

August 2024

Dear Parent or Guardian:

The Del Mar Union School District is required by state law to have in place a Student Wellness Policy. Information about the District's Wellness Policy is provided to families annually. The Wellness Policy is also posted on the DMUSD website at <https://www.dmusd.org/Departments/Student-Services/Student-Wellness/index.html>, along with other helpful resources.

Please read and help us develop healthy learners by supporting these district policies:

1. Students will be seated for a minimum of 15 minutes to eat lunch.
2. Students will be asked *not* to share food/beverages.
3. All food made available by the district will follow all nutritional guidelines outlined in Board Policy 3550.
4. School fundraising activities either will not involve food or will use only foods that meet the nutrition and portion size outlined in Board Policy 3550.
5. Snacks served during the school day or in after school care or enrichment will emphasize fruits, vegetables and water.
6. Rewards for academic performance and good behavior will discourage the use of foods or beverages.
7. Celebrations that involve food (including student birthdays) during the school day are limited to no more than one per class per month. Each occasion may include no more than one food or beverage that does not meet nutrition standards. Please see the Child Nutrition Services web site for healthy party ideas.
8. Food served as part of instructional activities (science, cooking class, math activities) will offer healthy choices.
9. All students will receive 200 minutes of vigorous physical activity every two weeks.
10. All food brought on campus by parents, teachers, or staff for students should be store bought, prepared, and pre-wrapped. No home cooked foods should be served on campus to students in order to minimize the risk of allergic reactions and food-borne illness.

Thank you so much for recognizing the importance of all of us working together to provide healthy nutrition and physical activity for our students.

Sincerely,

Executive Director, Student Services