



**GILROY UNIFIED SCHOOL DISTRICT**  
**Specialized Programs**  
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**SUPERINTENDENT**

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September 5, 2019

Dear Parents,

Every school district is required by law to develop and implement a Student Wellness Policy. The Gilroy Unified School District adopted Wellness Policy can be found on the District website.

Listed below are important facts for your information:

- Under Section 204 of the Child Nutrition Reauthorization Act, all school districts participating in the National Lunch Program must have a Wellness Policy in place.
- Studies show that nutrition is related to physical well-being, growth and development, positive learning and risk of diseases.
- The GUSD policy is based on the eight component model of coordinated school health. These components are:
  1. Health Education
  2. Physical Education
  3. Nutrition Services
  4. Health Services
  5. A Safe and Healthy School Environment
  6. Parent and Community Involvement
  7. Health Promotion for Staff
  8. Psychological and Counseling Services

As we enter the **2019-20** school-year, it is once again time for the Gilroy Unified School District and our community to recommit ourselves to providing a school environment that encourages nutritious eating habits, appropriate physical activity, and healthy behavior as a means of promoting academic success.

Parents/guardians are requested to support the District's nutrition efforts by selecting nutritional quality when purchasing snacks or treats donated for special school or classroom events. Foods with high sugar content are strongly discouraged; i.e. candy, cupcakes. Principals and teachers will support the nutrition guidelines by assuring that healthy options are provided at school functions.

Each school will be responsible for establishing goals and evaluating their progress to strengthen the implementation of our policy district-wide.

Thank you for your understanding and commitment to creating a healthier learning environment for all our students.

Sincerely,

Lisa Lorona

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