



1199 Commerce Way Sanger, CA 93657

Phone: (559)524-762

Dear Principal,

If we haven't met my name is Jannette Garcia, Director of Child Nutrition and I am also the Wellness Leader for Sanger Unified School District's wellness policy.

Sanger Unified School District's wellness policy provides a guide to making healthy choices at our schools. Enclosed in this packet I have included a copy of the district's Wellness Policy. You can find a copy of our wellness policy here: [www.sangerunifiedchildnutrition.org](http://www.sangerunifiedchildnutrition.org).

Research indicates that kids with healthier eating patterns and enough physical activity have better grades, remember what is taught in class, behave better in class, and miss less school time. Since healthier school environments help support student learning and behavior, I am asking for your support to make sure that Sanger Unified School District's schools help kids make healthy food choices and be physically active.

The Sanger Unified School District's wellness policy not only benefits school staff through better learners, but it is also a Federal requirement and must include specific components. The final regulation on local school wellness policies was released on July 29, 2016. As part of the requirements, the district needs to inform the public about the wellness policy and any updates that are made. You play an important role in helping us meet this requirement and in garnering family and school staff participation in school wellness policy development and implementation.

To ensure that your school's unique needs are addressed through the district-wide wellness policy, we will also ask you or your designee to initiate an assessment. Upon completion of the assessment, you will be able to develop an action plan specific to your school site's needs. More information to follow on the assessment process.

To help our district understand what the wellness policy entails, I will be sharing wellness policy content through email memos. Along with each Wellness Policy memo topic, I will be attaching a resource that you will be able to utilize. Some of the wellness policy topic areas will include: **(1. Nutrition Education, 2. Physical Activity, 3. Food and drinks sold to students: Smart Snacks in Schools Regulation, 4. Nutrition Promotion, 5. Food and beverages, not sold, for fundraisers, 7. Food and beverage marketing on school grounds)**. Large Wellness Policy poster boards have been delivered and posted in all cafeterias.

If you haven't done so already, I encourage you to designate at least one local school wellness lead that will represent your school site's wellness efforts. This contact shall also represent the school in future Wellness Committee meetings. Please share the contact information for your school wellness lead with me, so that I may include him or her in future correspondence about school wellness activities by selecting on the survey link in this email correspondence.

**Additional Resources: Attached is the Smart Snacks in Schools: A Guide to Healthy Food at School -Wellness Resource that is available to be utilized immediately.** For other resources and background on the requirements, and other related topics, please visit the United States Department of Agriculture's Local Wellness Policies Resources Web page (<http://healthymeals.nal.usda.gov/school-wellness-resources-2>), or feel free to give me a call.

Thank you for your continued support in making healthy food choices and physical activity a priority for our schools.

Sincerely,

Jannette Garcia,  
Director of Child Nutrition  
559-524-7620