



# Wellness Policy

- [www.calaverasusd.com](http://www.calaverasusd.com)

## Resources

- When to Stay Home
- Medications at School
- Allergies
- Asthma
- Children and Diabetes
- Brain Injury and Concussions
- Epilepsy/Seizure Disorder
- Immunizations
- Oral Health Assessment
- Childhood Obesity

## Wellness Newsletters

- April 2014
- November 2014

## Ideas for Meal Planning

## Physical Activities

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The Calaveras Unified School District Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Board understands students need to be physically active and eat nourishing food to grow, learn and maintain healthy physical and mental development.

[Student Wellness Policy BP 5030](#)  
[Student Wellness Administrative Regulation 5030](#)

## [USDA Non-Discrimination statement](#)

**Vision:** A district who fosters a culture of healthy, active learners

**Mission:** Improve the health of students and families. This mission will be accomplished through education, environmental changes, and opportunities to establish life-long health nutrition and physical activity habits.

## Student Wellness Policy Committee (SWPC)

This committee is made up of nutrition professionals, P.E. teachers, district administrators, School Board members, parents, wellness advocates and community members. They service as resource to families and schools, establish goals/objectives, monitor and evaluate the implementation of our vision, plan and goals. If you are interested in serving on the committee, please contact [mcampbell@calaveras.k12.ca.us](mailto:mcampbell@calaveras.k12.ca.us).