low fat/low sodium meat/meat alternates
- Fat -free/1% milk
- Age-appropriate calorie limits/ portion sizes
- < 10% saturated fat
- Zero grams trans fat
- Sodium restrictions



## Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

### PE Requirements:

- Elementary: ≥ 200 minutes every 10 days
- Middle/ High School: ≥ 400 minutes every 10 days.



## Physical Activity

Children and teens should participate in **60 minutes** of physical activity every day. BUSD is committed to providing opportunities for physical activity through: physical education, recess, classroom-based physical activity, walk and bicycle to school safety, and after school programs.

**Physical Fitness Testing: Students in grades; 5, 7, & 9 perform physical fitness tests each year at school. The results of these tests are shared with parents.**