

# Facts, Statistics & Tips



Healthy students learn better.



Intense physical activity at school and school breakfast 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): School Wellness Policy Tool**

[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**

[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 County Childhood Obesity Initiative**

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

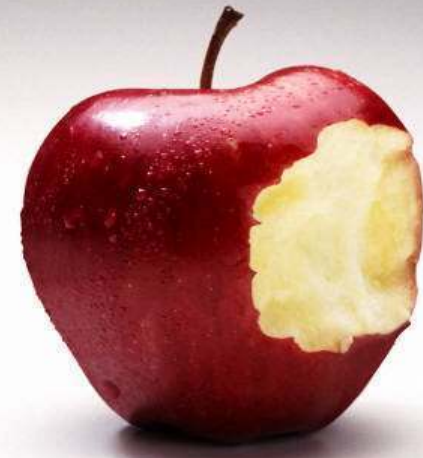
## **San Diego and Imperial Nutrition Network**

<http://www.sdnnonline.org/>

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

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

# Encinitas Union School District Wellness Policy



## **Encinitas Union School District**

101 S. Rancho Santa Fe Road  
Encinitas, CA 92024

Phone: 760-944-4300

Fax: 760-942-7094

Website: <http://www.eusd.net>

# 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 Encinitas Union School District's 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 Encinitas Union 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 Encinitas Union School District plays a critical role in curbing the epidemic of childhood overweight and obesity.



Physical  
activity  
every day!

# What?

## The Encinitas Union School District wellness policy sets rules for:

### Physical Activity

EUSD's Policy states:

- Classroom health education will compliment physical education.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes.

### Nutrition Education

EUSD's Policy states:

- We will teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:
- Is offered at each grade level as part of a sequential, comprehensive, standards-based program.
- Includes training for teachers and staff
- Is part of not only health education classes, but also connects to core curriculum subjects.
- Promotes fruits, veggies and whole grain products.

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

EUSD's Policy states:

- All food items will have no more than 35% of it's calories from fat and 10% of it's calories from saturated fat.
- Schools will discourage the use of foods or beverages, that do not meet the nutrient standards, as rewards for academic performance or good behavior, and will not withhold food as punishment.
- Foods or beverages offered or sold at school sponsored events outside the school day will meet the nutrition standards for regular foods and beverages.

# Wow!

## Look what our district is doing!

- Breads and buns have been replaced with healthier whole wheat items.
- Chicken patties are now grilled instead of breaded.
- Pizza is now homemade with a blend of whole milk and low-fat mozzarella cheeses. Pizza sauce is made with less sugar and sodium. Dough is made with 10% whole wheat flour!
- Recess before lunch has been implemented at 5 schools with plans to expand district wide.
- We have started a breakfast program that we will expand throughout the district.
- Salad bars are being offered district wide every Monday, Wednesday and Friday.
- Juice has been eliminated to encourage the consumption of milk.
- PTA's are finding creative ways to fundraise that does not involve foods that don't meet the nutrition guidelines.

# Facts, Statistics & Tips



Healthy students learn better.



Intense physical activity at school and school breakfast 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): School Wellness Policy Tool**

[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**

[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 County Childhood Obesity Initiative**

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

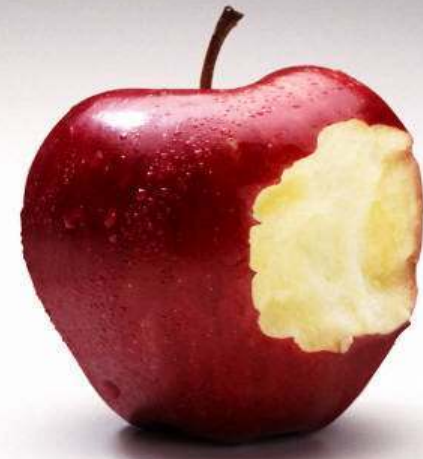
## **San Diego and Imperial Nutrition Network**

<http://www.sdnnonline.org/>

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

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

# Encinitas Union School District Wellness Policy



## **Encinitas Union School District**

101 S. Rancho Santa Fe Road  
Encinitas, CA 92024

Phone: 760-944-4300

Fax: 760-942-7094

Website: <http://www.eusd.net>

# 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 Encinitas Union School District's 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 Encinitas Union 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 Encinitas Union School District plays a critical role in curbing the epidemic of childhood overweight and obesity.



Physical  
activity  
every day!

