



We love to play, run and have fun outdoors.

Healthy children are more likely to be successful in and out of school.

I love to read and learn new things.



Health and Wellness Award Recognition



The Gilroy Unified School District would like to recognize individuals or groups that have made a significant impact in the area of positive student and staff health and wellness within the district.

Nominations are held twice a year and honorees are recognized at Governing Board meetings in January and May.

Nominees may be made in the following categories:

- **Individual** – teacher, parent, administrator, volunteer, other
- **Group** – PTA or Home & School Club, Community partner agency, Committee, Service Organization, other

District Wellness Policy 5030 is based on the eight-component model of coordinated school health. Nominations should address one or more of these areas.



Gilroy Unified School District Healthy Foods Brochure

Student Wellness Policy BP 5030 (a)

The Governing Board recognizes the link between student health and academic achievement. Healthy, active, and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn.

Tips for Healthier Food Choices in Our Schools



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For more information about the District Health Council call the Specialized Programs office at (669) 205-4041.

How You Can Help...

Please support the GUSD's Wellness Policy recommendations for foods meeting the nutritional criteria for public schools.

Some Foods that are Banned

- Candy
- Cakes/Cupcakes
- Cookies
- Fried Potato Chips
- Ice-cream
- Soft Drinks
- Juice
- Nuts, (Including Peanut Butter)



GOAL: The Child Nutrition Department will take an active role in implementing a partnership with clubs, fundraiser coordinators, outside vendors, students, parents and staff to ensure that all are in compliance with the Student Wellness Policy.

Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.



Fundraiser Events—Must conform to the District's Wellness Policy

Snacks/Rewards—Schools are encouraged to use non-food items and activities as rewards. If food is served during the school day, including class parties and celebrations, it must conform to District's Wellness Policy.

School Sponsored Events—The District strongly encourages providing choices which make a positive contribution to children's diet and health.

Marketing and Advertising—School-based marketing of foods and beverages will be limited to nutritious and healthy foods.

Some Healthy Options

- ☆ Fresh fruits and vegetables
- ☆ Whole grain foods
- ☆ Bottled water



Non-food Rewards Ideas

- ☆ Free choice class activity
- ☆ Free choice outdoor activity
- ☆ Pencil or eraser
- ☆ Homework pass



Eating healthy food is one of the eight components within the coordinated school health model. The District Wellness Policy is based upon these eight areas.

The components are:

1. Health Education
2. Physical Education
3. Nutrition Services
4. Health Services
5. Safe and Healthy School Climate
6. Parent and Community Involvement
7. Health Promotion for Staff
8. Psychological and Counseling Services



Gilroy Unified School District offers nutritious meals (which conform to the District Wellness Policy guidelines) in all schools through the Child Nutrition Department:

- Breakfast
- Free and Reduced-Priced Meals (Lunch)
- Before/After School Snacks—
For qualifying schools
- Summer Program

