Growing Healthy Children
Chula Vista Elementary School District

Wellness Resource Teacher

2015 Childhood Obesity Conference

Our Progress......
CVESD is the Largest K-6 District in California

We are...
• 68% Hispanic
• 13% White
• 11% Filipino
• 4% African-American
• 3% Asian/Pacific Islander
• 1% Other

and...
• 35% English Learners
• 51% Free/Reduced Price Meal Program Participants

Our Successes...
• In 2012-13, nearly all 45 schools scored greater than 800 on the State Academic Performance Index (API).
• CVESD reached 863, and 12% of schools were above 900.
• Dual Immersion programs in 19 schools
• Music Education programs
• Two Community Classrooms
• First Live Well San Diego District

Published at 2013-14

ACADEMIC PERFORMANCE INDEX (API) SCORE

<table>
<thead>
<tr>
<th>Year</th>
<th>API Score</th>
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<tbody>
<tr>
<td>2006</td>
<td>767</td>
</tr>
<tr>
<td>2008</td>
<td>811</td>
</tr>
<tr>
<td>2010</td>
<td>848</td>
</tr>
<tr>
<td>2013</td>
<td>863</td>
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</table>
Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, 2011 - 2013

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
National Statistics for Childhood Weight

- **23.9 million children** ages 2 to 19 are overweight or obese –
  - 33% of boys
  - 30.4% of girls

- Of these children, **12.7 are obese**;
  - 18.9% of boys
  - 15% of girls
The percentile tells us what range the BMI score falls in

Percentile Range
- < 5th percentile
- 5th ≥ 84th percentile
- 85th ≥ 94th percentile
- > 95th percentile

Weight Status Category
- Underweight = 5%
- Normal weight = 80%
- Overweight = 10%
- Obese = 5%

2010 District Grade Level Category Breakdown

Weight Status Based on BMI for Age
Chula Vista Elementary School District, 2010

<table>
<thead>
<tr>
<th>Grade</th>
<th>Underweight</th>
<th>Normal Weight</th>
<th>Overweight</th>
<th>Obese</th>
<th>Total</th>
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<tbody>
<tr>
<td>Kindergarten</td>
<td>3.6%</td>
<td>66.6%</td>
<td>14.3%</td>
<td>15.4%</td>
<td>100.0%</td>
</tr>
<tr>
<td>First</td>
<td>3.2%</td>
<td>62.1%</td>
<td>16.2%</td>
<td>18.4%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Second</td>
<td>2.2%</td>
<td>60.0%</td>
<td>16.4%</td>
<td>21.3%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Third</td>
<td>1.7%</td>
<td>57.5%</td>
<td>17.5%</td>
<td>23.2%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Fourth</td>
<td>1.6%</td>
<td>56.2%</td>
<td>17.6%</td>
<td>24.6%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Fifth</td>
<td>1.7%</td>
<td>53.2%</td>
<td>20.0%</td>
<td>25.2%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Sixth</td>
<td>1.6%</td>
<td>51.5%</td>
<td>20.8%</td>
<td>26.2%</td>
<td>100.0%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>2.2%</td>
<td>57.9%</td>
<td>17.6%</td>
<td>22.2%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

Almost 40% of our Students were at an unhealthy weight...
- 1 out of every 2 girls was overweight by the 1st grade
- 1 out of every 3 boys was overweight by the 1st grade
- 1 out of every 2 students were overweight by the 6th grade
- 1 out of every 4 students were obese by the 6th grade

So We Measured......
We created our own Obesity Maps
To help us tell our story......
We added fast food and open space information to visualize our community.
What did we do next?
Strategic Wellness Planning

- We continued to measure, collect and compare data
- We communicated
- We surveyed
- We revised
- Schools implemented
- We worked together
We tracked grade level changes......
CVESD Overweight/Obese Children by Gender
2010 & 2012 Boys and Girls

We tracked grade & gender changes......
Chula Vista Elementary School District
2010, 2012 & 2014
School of Attendance
Student Obesity K-6th grade
# 5th Grade PFT 2013-14 Results

