



2023 Wellness Policy Report

Paramount Unified School District



Our Wellness Goals



We met these goals:

- ✓ The Paramount Unified School District (PUSD) Wellness Committee met four (4) times this year.
- ✓ Reviewed Board Policy 5030 – Student Wellness and determined no changes were needed.
- ✓ Set goals for district-wide wellness education and activities.
- ✓ Ensured students have a clean, safe, and pleasant setting to consume their meals with adequate time and seating.

We are still working on these:

- ✘ Parent Education program to teach the components of school meals and how they comply with healthy nutrition standards.
- ✘ Complete and ensure all menus are following healthy nutrition standards.
- ✘ The PUSD Wellness Committee will plan District-wide wellness activities for staff, parents, and students.

District Policies

- ☰ All PUSD school sites serve food on campus that complies with healthy nutrition standards.
- ☰ Meal menus are posted on the PUSD website and include modified menus for students with dietary needs.
- ☰ 78% of school fundraisers that sell food on campus comply with healthy nutrition standards.
- ☰ Food and beverage sales should align with California-specific Smart Snack Standards.



Implementation Plans

- 🗣️ In the 2023-2024 school year, the district plans to promote healthy options for classroom celebrations and fundraisers with school sites and parents.
- 🗣️ Elementary school counselors will conduct regular presentations to classes about health and nutrition.
- 🗣️ Food and beverages sold and served to students will support the religious, ethnic, and cultural diversity of students.

