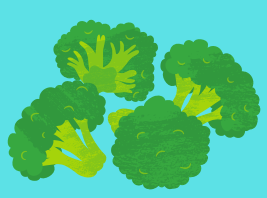
CORONADO UNIFIED SCHOOL DISTRICT
TRIENNIAL ASSESSMENT UPDATE
SY 22-23

WHY DO WE HAVE A LOCAL SCHOOL WELLNESS POLICY?

We believe in promoting a healthy environment for our students and staff during the school day. Our Wellness Policy allows us to assess the current health and wellbeing of our students and make the changes necessary to more efficiently promote our student's health and ability to learn. All schools participating in the National School Lunch Program must have a Wellness Policy in place per federal law.



THE LOCAL SCHOOL WELLNESS COMMITTEE FOCUSES ON 4 KEY AREAS:

1. School Environment
2. Nutrition Education
3. Physical Activity
4. Community Involvement

LOCAL SCHOOL WELLNESS GOALS THAT THE COMMITEE WORKED TOWARDS:

- Nutrition Education & Physical Activity
- Nutrition Promotion
- Waste Reduction

Our Acheivments

- Development of Nutrition Education Resources including hydroponic farm lesson plans, Try it Tuesday education, farmers markets, healthy recipe cards, and more!
- Grade appropriate nutrition Education in classrooms conducted by the district's Registered Dietitian
- Reduction of plastic use district-wide
- Triennial Assessment & Annual Updates of Committee Progress
- Compliance of NSLP nutrition standards for meals

Community Outreach

Coronado Unified School District provides families, students, and stake holders with annual updates, emails, and online resources

Join our wellness committee & help us support our students by modeling healthy behaviors!

100% of our schools now offer nutrition education throughout the school year!

Visit us at https://coronadousd.net/Departments/Child-Nutrition-Services/Wellness/index.html for more information on our Wellness Policy