









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.

Cajon Valley Union School District
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Resources

- Action For Healthy Kids
www.actionforhealthykids.org
- California Project LEAN (Leaders Encouraging Activity & Nutrition) School Wellness Policy Tool
www.californiaprojectlean.org
- California School Board Association
www.csba.org
- Coalition on Children and Weight San Diego
www.ccwsd.org
- Food Research and Action Center
www.frac.org/html/news/wellness_guide2006.html
- National Alliance for Nutrition and Activity
www.schoolwellnesspolicies.org
- National Association for Sports & Physical Education
www.aahperd.org/naspe
- San Diego County Childhood Obesity Initiative
www.ourcommunityourkids.org
- San Diego and Imperial Nutrition Network
http://www.sdnnonline.org/
- Team Nutrition: Local Wellness Policy
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

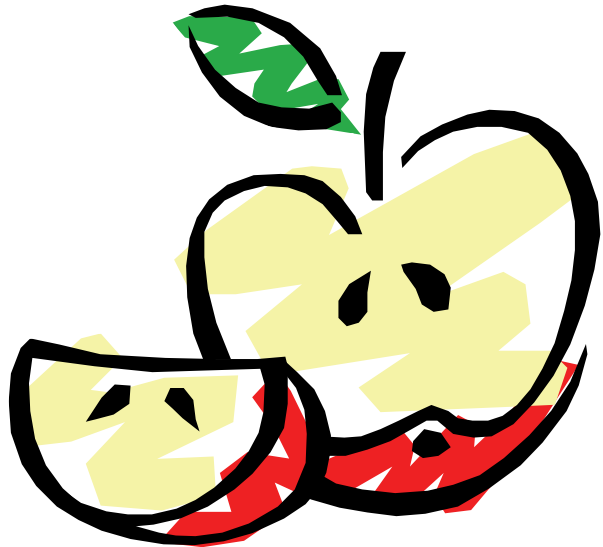


Successful Students
 Through Healthy Foods & Fitness

9/25/08

Student Wellness

Cajon Valley Union School District



Cajon Valley Union School District recognizes the important connection between a healthy diet, physical fitness, academic achievement, and lifelong healthy habits.

Cajon Valley Union School District is committed to providing a school environment that promotes student wellness, healthy eating, nutrition education, and regular physical activity as part of the total learning experience. The District recognizes the link between student health and learning and the importance of providing a comprehensive program that promotes healthy eating and physical activity. The CVUSD Student Wellness Policy 5030 includes the following key components:



- ◆ Adopting research-based nutrition and physical education programs promoting student wellness.
- ◆ Providing all students opportunities to be physically active on a regular basis through moderate to vigorous physical activity during physical education, recess, school athletics, and during before-and-after school programs.
- ◆ Encouraging staff to serve as positive role models for regular physical activity.
- ◆ Sharing information that emphasizes the relationship between health and academic performance.
- ◆ Providing professional development on health knowledge and skills promoting healthy behaviors.
- ◆ Sharing information that emphasizes the relationship between health and academic performance



- ◆ Adopting nutrition guidelines for all foods available on campus during the day to promote student health and reduce childhood obesity.
- ◆ Discouraging the use of non-nutritious foods as rewards for academic performance, accomplishments, or classroom behavior.
- ◆ Encouraging parents and/or guardians to support student wellness by considering nutritional quality when selecting snacks for class parties/celebrations, and limiting foods or beverages that do not meet nutritional standards.
- ◆ Scheduling parties and/or celebrations in elementary schools after lunch when possible.
- ◆ Limiting marketing and advertising of non-nutritious food and beverages on campus.
- ◆ Encouraging school organizations to use healthy or non-food items for fundraising.



Healthy Eating Tips

1. **Make half your grains whole.** Choose whole-grain foods such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
2. **Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
3. **Focus on fruits.** Eat them at meals and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
4. **Get your calcium-rich foods.** To build strong bones serve low-fat and fat-free milk and other milk products several times a day.
5. **Go lean with protein.** Eat lean or low-fat meat, chicken, turkey, and fish. Eat more dry beans and peas. Add chickpeas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
7. **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



*U.S. Department of Agriculture
Food & Nutrition Service*