<table>
<thead>
<tr>
<th></th>
<th>2012-13</th>
<th>2013-14</th>
<th>% Difference</th>
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<tbody>
<tr>
<td><strong>California</strong></td>
<td>6/6 = 25.5%</td>
<td>6/6 = 26.6%</td>
<td>+1.1%</td>
</tr>
<tr>
<td></td>
<td>5/6 = 48.6%</td>
<td>5/6 = 49.9%</td>
<td>+1.3%</td>
</tr>
<tr>
<td><strong>San Diego County</strong></td>
<td>6/6 = 27.9%</td>
<td>6/6 = 29.3%</td>
<td>+2.6%</td>
</tr>
<tr>
<td></td>
<td>5/6 = 52.1%</td>
<td>5/6 = 54.2%</td>
<td>+2.1%</td>
</tr>
<tr>
<td><strong>CVESD</strong></td>
<td>6/6 = 23.0%</td>
<td>6/6 = 26.2%</td>
<td>+3.2%</td>
</tr>
<tr>
<td></td>
<td>5/6 = 50.5%</td>
<td>5/6 = 55.6%</td>
<td>+5.1%</td>
</tr>
</tbody>
</table>
We Asked Tough Questions......

Superintendent Questions posed to District Staff and Principals:

• How do we ensure our families are educated to make healthier choices in what they consume?
• Are we maximizing our resources to better promote physical fitness at our schools?
• Do we really understand the relationship between health and learning?
• If modeling is a powerful teaching strategy, how does our school culture reflect maintaining a healthy lifestyle?
**Chula Vista Elementary School District**

**RESULTS - Principal Wellness Survey 2010-11**

1. School Policy for Classroom Celebrations?  
   - Yes: 31  No: 14
2. School Policy regarding Healthy Snacks?  
   - Yes: 35  No: 9  inc: 1
3. School Policy regarding Class/School fundraisers?  
   - Yes: 22  No: 22  inc: 1
4. School Wellness Committee? or  
   - Yes: 6  No: 39
5. Staff and/or school site meeting that includes wellness policy item/issue?  
   - *3 schools had both
6. School-wide PE schedule?  
   - Yes: 25  No: 20
7. PE instruction provider –  
   - Collaboration teacher only  
   - Classroom teacher only  
   - Combination collaboration/classroom teacher  
   - Other
   - Yes: 2  Yes: 14  Yes: 27  Yes: 2
8. PE -Number of minutes per week  
   - Grade levels  
   - K  1  2  3  4  5  6
   - 100 minutes or more  
   - 90 minutes  
   - 60 minutes  
   - les than 30 minutes  
   - No information
   - Yes: 4  Yes: 17  Yes: 16  Yes: 19  Yes: 20  Yes: 21

**Principals Wellness Checklist**

**PART ONE: District/School Wellness Policy, Committees, Programs**
Student and Parent Nut. Educ.,

<table>
<thead>
<tr>
<th>SCHOOL</th>
<th>Principals/Staff</th>
<th>Policy, Committees, Programs</th>
<th>Student and Parent Nut. Educ.,</th>
<th>Policy, Committees, Programs</th>
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**KEY**

- Applies to Charter School
- School BBQ
- Parent/Senior
- School/Wellness Committee
- School/Site Meetings
- Principal
- Parent
- Staff
- Other

**We Surveyed for Need and Understanding**

1. Please identify yourself (check all that apply):  
   - Parent of CVESD student
   - Teacher/Staff member in CVESD
   - Principal/Associate Principal in CVESD

**RESULTS - Principal Wellness Survey 2010-11**

| Parent of CVESD student | Yes | No | inc=
|-------------------------|-----|----|-----
| Yes=25                  | No=20 |

**School Wellness Committee? or**

- Yes=6  No=39

**Staff and/or school site meeting that includes wellness policy item/issue?**

- *3 schools had both

**School-wide PE schedule?**

- Yes=25  No=20

**PE instruction provider –**

- Collaboration teacher only  
- Classroom teacher only  
- Combination collaboration/classroom teacher  
- Other

- Yes=2  Yes=14  Yes=27  Yes=2

**PE -Number of minutes per week**

- Grade levels  
- K  1  2  3  4  5  6
- 100 minutes or more  
- 90 minutes  
- 60 minutes  
- les than 30 minutes  
- No information

- Yes=4  Yes=17  Yes=16  Yes=19  Yes=20  Yes=21

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**Student and Parent Nut. Educ.,**

- Policy, Committees, Programs
- School Wellness Committee?
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- School/Site Meetings
- Principal
- Parent
- Staff
- Other

**Policy, Committees, Programs**

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**Wellness Checklist 2010-11**

**Building Better Bodies**

- K/3rd and/or 4-6th

**Principal/Wellness Survey 2010-11**

**Exercise the Dream updated 2/24/11**

**Nutrition educ**

- SP-Fundraisers
- SP-Healthy Snacks

**Daily Wellness Program**

- K-3rd
- and/or 4-6th?