# What?

## The Encinitas Union School District wellness policy sets rules for:

### Physical Activity

EUSD's Policy states:

- Classroom health education will compliment physical education.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes.

### Nutrition Education

EUSD's Policy states:

- We will teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:
- Is offered at each grade level as part of a sequential, comprehensive, standards-based program.
- Includes training for teachers and staff
- Is part of not only health education classes, but also connects to core curriculum subjects.
- Promotes fruits, veggies and whole grain products.

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

EUSD's Policy states:

- All food items will have no more than 35% of it's calories from fat and 10% of it's calories from saturated fat.
- Schools will discourage the use of foods or beverages, that do not meet the nutrient standards, as rewards for academic performance or good behavior, and will not withhold food as punishment.
- Foods or beverages offered or sold at school sponsored events outside the school day will meet the nutrition standards for regular foods and beverages.

# Wow!

## Look what our district is doing!

- Breads and buns have been replaced with healthier whole wheat items.
- Chicken patties are now grilled instead of breaded.
- Pizza is now homemade with a blend of whole milk and low-fat mozzarella cheeses. Pizza sauce is made with less sugar and sodium. Dough is made with 10% whole wheat flour!
- Recess before lunch has been implemented at 5 schools with plans to expand district wide.
- We have started a breakfast program that we will expand throughout the district.
- Salad bars are being offered district wide every Monday, Wednesday and Friday.
- Juice has been eliminated to encourage the consumption of milk.
- PTA's are finding creative ways to fundraise that does not involve foods that don't meet the nutrition guidelines.

# Facts, Statistics & Tips



Healthy students learn better.



Intense physical activity at school and school breakfast 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): School Wellness Policy Tool**

[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**

[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 County Childhood Obesity Initiative**

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

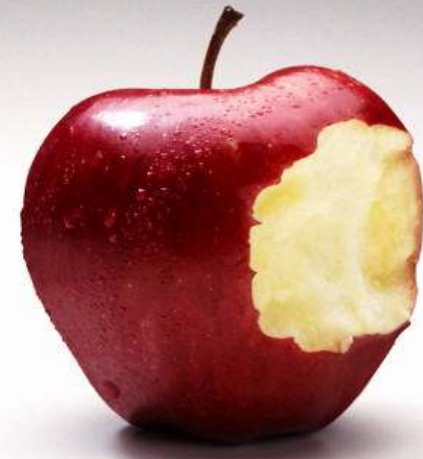
## **San Diego and Imperial Nutrition Network**

<http://www.sdnnonline.org/>

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

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

# Encinitas Union School District Wellness Policy



## **Encinitas Union School District**

101 S. Rancho Santa Fe Road  
Encinitas, CA 92024

Phone: 760-944-4300

Fax: 760-942-7094

Website: <http://www.eusd.net>

# 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 Encinitas Union School District's 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 Encinitas Union 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 Encinitas Union School District plays a critical role in curbing the epidemic of childhood overweight and obesity.



Physical  
activity  
every day!

# What?

## The Encinitas Union School District wellness policy sets rules for:

### Physical Activity

EUSD's Policy states:

- Classroom health education will compliment physical education.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes.

### Nutrition Education

EUSD's Policy states:

- We will teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:
- Is offered at each grade level as part of a sequential, comprehensive, standards-based program.
- Includes training for teachers and staff
- Is part of not only health education classes, but also connects to core curriculum subjects.
- Promotes fruits, veggies and whole grain products.

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

EUSD's Policy states:

- All food items will have no more than 35% of it's calories from fat and 10% of it's calories from saturated fat.
- Schools will discourage the use of foods or beverages, that do not meet the nutrient standards, as rewards for academic performance or good behavior, and will not withhold food as punishment.
- Foods or beverages offered or sold at school sponsored events outside the school day will meet the nutrition standards for regular foods and beverages.

# Wow!

## Look what our district is doing!

- Breads and buns have been replaced with healthier whole wheat items.
- Chicken patties are now grilled instead of breaded.
- Pizza is now homemade with a blend of whole milk and low-fat mozzarella cheeses. Pizza sauce is made with less sugar and sodium. Dough is made with 10% whole wheat flour!
- Recess before lunch has been implemented at 5 schools with plans to expand district wide.
- We have started a breakfast program that we will expand throughout the district.
- Salad bars are being offered district wide every Monday, Wednesday and Friday.
- Juice has been eliminated to encourage the consumption of milk.
- PTA's are finding creative ways to fundraise that does not involve foods that don't meet the nutrition guidelines.