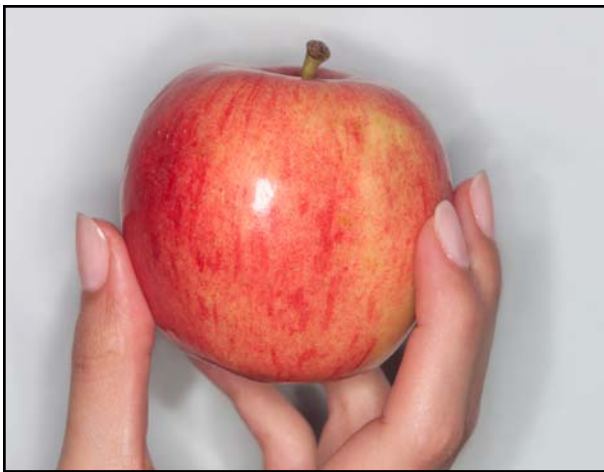


## School Nutrition and Student Wellness

*Healthy, active and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn.*

*Our Wellness Policy is designed to build the skills and knowledge of students to maintain a healthy lifestyle. It provides physical activity and nutrition education into core academic subjects.*



### Our Board of Education

Jeanette J. Amavisca  
Pollyanna Cooper-LeVangie  
Priscilla S. Cox  
Pamela A. Irey  
William H. Lugg, Jr.  
Chet Madison, Sr.  
Brian D. Myers

Steven M. Ladd, Ed.D.,  
Superintendent

### Our Mission

The Elk Grove Unified School District will provide a learning community that challenges ALL students to realize their greatest potential.



For more information on this Health & Wellness Policy please contact:

Nancy Lucia, Associate Superintendent,  
Education Services  
(916) 686-7780

Richard Odegard, Associate Superintendent,  
Finance & School Support  
(916) 686-7744

## Elk Grove Unified School District **HEALTH & WELLNESS POLICY**



*Excellence by Design*

## Healthy body, healthy mind, healthy learning

Research has shown a link between eating breakfast and improved school attendance, student behavior, and academic achievement.

Physical activity testing results show that as physical fitness improves, so does academic achievement.

Our Health and Wellness Policy provides conditions that improve health and promote both a healthy body and improved intellectual capacity.



## Nutrition Education and Guidelines

Elk Grove Unified School District makes it a priority to teach, encourage and support healthy eating for all of our students. Our schools provide nutrition education and participate in nutrition promotion that:

- is offered at each grade level as part of a inclusive, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions and taste testing.

EGUSD's Board of Education believes that foods and beverages available to students at our schools should support the health curriculum, promote healthy lifestyles, and provide healthy and appealing food choices. Nutrition standards adopted by EGUSD meet or exceed state and federal nutrition standards. These include food and beverages provided through the district's food service program, student stores, vending machines, fundraisers or other venues.

## Physical Education

All students in grades K-12 have the chance to be physically active on a regular basis. Chances for various types of physical activity are offered through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs and a variety of other structured and unstructured activities.

At our elementary schools, students receive a minimum of 200 minutes of physical education instruction every 10 school days. Middle and high school students enrolled in physical education receive a minimum of 400 minutes of physical education instruction every 10 school days at sites operating on a traditional schedules, or the equivalent at sites operating on block schedules. High school students must complete 20 credits of physical education to receive their diplomas.

