



# FULLERTON SCHOOL DISTRICT WELLNESS POLICY

Fullerton School District uses the **Whole School, Whole Community, Whole Child** model to provide a comprehensive wellness program.

## FAMILY ENGAGEMENT & COMMUNITY INVOLVEMENT

Nutrition education and resources are provided to families and the community

Families and community partners participate in district and school site wellness committees

## STAFF WELLNESS

The district encourages staff to incorporate

- Regular physical activity
- Healthy foods throughout the day
- Mindfulness

Health fairs and health promotion programs support staff in these efforts

## SCHOOL ENVIRONMENT

Non-food rewards are used for academic performance, achievements, and classroom behavior

Class parties shall be held after lunch period

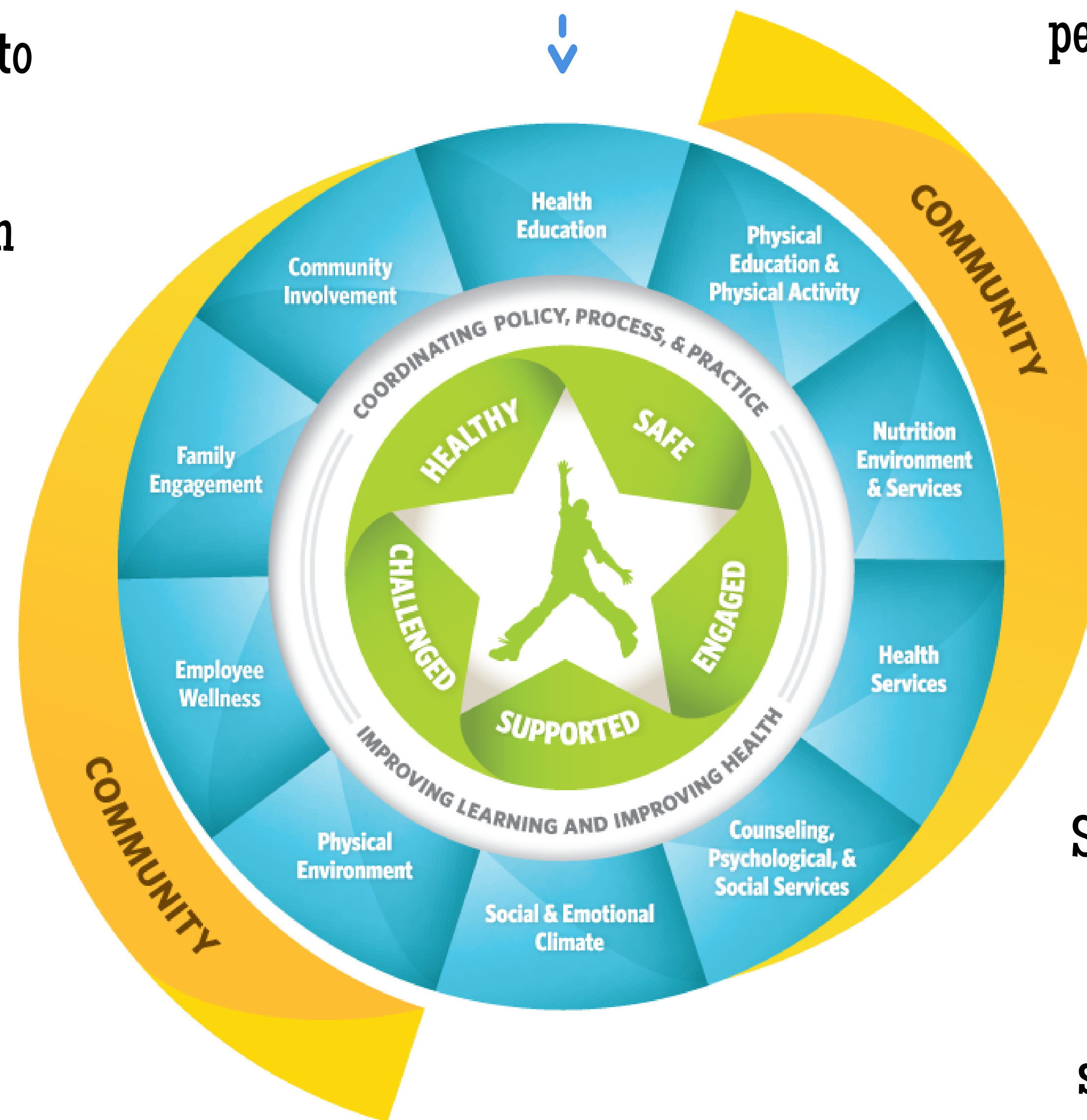
All foods and beverages offered or sold on school campus are "Smart Snack" compliant

## PHYSICAL ACTIVITY & EDUCATION

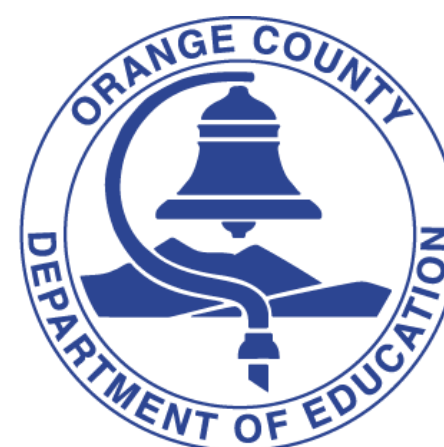
Students engage in a minimum of 200 minutes of PE every 10 days

Teachers integrate Brain Breaks throughout the school day including GoNoodle and walking clubs

Physical activity is promoted before, during, and after school



Developed in partnership with



St. Joseph Health  
St. Jude Medical Center