

## *Get Active*

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**Physical activity helps children grow strong bones, maintain a healthy weight, and discover the world around them. Best of all, it's great fun.**

All children should be physically active for at least one hour a day. You can help by encouraging your child to find activities they enjoy, and building physical activity into family life. Most children love running around a park or playing in a playground.

Physical activity is part of the way children discover the world, and themselves. It helps build strong muscles and healthy bones, as well as improves self confidence.



### District Wellness Committee

The District convenes a representative district wellness committee comprised of administrators, teachers, parents and community members, which meets at least three times per year.

The Wellness Committee establishes goals for and oversees school health and safety policies and programs, including development, implementation, and periodic review and update of the District Wellness Policy.

For more information about the Wellness Policy and/or how you can become involved please visit the website or call (562) 866-9011:

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### Bellflower Unified School District

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## Bellflower Unified School District Annual Wellness Report 2015

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*Standard of Excellence  
Nothing Less*

Bellflower Unified School District is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students be healthy, happy learners.



## Healthy Hungry-Free Kids Act 2010

The BUSD Child Nutrition Program is accredited in meeting the Healthy, Hunger-Free Kids Act (HHFKA) 2010 provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must take a minimum of a fruit or vegetable at breakfast and at lunch to complete their meal.

School meals offer daily:

- ⇒ variety of fruits
- ⇒ variety vegetables, including dark green,
- ⇒ Red/orange & legumes
- ⇒ only whole-grain rich items
- ⇒ low/fat/low sodium meat/meat alternative
- ⇒ fat-free/1% milk
- ⇒ age-appropriate calorie limits/portion sizes
- ⇒ ≤10% saturated fat
- ⇒ zero grams trans fat
- ⇒ sodium restrictions

To promote healthier meals, most items are steamed or baked. There are no fried foods offered.

## National School Breakfast and Lunch Program

Federal regulations require that we offer minimum portion sizes of meat fruit, vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We offer fresh fruits and vegetables every day. Students are allowed to have all the fresh fruits and vegetables they will eat. The menu provides for variety and allows us to make the most efficient use of the commodities received, especially seasonal fresh fruits. We offer 1% and fat free milk, as well as 100% fruit juice.

The table below provides a synopsis of the lunch program, including participation and financial data.

Federal Reimbursement 2013-14 Data	Breakfast \$661,133.71	Lunch \$3,375,353.79
Schools Participating	14	16
Total Served	372,488	1,248,044
Average Daily Participation	2,094	7,075
Cost of Food Used Breakfast & Lunch	\$1,704,914.87	
Number of Students Approved for Free Meals Breakfast & Lunch	7,437	
Number of Students Approved for Reduced Meals Breakfast & Lunch	2,195	
Number of Paid Students Breakfast & Lunch	3,760	

## Physical Activity and Wellness

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with nation and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthful habits, as well as incorporate essential health education concepts.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