**School Wellness Committee? or**

- Yes=6  No=39

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- Parent
- Staff
- Other

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**Wellness Checklist 2010-11**

**Building Better Bodies**

- K/3rd and/or 4-6th?

**Principal/Wellness Survey 2010-11**

**Exercise the Dream updated 2/24/11**

**Nutrition educ**

- SP-Fundraisers
- SP-Healthy Snacks

**Daily Wellness Program**

- K-3rd
- and/or 4-6th?
CHULA VISTA ELEMENTARY SCHOOL DISTRICT
WELLNESS MAP 2010-2015

## CVESD Wellness Policy Progress
- Active district level Wellness Committee - 25-30 members
- All resources and policy information available through district brochures, policy postings at each school and wellness website.
- Nutrition education instruction/resources are available through Wellness Website, Child Nutrition Services, Exercise the Dream program, and partnerships with other agencies
- Standards-based physical education curriculum has been revised, piloted and provided to all district teachers. Curriculum currently on district internal portal - staff training ongoing.
- All Schools have received information/charts/graphs on 2010, 2012, 2014 BMI Height and Weight Project and state physical fitness results
- Creating healthier learning environments

### Staff Interventions
- Regular or daily PE instruction - 50% Moderate to Vigorous Physical Activities (MVPA)
- Improved recess activities with lesson plans and rules
- Walking/running clubs
- Safe Routes to School programs
- Brain Breaks
- After school activities

### Physical Education/Fitness & Activity Interventions
- Improve staff morale and role modeling for students
- Staff ownership/healthier food environment
- Decrease marketing in classroom
- Heathier and active students equals improved academic work vior.

## Ongoing Action Items
- Individual school wellness committees
- More consumption of locally grown fruits and veggies
- Monitoring of Wellness Policy-compliant food requirements
- Healthy fundraisers
- Increasing MVPA during PE, recess and after school activities
- Increasing quantity and quality of school gardening programs
- Staff wellness activities

## Food Environment Interventions
- More local fruits and veggies in school meal program
- Serving only non-flavored milk
- Healthy choices for snacks and celebrations – Healthy Snack & Fundraising Lists
- 30+ School Gardens
- Parent and student nutrition instruction & resources
- Numerous parent education & presentations

### Ongoing……
- Students consuming more fruits and veggies
- Student and parent education about making healthy food choices
- Informing and increasing parent

## Other Interventions
- 2010 Height & Weight Project – K-6th baseline measurements all schools
- District, school & community Data collection, analysis & reporting
- Involvement in community-based committees and activities
- Grant writing and implementation- CTG, Kaiser

### Ongoing…..
- Repeated H&W project- 2012 & 2014 to monitor progress
- Shared resources and information for better planning strategies
- Partnership & Collaborations
- Mentoring other Districts example-BMI Toolkit, PE/PA curriculum, Wellness Policy

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**Start with the Plan……**

/10/12, 4/20/12, 8/7/12, 3/6/15
We Completely Revised Our Wellness Policy......May 8, 2012

STUDENT WELLNESS
The Superintendent or designee shall encourage (require) school organizations to use healthy food items or non-food items for fundraising purposes. He/she shall also encourage (require) school staff to avoid the use of non-nutritious foods as a reward for students’ academic performance, accomplishments, or classroom behavior. (cf. 1230 – Community Booster Organizations)

School staff shall encourage (ensure) parents/guardians or other volunteers to support the District’s nutrition education program by considering by providing only nutritious food quality when selecting any snacks which they may donate for occasional class parties. EFood staff shall limit foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations should be held after the lunch period when possible.

