

Wellness in the Works

Does the Vista Unified School District have a Wellness Policy?

Yes! The district adopted a Wellness Policy in 2006. The policy applies to every school in the district. The policy assists schools in improving the health of students by promoting physical activity and access to nutritious foods.

Why is wellness important at school?

We know that healthy students learn better. Research has shown a strong link between student health and learning. Increased physical activity and healthy eating habits help students stay focused in school and can reduce and prevent overweight and obesity.

How can I help?

There are many ways you can help support the policy.

- ❖ Start by educating yourself about the policy. Go to your school office and pick up a policy brochure or visit the district website at: www.vusd.k12.ca.us/cns/welcome.htm.
- ❖ Show support for the policy. Spread the word and incorporate the ideas into your home life.
- ❖ Fresh fruits and vegetables, whole grains, milk and 100% juice drinks are encouraged on campus. Candy, cupcakes, and sugary beverages are to be avoided during school hours (PLEASE do not send these to school, even for holidays and birthdays).
- ❖ Volunteer in your child's classroom or in the school garden.
- ❖ Praise your child for their healthy choices. Ask what they chose from the salad bar at lunch. Ask what they did during recess and PE class.
- ❖ Be sure your child eats breakfast every day.
- ❖ Be a healthy role model. You can positively impact your child's eating and physical activity habits by modeling healthy behaviors.

What if I want to do more?

Become a representative for your school site on the Wellness Council. Volunteer to be a Site Representative by contacting the district's wellness lead, Amy Haessly, at amyhaessly@vusd.k12.ca.us or call 726-2170 ext. 2912.