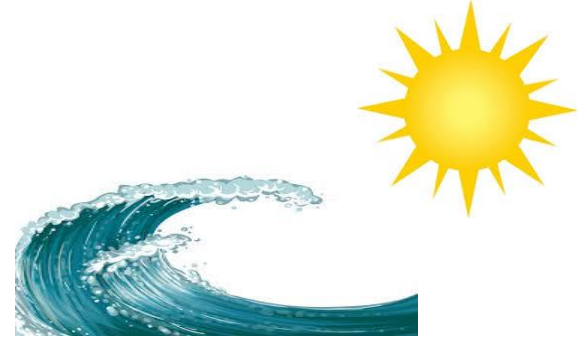




Capistrano Unified School District

Student Wellness Policy



Why do we have a Wellness Policy? We believe our kids deserve to eat well, live well, and be well! CUSD believes in supporting children’s health and overall well being through nutritious eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish a wellness policy.



What does wellness mean to CUSD?

We see wellness as a wholesome concept. Our approach is composed of several components to create an environment of wellness within our schools and community. Our wellness policy is constructed with 4 key areas. These areas include:

- School Health, Safety, & Environment
- Nutrition
- Physical Education & Activity
- Family, Staff, & Community Involvement



Implementation of our Policy

- On site school gardens
- All food and beverages sold on campus meet strict federal and state nutritional standards.
- Healthy alternatives available at all school events
- Use of eco-friendly and sustainable products
- Organic food options available
- Taste testing for students incorporating a variety of fruits and vegetables
- Promotion and modeling of healthy behaviors through all staff and employee members
- Social and psychological health services available available for students



How Can you help promote wellness in the community?

Modeling healthy behaviors has been proven to be one of the most effective methods to encourage children to adopt life long healthy lifestyles. Please join us in:

- Choosing healthy food options
- Engaging in physical activity
- Practicing kindness and positivity
- Getting out and enjoying our beautiful community!



Information provided by
Capistrano Unified School District
Wellness Committee.