

# Facts, Statistics & Tips



Healthy students learn better.



School breakfast and intense physical activity at school are both linked to improvements in student test scores, behavior and concentration.



Diabetes and heart disease often start in elementary school.



1 in 4 students in San Diego County is overweight.



Parents and teachers can positively impact students' eating and physical activity habits when they role model healthy behaviors.



California requires elementary schools to provide students with 200 minutes of physical education every 10 days; secondary schools must provide students with 400 minutes every 10 days.



Reward students with physical activity instead of food.



Increased physical activity and healthy eating habits help reduce and prevent overweight and obesity.

# Resources

## **Action For Healthy Kids**

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

## **California Project Leaders Encouraging Activity and Nutrition (LEAN):**

[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

## **California School Board Association**

[www.csba.org](http://www.csba.org)

## **Coalition on Children and Weight San Diego San Diego County Childhood Obesity Initiative**

[www.ccwsd.org](http://www.ccwsd.org)

## **Food Research and Action Center**

[www.frac.org/html/news/wellness\\_guide2006.html](http://www.frac.org/html/news/wellness_guide2006.html)

## **National Alliance for Nutrition and Activity**

[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)

## **National Association for Sports & Physical Education**

[www.aahperd.org/naspe](http://www.aahperd.org/naspe)

## **San Diego and Imperial Nutrition Network**

[www.sdnonline.org](http://www.sdnonline.org)

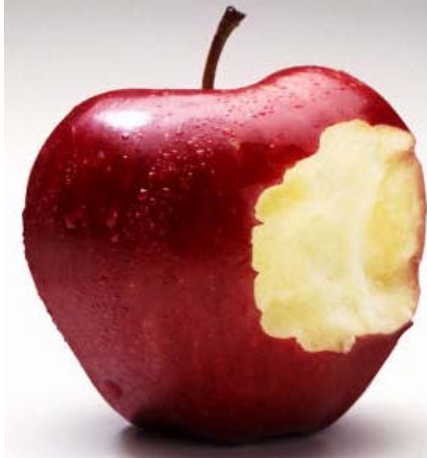
## **Team Nutrition: Local Wellness Policy**

[www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html)

## **Vista Unified School District**

[www.vusd.k12.ca.us](http://www.vusd.k12.ca.us)

# Vista Unified School District Wellness Policy



## **Vista Unified School District**

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# Why?

In 2004, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the 2006-2007 school year.

The Vista Unified School District local wellness policy applies to every school in the district. The policy will assist schools in improving the health of students by promoting physical activity and nutritious food.

The Vista Unified School District is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

The Vista Unified School District plays a critical role in curbing the epidemic of childhood overweight and obesity.



Physical  
activity  
every day!

# What?

## The Vista Unified School District wellness policy sets rules for:

### Physical Activity

The board desires to provide a physical education program that gives students the opportunities to engage in healthful levels of vigorous physical activity that promotes and develops the student's physical, mental, emotional, and social well being.

The fitness-based physical education program shall develop muscular strength, cardiovascular endurance, & flexibility.

### Nutrition Education

The district's nutrition education and physical education programs shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

### Nutrition Guidelines for Food Served or Sold on Campus

Nutrition standards apply to all foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, and other venues.

Foods and beverages provided through federally reimbursable meals shall meet or exceed federal regulations.

The Board prohibits the use of non-nutritious foods as rewards or incentives for students.

Foods and beverages available to students and staff should support the health curriculum and promote optimal health.

Staff shall encourage parents/guardians to use non-food items when donated for occasional class parties.

# Wow!

## Look what our district is doing!

**Vista Unified School District** strives to incorporate a coordinated school health approach to our Wellness Council by including parents, students, teachers, administrators, and the community.

Together we improve student health by focusing on several areas including nutrition education, physical education, and the foods available on campus.

Check out our website for...

- Foods and beverages that qualify
- Fundraising ideas
- Information for Parents
- Wellness Council Meeting information
- Nutrition Education resources
- And more!

[www.vusd.k12.ca.us/cns/welcome.htm](http://www.vusd.k12.ca.us/cns/welcome.htm)

Please join our efforts to promote wellness throughout the district.