WELLNESS
The District, in partnership with parents and the community, is committed to providing a healthy school environment. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children’s health, well-being, and ability to learn. The District has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages, and physical activity opportunities possible and by providing other health-supporting programs and opportunities. Therefore, the District will:

- Establish and sustain a District Wellness Committee consisting of a group of individuals who represent the school and community, including principals, Resource Teacher (Physical Education), teachers, school nurses, parents, students (when appropriate), Child Nutrition Services Director/designee, health professionals, community organizations, and members of the public at large.
- Convene the District Wellness Committee at least four times during the school year at hours convenient for public participation. The Committee will discuss implementation, monitoring, and revision of the local school wellness policy, and provide resources and/or policy recommendations to schools and the Board.
- Charge the District Wellness Committee, District Superintendent, and site administrators with annually ensuring that the local school Wellness Policy is implemented, monitored, and revised through the use of implementation surveys and through biennial reports to the Board.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Public Press, Radio and Television)
(cf. 3513.3 - Tobacco-Free Schools/Smoking)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.62 - Tobacco)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5142 - Safety)
(cf. 6020 - Parent-Guardian Involvement)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)
Delivering foods and beverages through federally mandated reimbursable school meal programs that meet or exceed federal regulations. For example, the District has chosen

Permitting no more than two parties/celebrations with food for each class, per school year, to be scheduled after lunch whenever possible.

All food items should be store-bought, pre-packaged, and/or pre-wrapped for

Supplying a standards-based K-6 physical education program emphasizing physical fitness, positive health practices, and skill development, that meets or exceeds the State mandated instructional minutes required at the elementary level.

We Communicated Changes......

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

Wellness noun
Definition: physical well-being, especially when maintained or achieved through good diet and regular exercise

WELLNESS POLICY 5030 SUMMARY
May 2012

Restricting school staff and other entities from using non-compliant food as a reward for academic performance, accomplishments, or classroom behavior. The District emphasizes non-food incentives as alternatives to all school staff.

Prohibiting the marketing and advertising of non-nutritious foods and beverages on school sites. School staff is strongly encouraged to use non-descriptive containers for food and beverages they consume while with children.

Encouraging school organizations to use non-food items and/or healthy food items for fundraising purposes and special events. If food is used, there should be an effort to balance healthier, appropriate portion-size food choices with non-nutritious items.

Prohibiting food items in celebration of a student’s birthday on the school site during the school day.

Choice of favorite game or book, give a special privilege!

Giving all students opportunities to be physically active throughout the day with activities such as classroom mini-breaks, physical education, recess, school intramurals, special events, Safe-Routes to School, and before-and after-school programs.

Healthy kids = happy kids

Building Better Bodies!
Did you know……

Elementary-age children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity. Children who don’t get enough sleep or who don’t eat breakfast have a harder time concentrating in the classroom. Too much TV/computer time has been linked to lower reading scores and attention problems.

The more physically fit children are, the higher they score on academic tests.

Nutrition Education

Integrating health education into K-6 core academic subjects before, during and after school programs.

Implementing nutrition guidelines for all foods available on each campus during the school day: one hour before and after school, promoting student health and reducing childhood obesity.

Encouraging parents/guardians to support student health and reduce childhood obesity.

Nutrition Education

In an unprecedented Height & Weight Surveillance Project, CVESD measured the Body Mass Index (BMI) of over 25,000 students in the district. The District found that the K-6 grade students measured, 44% were at an unhealthy weight - overweight or obese. Furthermore, as the grades progressed, the obesity rate increased.

Since the 2006-07 school year, the District has substantially revised the Wellness Policy and schools have made many changes to their food and physical activity policies and environments. The District plans to repeating the measurements in 2010 to identify trends and/or if/when changes have taken place.

The District believes it plays a critical role in curbing the epidemic of childhood health issues like obesity, heart disease, and diabetes which are directly associated with poor nutrition and inactivity.

What is a Serving?

For children, use size of the palm of their hand.

For adults, use size of a tennis ball, or 1/2 cup of chopped fruits/vegetables, 1/4 cup of raw, leafy greens or 1/4 cup of dried fruits.

Check the Label!

