



## HELPFUL RESOURCES

[http://www.fns.usda.gov/tn/Resources/recipes\\_for\\_healthy\\_kids.html](http://www.fns.usda.gov/tn/Resources/recipes_for_healthy_kids.html)

<http://www.letsmove.gov/>

<http://kidshealth.org/kid/recipes/>

<http://www.eatright.org/kids/landing.aspx?agegroup=4295378505>

<http://www.choosemyplate.gov/>

## CONTACT INFORMATION

Keri Phillips  
Superintendent  
(530) 626-3194  
[kphillips@gtusd.org](mailto:kphillips@gtusd.org)

Rachael Ryen  
Food Service Manager  
  
(530) 626-2595  
[rryen@gtusd.org](mailto:rryen@gtusd.org)

DAC Approved – 10/20/2022

## GOLD TRAIL UNION SCHOOL DISTRICT

### WELLNESS POLICY HIGHLIGHTS



The Gold Trail Union School District Wellness Policy (*BP5030*) recognizes the link between student health and learning and desires to promote healthy eating and physical activity for district students. It is a coordinated school health system to promote student wellness through health education, physical education and nutrition education. We encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the implementation and periodic review and update of this policy.

## WELLNESS GOALS

- Professional Development shall include instructional strategies related to student health knowledge and skills, physical education, and be designed to promote healthy behaviors.
- The Board strongly encourages the use of physical activity as a reward for students when appropriate.
- Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

## PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of vigorous activity daily. The Gold Trail Union School District promotes physical activity through comprehensive school physical activity programs, including recess, physical education, classroom-based physical activity and interscholastic sports.

## NUTRITION EDUCATION

Nutrition education is designed to help students to maintain and improve their health, prevent disease, and avoid health related risk behaviors. Staff reinforces this nutrition education program by not using food as a reward for students' academic performance, accomplishments, or classroom behavior. The Board reinforces the program by prohibiting the marketing and advertising on non-nutritious foods and beverages through signage, vending machines, logos, school supplies, advertisements in school publications, free giveaways, or other means. Parents/guardians are encouraged to support the District's nutrition education program by considering nutritional quality when selecting any snack which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period whenever possible.



## FOODS AVAILABLE AT SCHOOL

Healthy eating is associated with reduced risk for many diseases, including several of the leading causes of death: heart disease, cancer, stroke, and diabetes. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental problems, iron deficiency, and osteoporosis. The Dietary Guidelines for Americans recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for persons aged 2 years and older. The guidelines also recommend that children, adolescents, and adults limit intake of solid fats (major sources of saturated and trans fatty acids), cholesterol, sodium, added sugars, and refined grains. Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students. In order to maximize the District's ability to provide nutritious meals and snacks, the district participates in the National School Lunch Program (NSLP). We augment our NSLP food service proceeds with general fund contributions to serve more nutritious foods and beverages in a more appealing way. Schools provide students with opportunities to consume an array of foods and beverages throughout the school day and enable students to learn about and practice healthy eating behaviors. Significant community and parent involvement is critical to the district in our quest to sustainably improve our food service choices and increase nutrition awareness.