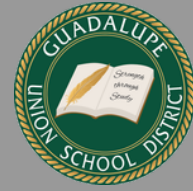


Your campus is a health and wellness center



Below are some highlights from the District School Wellness Policy: [AR 5030](#)

1

Recognizing the link between student health and learning, the District's Wellness Policy is designed to support and promote healthy eating, healthy behavior, and physical activity within the Guadalupe Union School District.



2



Adults on campus serve as positive role models for healthy eating and physical fitness.

3

The District's Wellness Committee meets quarterly and includes a diverse set of stakeholders: teachers, school health professionals, students, administrators, parents and community representatives.



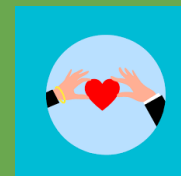
4



Fresh drinking water (Hydration station) is always available in or near eating areas, and children are allowed access to water throughout the day.

5

A positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.



6



All foods sold at schools will follow California Competitive Food Rules and USDA Smart Snacks guidelines. Foods that are brought in for birthday parties and celebrations will also fall under these guidelines. Classroom parties will take place no more than once a month.

7

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through structured and unstructured activities.