Healthy Snacks – One Serving of:

• Fresh fruits or veggies, dried fruit
• Low-fat or non-fat yogurt or string cheese
• Washed frozen juice or fruit bars
• Low-fat or non-fat frozen yogurt
• Pretzels, light popcorn or goldfish crackers
• Bottled water or low-fat fat milk

Non-Food Celebrations/Reward Ideas

• Cheer’s choice for a fun game or activity to celebrate a birthday or special event
• Invite an interesting guest to speak to the class
• Donate a book, for pencils, rulers, erasers, markers, stickers, jump ropes, or other activity equipment

Healthy Fundraisers

• Walk, play jump ropes, hopscotch, read & run-a-thons
• Student/family-designed calendar, recipe books, stationary or notepads, school bags, etc.
• Event raffles with healthy prizes or family activities

Physical Education & Activity

Supplementing a standards-based K-6 physical education program emphasizing physical fitness, positive health practices and skill development, that meets or exceeds the State mandated instructional minutes required.

Giving all students opportunities to be physically active throughout the day with activities such as classroom mini-breaks, physical education, recess, school events, special events, Safe-Flights to School, and before and after-school programs.

District Wellness Policy Brochure

Outlining Key Areas of Change and Why……

• Improving school lunches
• Involving parents and the community in the change process
• Reducing access to unhealthy foods on school sites and...
• Increasing physical activity

Why?

In 2006, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the next fiscal school year. (CVESD BP 7100)

A CVESD Wellness Committee consisting of: principals, teachers, nurses, community organizations, parents, school food service professionals, and students (when appropriate), was created to assist and advise the District on health-related issues.

District Perspective……

In 2006, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the next fiscal school year. (CVESD BP 7100)

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Wellness Policy

Nutritional Guidelines

The Board of Education believes the food and beverages sold to students on school campuses during the school day should promote student health and help reduce childhood obesity.

Any food sales conducted outside the District’s food service programs shall meet nutritional standards specified by law, Board Policy, and Administrative Regulations. (CVESD BP 7100)

School organizations are strongly encouraged to use non-food items and/or healthy food items for fund-raising purposes and special events. If food is used, there should be an effort to balance healthier, appropriate portion-size food choices with non-nutritious items.

The District prohibits the use of food items in celebration of a student’s birthday during the school day. Schools are permitted no more than two celebrations with food for each class, per school year, to be scheduled after lunch whenever possible. All food items should be bought, pre-packaged, and/or pre-wrapped for food safety and food allergies.

The District restricts school staff and other entities from using non-compliant food as a reward for academic performance, accomplishments, or classroom behavior. The District emphasizes non-food incentives as an alternative to all school staff.

The District prohibits the marketing and advertising of non-nutritious foods and beverages on school sites. Staff, parents and visitors are strongly encouraged to use non-descriptive containers for food and beverages they consume while with children.

Wellness Policy

Parent Information

“Chula Vista Elementary School District recognizes the link between student health and learning and is committed to providing a school environment that promotes student wellness, proper nutrition, maximum education, and regular physical activity for all District students.”

Chula Vista Elementary School District

63 East J Street, Chula Vista, CA 91910

Contact: Operations and Instructional Services

(619) 425-9600, ext. 1340

Board of Education

Revised the Wellness Policy and schools have made changes.

Furthermore, as the grades progressed, the obesity rate increased.

The District believes it plays a critical role in curbing the epidemic of childhood health issues like obesity, heart disease, and diabetes which are directly associated with poor nutrition and inactivity.

Health Tip

Calories In = Calories Out

Energy is measured in calories. Energy expended during physical activity:

Energy’s Formula for Good Health![/insert]

For more information and resources,

For more ideas go to the CVESD website—www.OurCommunityOurKids.org—"Chula Vista Elementary School District recognizes the link between student health and learning and is committed to providing a school environment that promotes student wellness, proper nutrition, maximum education, and regular physical activity for all District students.”

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Schools Implemented……
We are very excited to showcase the power of collective impact & collaboration

Community Health Statistics
Leslie Upledger Ray, MPH, MPPA, MA
& Sharon Hillidge

A Chula Vista Elementary School District Update

Hundreds of students at Chula Vista’s Kellogg Elementary School are lined up for stretching exercises

By Kyla Calvert

Chula Vista Schools Fight Obesity

Photo by Kyla Calvert

KPBS Video & Audio Stories

Please join us on the Northeast end of the field

You Are Invited

Ceremony will begin promptly at 8:30 a.m.

