

San Diego County Childhood Obesity Initiative

“Shaping a Healthy Future” Award- Central Elementary School

When Principal Staci Monreal first stepped through the doors of Central Elementary, it was a school in need of change. Five years later Central is continually improving their academic scores and is considered by many to be a model school. Principal Monreal and her impassioned crew including Head School Gardener Augustene Lozano and Physical Education Specialist Irma Sanchez are tending their young thinkers in a way that nurtures mind, body and soul.

Leaders at the school truly believe academic success is reached by focusing on the whole child and understand that healthy and fit children are more ready to learn. Central has taken this to heart and this year will roll out its “Fit for Life Initiative”, a collection of programs emphasizing nutrition, physical activity, and overall mental and physical health. Their work has been instrumental in the development of the School Gardens Collaborative and Central will serve as a pilot site. Central has implemented physical activity throughout the day to help all students achieve great strides. Additional programs emphasizing nutrition, health and wellness at the school are quite literally growing healthy children, including the “Growing Healthy Families” program, a five-session nutritious cooking lesson for the entire family.

The staff at Central Elementary School is dedicated to making big changes to help their students achieve big dreams.