



## What's in a Wellness Policy? **Preschool Wellness!**

### Local Resources

5-2-1-0 Every Day Campaign	<a href="https://sdcoi.org/resources/5210-everyday/">https://sdcoi.org/resources/5210-everyday/</a> Healthy messaging materials in English and Spanish. Free for all preschools.
Healthy Eating and Physical Activity: A Policy for Childcare	<a href="https://sdcoi.org/wp-content/uploads/2020/11/5210-Wellness-Policy.pdf">https://sdcoi.org/wp-content/uploads/2020/11/5210-Wellness-Policy.pdf</a> Brings 5-2-1-0 concepts to life in preschools and early childcare settings.
CalFresh Healthy Living – County of San Diego	USDA-funded nutrition and physical activity education and promotion education for preschools and schools with at least 50% of students eligible for free and reduced-price meals.
San Diego Quality Preschool Initiative	<a href="https://sdqpi.org/">https://sdqpi.org/</a> <u>In partnership with the San Diego County Office of Education, First 5 San Diego's Quality Preschool Initiative (QPI) supports and enhances quality in center-based preschools serving low-income children across San Diego County.</u>
Early Education Programs and Services – San Diego County Office of Education	<a href="https://www.sdcoe.net/special-populations/early-education">https://www.sdcoe.net/special-populations/early-education</a> Provides early intervention, professional development, and fosters leadership to ensure every child has equitable access to high quality early education.

### More Resources

Early Childhood Domain - San Diego County Childhood Obesity Initiative:

<https://sdcoi.org/focus-areas/early-childhood/>

*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:** *Chula Vista Elementary School District (2017)*

### EARLY CHILDHOOD EDUCATION PROGRAMS

#### PHYSICAL ACTIVITY IN EARLY CHILDHOOD EDUCATION PROGRAMS

All children need enough active playtime throughout each day to develop and practice gross motor and movement skills appropriate for their age. Active play includes moderate to vigorous activities such as rolling, crawling, scooting, running, climbing, dancing, hopping, galloping, skipping, and jumping. Staff should model healthy, active behaviors by participating in physical activity as much as possible.

- Each day children will accumulate at least 30 minutes of physical activity (structured and unstructured).
- Children will not sit for more than 30 minutes at a time.
- Daily schedule will be posted showing child's opportunity for outdoor play.
- Screen time
- Screen time will only be used for educational or physical activity purposes.
- No screen time during meals and snacks.
- Safety
- Children wear clothing that allows them to participate fully, move freely, and play safely. Closed-toe shoes are required.
- Provide safe indoor and outdoor play areas that are safe, clean, and actively supervised.

#### PARENT EDUCATION & STAFF TRAINING

Staff provides educational materials and opportunities for parents to learn about health and safety practices throughout the year (e.g., newsletters and parent education classes).

#### NUTRITION IN EARLY CHILDHOOD EDUCATION PROGRAMS

Research shows all children need a variety of nutrient-dense foods that include protein, carbohydrates, oils, vitamins, and minerals, with an amount of calories that prevents hunger, fosters healthy growth, and prevents obesity.

##### Staff Role

- Staff is offered the same food and beverages served to children.
- Staff encourage children to serve themselves meals and snacks under supervision.
- Staff do not use food and/or beverages as a reward or a punishment.

##### Nutrition Education

Nutrition education is offered to children that include fun, hands-on activities based on the children's developmental stage which give children the knowledge and skills needed to make smart food choices.

##### Nutrition Guidelines for Children

- Centers/Sites offer healthy food to children that meet the requirements of the Child and Adult Care Food Program (CACFP).
- Age-appropriate servings (portion sizes) are offered.

##### Special Dietary Concerns

Children with special needs related to their ability to eat or nutrition requirements must have written instructions from a doctor about food(s) that are to be omitted and safe alternatives.

**Model Policy:** *Chula Vista Elementary School District (continued)*

CELEBRATIONS

- All food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, pre-packaged, and pre-wrapped items with a label listing the ingredients so students with food allergies are protected from accidental exposure.
- No home cooked foods should be served to students in order to minimize the risk of food-borne illnesses.
- Schools shall limit celebrations that involve food during instructional time to no more than two times per school year.
- If possible, the celebration should take place during the last half hour of the school day.
- Birthday Celebrations: No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday. The District encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.