Having fun is one goal of the afternoon. But the fair is part outside, so that’s awesome.”
Carol Castanon, the mother of another student agrees the fair is a fun alternative to watching a movie in class as students during a morning running program in Chula Vista, Calif.

Chula Vista Elementary School District’s Human Resources Services and Support Office, 84 East J Street,

Revised July 2011

The SARC contains valuable information on children’s weight.

In addition, Chula Vista is being touted for its methods, which have resulted in motivating the community to take anonymous. Other districts track the weight of individual students and notify parents whose children are observed. Among the nation’s childhood-obesity epidemic, schools in nearly a quarter of all states record body-mass index scores, measuring hundreds of thousands of academic data and the extent to which “highly qualified” teachers are teaching core academic subjects.

Amid the nation’s childhood-obesity epidemic, schools are required to notify all parents about the availability of the SARC and to provide instructions on how the SARC can be obtained both through the school and on paper.

It must be updated annually on a yearly basis.

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Parents with Internet access can go to the school’s website to access or the District

Parents with Internet access can go to the school’s website to access our Community- AP Story 2014

What%is%a%School%Report’Card?’

An 848 API School District (SARC)

What%is%an%API%School%District?

An API is a measure of how well a school is doing compared to other schools in the state and the nation. The API is used to determine if a school is meeting state standards and if it is making progress toward meeting those standards.

The API is calculated using a variety of factors, including test scores, attendance rates, graduation rates, and other indicators of student success. Schools are given an API score on a scale of 0 to 800, with higher scores indicating better performance.

The API is used to identify schools that are doing well and those that need improvement. Schools that consistently score low on the API are considered to be high-need schools and may receive additional resources and support to help improve student outcomes.

Schools that consistently score high on the API are considered to be high-performing schools and may receive recognition and funding for their achievements.

Schools with APIs between 400 and 599 are considered to be in the “target zone” and are eligible for additional resources and support.

Schools with APIs below 400 are considered to be low-performing and may receive additional resources and support to help improve student outcomes.

The API is a tool used to help schools understand how they are doing compared to other schools in the state and the nation. It is intended to be just one piece of information that can be used to make decisions about how to improve student outcomes.

However, the API has been criticized for a number of reasons, including the fact that it does not take into account factors such as poverty levels, student demographics, and other variables that may affect student outcomes.

The API is just one measure of a school’s performance, and it is important to consider other factors when making decisions about how to improve student outcomes.
Health and Wellness Grade Level Topics

4th Grade – If you were the principal, how would you motivate students to develop healthy habits?

5th Grade - Our District has adopted a Wellness Policy that limits food related parties and celebrations and unhealthy foods. Do you agree or disagree with the new policy?

6th Grade - As you prepare for middle school, should you have to adhere to a Wellness Policy? Why or why not?

Charter Middle Schools - To build a healthy community, what actions would you initiate to change policy and the environment?
2013 Speech Contest “Health & Wellness” Speakers

“What good is all the money and effort we put into education if we don’t have health?”

Liam Galleher
CVLCC – 6th grade

“health is connected to learning”

Jordan Waller
Arroyo Vista 5th grade

“One decadent cupcake could have up to 585 calories, if you multiply that by 31 students you consumed approximately 18,000 extra calories – that equals 5 extra pounds in just one year from birthday celebrations.”

Jennifer Mederos
Mueller Charter Middle School

“If we don’t have health, we can’t learn.”

“Health tickets given for making healthy food choices and for physical activity.”

Sophia Estrada
Casillas – 4th grade

“My solution...
Let’s get moving, people!”

The school district logo is present on the page.
Community Transformation Grant
Physical Education/Physical Activity Project

Building Better Bodies
Lesson Plans and Challenge Task Cards

Teacher Lesson Plan includes-
• Overview/Purpose
• PE Content and Common Core Standards – Skills and knowledge
• Objectives
• Materials & Equipment
• Organization
• Activity(s)
• Word Cues
• Vocabulary/Concepts
• Feedback
• Evidence of student learning

Brain Breaks

“Success(ful) Recess”
Teaching Skills and Rules for Students

“To increase the quantity and improve the quality of physical activity in Chula Vista Elementary Schools.”
Healthy Fundraising Resource List

### Healthy Fundraising
Local Success Stories from Schools & School Districts in San Diego County

Healthy fundraising for the sake of this document is defined as school students, staff or parents selling and/or promoting nutritious foods that meet or exceed the USDA’s Smart Snacks in School Rule. Non-food fundraisers are strongly suggested, but fundraisers involving the sale of healthy food choices are acceptable.

