

2022 Wellness Policy Report

Cardiff School District



We met these goals:

- ❖ Provide time before school for students to play and encourage parents to participate.
- ❖ Require after school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
- ❖ The district social emotional learning team will provide one on one, small group, and classroom support to establish a clear set of behavioral outcomes that promote healthy eating and physical activity behaviors. Students will be provided an opportunity to analyze influences, enhance interpersonal communication, good decision making, goal setting, self-management, and advocacy.



We are still working on these:

- ❖ Our school garden programs will teach nutrition education that addresses agriculture and the food system during K-3 students weekly garden classes and 4-6 garden club.
- ❖ Provide student access to Social Emotional Lessons on a consistent basis that address healthy decision making, managing emotions, and coping with crises.
- ❖ Ensure parents parents to bring healthy snacks or non-food items for birthday celebrations.

Our schools are 100% compliant:

- ❖ Maximize its ability to provide nutritious meals and snacks by ensuring that all district schools participate in available federal and state school nutrition programs.
- ❖ Provide free drinking water during meals, including both drinking fountains and water bottle refilling stations.
- ❖ Ensure all foods and beverages available to students during before/aftercare meet or exceed USDA minimum nutrition standards.
- ❖ Require at least 35 minutes a day of supervised recess/lunch recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity.

Policy Updates and Implementation:

- ❖ Our School Site Council updated and reviewed the district Health and Wellness Policy.
- ❖ Our Triennial Assessment of our district Health and Wellness Policy was conducted and updates were made to our current policy.
- ❖ Information about our district Health and Wellness Policy and Triennial Assessment can be found on our district website.

