

Nicasio Wellness Program


The Nicasio School District is a rural district that serves approximately 65 students. The school district does not receive Title I funds and does not participate in the Federal or State lunch program. The Nicasio School District is exempt from passing the Nutrition and Wellness policy but considers Nutrition and Wellness a priority.

The Nicasio School District does have many programs in place to support students in the area of Nutrition and Wellness:

- An organic garden is part of the school curriculum
- Parents provide occasional lunch options that are organic and are prepared by vendors in the community
- Nutrition education is part of the curriculum
- Parents are provided with healthy lunchbox information
- A physical education program at the school provides the required amount of physical activity

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From: Mary Buttler Add to Address Book
To: 'Carol Essick'
Date: Thursday, November 02, 2006 11:10:04 AM
Subject: Nicasio documentation
 Nicasio Wellness Program.doc

Carol,

I put something together for Nicasio regarding the Wellness Program information that we talked about. A parent has been working to maintain a high quality nutrition education program at the school through the School Site Council. The school garden is very large and quite nice. Hope this information is useful.

Mary Buttler