<table>
<thead>
<tr>
<th>(Name of School/School District) &amp; Student Population</th>
<th>Successful Fundraiser Who/ What/When/Where/How? (Brief description)</th>
<th>Monies Raised (Choose Letter)</th>
<th>Profit to school (% or Portion)</th>
<th>Resources Available (Website, PDF Docs, etc.)</th>
<th>Main Lead Contact (Phone &amp; Email) (To share more about the event)</th>
<th>Time Commitment (Limited, Moderate or Significant)</th>
<th>Purpose of the fundraiser?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiffany, Burton C. Elementary School (CVESD)</td>
<td>The PTA put on a fun run in Oct. 2013 on the playground. Money was raised through students getting sponsors. They gave out lanyards with little tennis shoes for any sponsors they were able to get. Apex came into the classroom every day to teach the kids leadership lessons. They also gave them new fun ways to get pledges each day.</td>
<td>For information about APEX visit following link: <a href="https://www.apexfunrun.com/what-is-apex-fun-run">https://www.apexfunrun.com/what-is-apex-fun-run</a></td>
<td>Courtney Harker (Liaison) to Kathleen Yetter</td>
<td>Courtney: 858-410-3821 Office</td>
<td></td>
<td></td>
<td>(E)</td>
</tr>
</tbody>
</table>

Wellness Committee Projects 2015 and beyond......
## Healthy and Compliant Snacks List

### DAIRY PRODUCTS

<table>
<thead>
<tr>
<th>Yogurt (One Serving)</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET GoGurt Yoplait</td>
<td>$4.79/ per 8</td>
</tr>
<tr>
<td>COSTCO Dannon Danimals smoothie (strawberry explosion)</td>
<td>$6.99 (36 drinks)</td>
</tr>
<tr>
<td>COSTCO Dannon Danimals smoothie (kiwi explosion)</td>
<td>$6.99 (36 drinks)</td>
</tr>
<tr>
<td>COSTCO Dannon Light Fit Greek (strawberry)</td>
<td>$13.99 (18 cups)</td>
</tr>
<tr>
<td>COSTCO Dannon Light Fit Greek (blueberry)</td>
<td>$13.99 (18 cups)</td>
</tr>
<tr>
<td>COSTCO Dannon Light Fit Greek (peach)</td>
<td>$13.99 (18 cups)</td>
</tr>
<tr>
<td>COSTCO Yoplait Light (harvest peach, blueberry patch, strawberry)</td>
<td>$9.99 (24 cups)</td>
</tr>
<tr>
<td>COSTCO Fage Total 0% non fat yogurt (strawberry-goji)</td>
<td>$11.99 (12 cups)</td>
</tr>
<tr>
<td>COSTCO Fage Total 0% non fat yogurt (blueberry-acai)</td>
<td>$11.99 (12 cups)</td>
</tr>
<tr>
<td>COSTCO Fage Total 0% non fat yogurt (mango-guanabana)</td>
<td>$11.99 (12 cups)</td>
</tr>
<tr>
<td>COSTCO Fage Total 0% non fat yogurt (cherry-pomegranate)</td>
<td>$11.99 (12 cups)</td>
</tr>
<tr>
<td>COSTCO CHOBANI Greek Yogurt (5 peach)</td>
<td>$13.99 (15 cups)</td>
</tr>
<tr>
<td>COSTCO CHOBANI Greek Yogurt (5 blueberry)</td>
<td>$13.99 (15 cups)</td>
</tr>
<tr>
<td>COSTCO CHOBANI Greek Yogurt (5 strawberry)</td>
<td>$13.99 (15 cups)</td>
</tr>
<tr>
<td>ALBERTSONS Danimals smoothies (strawberry explosion)</td>
<td>$5.99/ per 12</td>
</tr>
<tr>
<td>ALBERTSONS Danimals smoothies (strawberry kiwi explosion)</td>
<td>$5.99/ per 12</td>
</tr>
<tr>
<td>ALBERTSONS CHOBANI Greek yogourt kids (strawberry)</td>
<td>$3.49/ per 8</td>
</tr>
<tr>
<td>ALBERTSONS CHOBANI Greek yogourt (peach on the bottom)</td>
<td>$5.49/ per 4</td>
</tr>
<tr>
<td>ALBERTSONS CHOBANI Greek yogourt (blueberry at the bottom)</td>
<td>$5.49/ per 4</td>
</tr>
<tr>
<td>ALBERTSONS CHOBANI Greek yogourt Kids (chocolate dust)</td>
<td>$5.49/ per 4 non-compliant</td>
</tr>
<tr>
<td>ALBERTSONS CHOBANI Greek yogourt (key lime blend)</td>
<td>$5.49/ per 4 non-compliant</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (strawberry, banana burst, blue raspberry ice) strawberry banana burst</td>
<td>$5.99/ per 16</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (blue raspberry ice) strawberry banana burst</td>
<td>$5.99/ per 16</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (strawberry watermelon, punch) - Strawberry watermelon</td>
<td>$5.99/ per 16</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (punch)</td>
<td>$5.99/ per 16</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (strawberry splash, cool cotton candy)- Strawberry splash</td>
<td>$5.99/ per 16</td>
</tr>
<tr>
<td>ALBERTSONS Yoplait GoGurt (cool cotton candy)</td>
<td>$5.99/ per 16</td>
</tr>
</tbody>
</table>

