



DECEMBER 2012

NEWSLETTER

EDUCATION

Health Consequences of Sugar

Childhood obesity is much more than a cosmetic concern.

Currently, 1 in 3 children are overweight

The health consequences of childhood obesity include greater risk of heart disease, type 2 diabetes, hypertension, asthma, and other serious illnesses. The combination of these health effects and the dramatic increase in childhood obesity rates over the past three decades causes some experts to fear this may be the first generation of American children who will have a shorter life expectancy than their parents.



Policy Topic: SUGAR

“Sugar sweetened beverages including juice drinks, are associated with obesity and account for more added sugar in our children’s daily diet than any other food. Replacing sports drinks, soda and other sugary drinks and limiting your intake of 100% fruit juices are effective, straightforward ways to start the journey to healthier behaviors and lower body fat for kids and adults. Sugar-sweetened beverages (including soda, flavored milk, sweetened teas, flavored waters, energy drinks, sports drinks and fruit drinks) are the number one source of sugar among American children and adolescents. It is no wonder, then, that some public health experts view sugary drinks as a leading driver of the childhood obesity crisis....”

Source: Weight of the Nation, Discussion Guide, Section 4, p111

It’s Just Baby Fat

Too often – perhaps because we think the excess weight is a phase they will grow out of, or because we no longer even see our children as overweight – we gloss over the health issues overweight and obese children might face.

Amazingly, only 10% of parents seek medical help for their obese children.

Source: Weight of the Nation, Discussion Guide, Section 1, p93

Drinking sports and energy drinks can lead to **obesity, heart disease and diabetes.**





Tools for Our Schools

[Weight of the Nation](#) DVD set and Discussion Guide

Host a Wellness Event at your school and receive a Weight of the Nation DVD set for your library.

[Sugar Savvy Home Page](#) and following links

- [Sugar Calculation](#)
- [Show Me The Sugar](#)
- [Sugar Shockers](#)

Look for the Sugar Savvy “Train the Trainer” Event in January



First Policy: Sugar sweetened beverages and sugary snacks

The Wellness Committee will begin crafting its first policy in January, 2013

Areas of Focus

- Classroom
- Cafeteria food
- Sporting Events
- Fundraising
- Meetings
- After-school Activities
- School break rooms
- Food brought from home – snacks and lunch

Policy: Our History

Novato Schools had a problem with junk food trucks collecting around the schools not only increasing the availability of sugary snack foods and beverages but creating safety concerns for the students with traffic hazards.



Bay Area Citizen, September 2011

In the summer of 2011, Miguel Villarreal, Director of Food and Nutritional Services, PTA, parents, students and community collected one thousand resident signatures supporting a Mobile Junk Food Truck Ordinance. Superintendent, Shalee Cunningham, helped create a Task Force Committee that included the Captain of the Novato Police Force, Assistant City Manager and Miguel Villarreal. This committee developed the policy and presented it to the City Council.

In December of 2011, the city council voted unanimously to ban food trucks from parking near schools, immediately before, after and during school hours. The ordinance also restricted how many



Policy is Important

The Wellness Committee will be performing an important function: to develop and create District Policy for food and physical activity in our schools. These policies must answer to three principles

Wellness Policy: The Overarching Principles

- How it impacts you
- How it impacts our community
- How it impacts our planet

January 2013 Meeting

The Wellness Committee will gather

DATE: January 15

TIME: 3:30 -5 PM

LOCATION: the District Office

Employees Parents Students

The Wellness Ambassador Involvement Level

- **Wellness Policy Committee**
- **Wellness Site Ambassador**
- **Executive Champions**

Wellness Policy Committee

The wellness committee is a team of students, parents and School District employees who meet monthly to identify issues, school tools and strategies that encourage healthy behaviors and make wellness policy that create health – friendly school and work environments. The wellness committee must be a cross-section of the school population.

Wellness Site Ambassador

Our District Schools need representatives who promote and train others in wellness education. Provided with the information and the tools to serve the community, the Site Ambassador will represent wellness at school events and train others. The Wellness Site Ambassador Is the eyes and ears of the school community.

food trucks may gather in one place, eliminating the distraction of unhealthy choices.



Loma Verde Fall Wellness Event 2012

VOLUNTEER

Contact: Miguel Villarreal
Director of Food and Nutritional Services
Wellness@nUSD.org

Executive Champions

The Director of Food and Nutritional Services, Superintendent, Chief Financial Officer, Principal's, and other school officers will be personal role models for health and wellness, allocate resources to support wellness policy and environmental changes within Novato Unified School District.

MORE INFORMATION:

Miguel Villarreal
mvillarreal@nUSD.org

Our Wellness Policy Committee

Loma Verde - Beth Kraft *teacher*
Loma Verde - Laura Swanson *FANS*
Rancho - Nancy Kawata *principal*
All schools - Stan Pelmeier *physical ed*
Lu Sutton - Mark Fujiwara *parent*
Novato High - Ellen Harmanns *student*
Novato High - Lori O'Connor *asst. principal*
All Schools - Miguel Villarreal - *FANS*
All Schools - Bonnie Neer - *consultant*

NUSD District



Make It Possible... Volunteer
wellness@nUSD.org