



What's in a Wellness Policy? Parent Engagement!

Local Resources

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| CalFresh Health Living County of San Diego | USDA-funded K-12 program includes healthy eating and physical activity PSE** change support for schools with at least 50% FRPM*. Parent education is included in the services offered. Contact Barbara Hughes barbara.hughes@sdcounty.ca.gov |
| Champions for Health | https://championsforhealth.org/programs/live-well-speakers-bureau/ No-cost health presentations to students and parents by volunteer medical professionals. Presentations are offered in several languages and can be on any health topic with flexible scheduling. Contact Andrew Gonzalez andrew.gonzalez@ChampionsFH.org |
| Health Stars Rady Children's Hospital San Diego - Center for Healthier Communities: | https://www.rchsd.org/programs-services/center-for-healthier-communities/health-stars/ Health Stars brings volunteer pediatricians into the community to provide free health education, early literacy promotion, and opportunities for positive parent-child interactions for low-income families with young children, with a focus on children ages 0-5. |
| Expanded Food & Nutrition Education Program (EFNEP) University of California Cooperative Extension | http://ucanr.edu/sites/SD-NFCS/Nutrition_Education_EFNEP/ Free in-classroom lessons and bilingual parent lessons for students and parents at schools with at least 50% FRPM. Contact Stella Weaver (students) sweaver@ucanr.edu and Shirley Salado (parents) scsalado@ucanr.edu |
| Parents in Action Guide and Lesson Plans California Project LEAN | http://www.californiaprojectlean.org/doc.asp?id=169&parentid=20 Provides stakeholders with a process for engaging parents in advocating for the improvement of the school environment and increased healthy food and physical activity opportunities through the Local School Wellness Policy. Available in English and Spanish. |

* PSE: Policy, systems, and environmental (change)

** FRPM: Free and Reduced Price Meals

More resources

Live Well Schools Tools for Schools

<https://www.livewellsd.org/i-want-to/learn-more/schools/live-well-schools/tools-for-schools-resources-page>

How Does Your District's Wellness Policy Compare to Model Wellness Policies?

Model Policy: *Live Well Schools*

Community Involvement, Outreach, and Communications

The district is committed to being responsive to community input which begins with awareness of the wellness policy. The district will actively communicate ways in which staff, parents/caregivers, and community partners can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means. The district will engage with students and youth leaders to include youth voice and feedback in policies that directly affect them.

The district will use communication channels such as email, the district's website, newsletters, presentations to parents, or sending information home to parents to ensure that all families are actively notified of the content of, implementation and assessment of, and updates to the wellness policy, as well as how to get involved and support the policy.

The district will ensure that communications are culturally and linguistically appropriate to the community. To this end, the DWC will create a wellness policy summary, fact sheet, or brochure to be translated by the district into languages spoken by families in the district. These translations will be included on the district website and be made accessible to parents through communication channels that the district and individual schools use to communicate other important school information to parents.