**TAKE ACTION**

Join Your School Wellness Council!

- Want to be involved in making decisions about the nutrition and physical activity at your child’s school?
- Every AUSD school has a School Wellness Council. We need parents involved!
- You can get involved by joining your school’s Wellness Council. Just ask your principal who your school’s wellness lead is!

**FACTS**

Did you know?

- The obesity rates among children are 3 times as high as they were 30 years ago.
- Negative health effects of obesity could become the same as cigarette smoking.
- More children are suffering from conditions that typically affect older adults including: high cholesterol, Type 2 Diabetes, high blood pressure, orthopedic problems and more.
- Overweight and obese children go to the emergency room more than their normal weight peers (for non-accident related incidents).

**Growing Healthy Students:**

- AUSD serves nutrient-rich breakfast, lunch, snack, supper and summer meals. To learn more about any of these meals, visit our website (www.AUSDnutrition.org) or email us at Dietitian@Alvord.k12.ca.us
- Children who eat breakfast at school helps them to do better in school.
- Parents and teachers can positively impact students by modeling healthy behaviors.
- Rates of childhood obesity, diabetes, and heart disease can be reduced and/or prevented by increasing a child’s physical activity and healthy eating.

**RESOURCES**

**Great Websites for Families & Teachers**

Kaiser Permanente: Thriving Schools
thrivingschools.kaiserpermanente.org

Choose My Plate:
choosemyplate.gov

Fruits and Veggies More Matters
fruitsandveggiesmorematters.org

Fuel up to Play 60
fueluptoplay60.com

PBS Kids: Fizzy’s Lunch Lab
pbskids.org/lunchlab

**AUSD Wellness Partners (partial list)**

- American Heart Association
- Dairy Council of California
- Alliance for a Healthier Generation
- California Dept. of Health, Nutrition Education and Obesity Prevention (NEOP)
- UC ANR Cooperative Extension
- Kaiser Permanente
- Riverside County Regional Medical Center Foundation
- Riverside County Dept. of Public Health
- City of Riverside Parks and Recreation
- City of Riverside Fit, Fresh and Fun Forum
- Riverside Community Health Foundation
- Alvord Educational Foundation
- University of California, Riverside
- California Baptist University

**AUSD CHILD NUTRITION SERVICES**

7377 Jurupa Ave.
Riverside, CA 92504
(951) 509-6200
AUSDnutrition.org
**OUR GOALS**

**Wellness as a Priority**
- Healthy Hunger-Free Kids Act (HHFKA): Passed in 2010, the HHFKA made school meals more nutritious and it also set standards for all other foods sold at the school.
- Smart Snacks: Required by HHFKA, schools are required to offer nutrient-rich snacks.
- The AUSD Wellness Council has created a district-wide wellness policy that meets federal guidelines. It is designed to bring schools, parents, and communities together to put into action.

**YOU CAN HELP**

**Healthy Celebrations**
- AUSD’s wellness policy includes non-food-centered fundraisers and celebrations. All foods and beverages provided to students must meet the Smart Snack guidelines. Guidelines for foods can be found by visiting AUSDnutrition.org.
- Class parties and birthday celebrations must also meet the Wellness Policy requirements.
- Healthy Classroom Celebration Ideas:
  - Stickers, erasers, rulers
  - Pencils, pens, paper, markers
  - Bookmarks, books, highlighters
  - Activity/game sheets

**Healthy Fundraising**

**Items to sell:**
- Coupon Books
- Candles
- Gift Certificates
- Cookbooks
- First Aid Kits
- Wristbands
- Plants, Flowers, Seeds
- Magazine Subscription

**Activities:**
- Read-a-thon
- Concerts/Dances
- Walk-a-thon
- Fun Run
- Bowling Night
- Scavenger Hunt
- Gift Wrapping
- Recycling
- Yard Sale

**AUSD IN ACTION**

**Healthy School Environment**
2017 National Healthy Schools Awards from the Alliance for a Healthier Generation:
- **Bronze Recognition:**
  - La Granada ES
  - Valley View ES
  - Hillcrest HS
- **Silver Recognition:**
  - Orrenmaa ES
  - Promenade ES
  - Stokoe ES
  - Norte Vista HS

**Other Accomplishments:**
- In 2013, AUSD was awarded a 3-year NEOP B grant to improve student and parent health through nutrition education programs.
- 16,500 healthy meals are served each day by AUSD Child Nutrition Services.
- Students across the district have daily physical activity breaks in our classrooms, getting their bodies moving and minds ready to learn!
- AUSD students receive high-quality physical education for 200 minutes every 10 days in elementary and 400 minutes every 10 days in secondary schools.
- The Fresh Fruit and Vegetable Program was granted to: Arlanza ES, Foothill ES, Terrace ES, and La Granada ES.