### String cheese (One Serving)

**Exempt food item**

<table>
<thead>
<tr>
<th>String cheese</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TARGET Kraft reduced fat mozzarella string cheese</td>
<td>$3.99/ per 12</td>
</tr>
<tr>
<td>ALBERTSONS Cheese heads light string</td>
<td>$7.99/ big pack</td>
</tr>
<tr>
<td>ALBERTSONS Weight Watchers/ Smoked flavor string cheese</td>
<td>$4.29/ per 12</td>
</tr>
</tbody>
</table>

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This document was created by Carolina Arias-Ramirez, Social Work Student at San Diego State University in collaboration with Sharon Hillidge, Wellness Resource Teacher, the Chula Vista Elementary School District Wellness Committee and the Scripps Family Medicine Residency Program Internship Project. 12/2014. 3.18.15
FREE Family Friendly Event

"It Takes Heart to be a Hero!"

The Chula Vista Recreation Department and The American Heart Association are proud to present the first ever Chula Vista event to benefit the Jump Rope for Heart Program of the Chula Vista Elementary School District.

What: A fun jumping event to build healthier lives free of cardiovascular diseases and stroke.

When: Saturday, November 1st, 2014 From 9:00 a.m.—12:00 p.m.

Where: Salt Creek Recreation Center 2710 Otay Lakes Road Chula Vista, CA

How: Join us in our efforts to build healthier lives free from cardiovascular disease and stroke! Lace up those sneakers, jump rope and enjoy event day entertainment. Donations can also be made at the event to the American Heart Association to benefit the campaign efforts.

With special guests, The USA Jump Stars!

Join us for a fun day filled with jumping rope, special guest performances by the USA Jump Stars, mini competitions and a health and wellness fair.

Benefits of the Jump Rope For Heart Campaign to the Schools:

- Heart healthy curriculum and fun activity
- US Games Certificates for PE Equipment
- Jump Ropes
- Teaching Garden Metrics Meeting

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

CHULA VISTA

OLYMPIC TRAINING CENTER

American Heart Association
American Stroke Association

Life is why
The District’s Vision......

• Healthy and physically active, high-achieving, innovative thinkers
• Families, staff, and community as full partners working collaboratively for the benefit of each child's health and education
• The entire educational community accepts the challenge of change toward a healthier learning experience
• A community dedicated to instilling hope and promoting healthy lifestyle behaviors so that today's children will grow-up healthier and share their vision with future generations
What Legacy Will We Leave Our Children?

Kindergarten – 6th grade
2014 Obesity Trends in the Chula Vista Vista Elementary School District
We still have work to do......

Questions?