



**Grass Valley Elementary School
Oakland Unified School District
100% Healthy Beverage and Physical Activity Policies**

Grass Valley Elementary School is part of Oakland Unified School District and has 32 staff and nearly 300 students and families. In December 2015, Grass Valley Elementary School passed 100% Healthy Beverage and Physical Activity Policy.

The biggest impact thus far has been the gradual shift by the staff away from sodas to water. Staff is drinking so much more water that the Brita pitcher just was not enough. The teachers was so inspired by the wellness policies that the school secretary ordered a bigger water filtering system which provides them with gallons of water every day. Not only is the new filtering system providing access to water, it is also moving the staff away from using bottled water.

Upon receiving a water bottle from BANPAC, the school attendance clerk exclaimed, "Oh, I've needed one of these! And it's my favorite color, green!" Then she immediately rinsed it out, filled it up with water and happily drank it.

It takes a lot of time for people to change their habits. Having patience and a sense of humor helps alleviate some of the resistance to change; as does being flexible and having a variety of entry points will help get more people on board.

