

**SPENCER VALLEY ELEMENTARY SCHOOL DISTRICT**

**Resolution in Support of the County of San Diego  
LIVE WELL SAN DIEGO**

**WHEREAS**, is known that three behaviors – poor nutrition, lack of exercise and tobacco use – are the main causes of the four chronic illnesses: cardiovascular disease and stroke, cancer, Type 2 diabetes and respiratory conditions, which account for more than half of the deaths in San Diego County residents; and

**WHEREAS**, a shared policy approach to making communities safer, to ensure that we are traveling in the same direction, in a coordinated approach, toward the same vision; and

**WHEREAS**, the County of San Diego launched the Live Well San Diego Initiative to serve as a blueprint for achieving the vision of healthy, safe and thriving communities;

**WHEREAS**, on July 13, 2010 and October 9, 2012, the San Diego Board of Supervisors adopted the Building Better Health and Living Safely strategies, the first two components of Live Well San Diego encouraging all residents of the county to participate programs to build better health and increase safety as individuals, families and communities; and

**WHEREAS**, the Spencer Valley Elementary School District's recognizes the link between student, staff and faculty well-being and ongoing learning and is committed to providing a comprehensive environment that supports and promotes learning, wellness, healthy eating, nutrition education, physical education, and activity for our students, faculty and staff; and

**WHEREAS**, the Spencer Valley Elementary School District provides services for one school district from early start kindergarten through the eighth grade.

**WHEREAS**, the Spencer Valley Elementary School District's programs and services range from school improvement to budget approval and monitoring and include helping ensure schools have the resources they need for the teaching, learning and well-being of the next generation; and

**WHEREAS**, supporting Spencer Valley Elementary School District's health, physical education and wellness needs of students by promoting the use of 21st century learning/assessment strategies in order for students to attain and maintain a healthy lifestyle by focusing on helping students develop cognitively, physically and emotionally; and

**WHEREAS**, the Spencer Valley Elementary School District's digital literacy programs help teachers gain not only the skills to effectively facilitate online courses, but also to enhance learning opportunities for all students, making it easier for students to learn and thrive anywhere; and

**WHEREAS**, the Spencer Valley Elementary School District's programs connects students to science and nature through school environment and field trips; and

**WHEREAS**, through the Total Wellness at Work program, Spencer Valley Elementary School District's employees have access to community health resources, on-site yoga classes; and

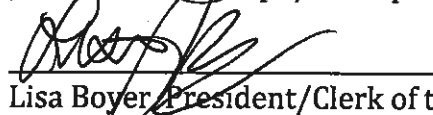
**WHEREAS**, the Spencer Valley Elementary School District can access San Diego County Office of Education Risk Management Unit provides a number of programs so that each member district's employees are safe and have access to professional programs to resolve personal and job-related problems; and

**WHEREAS**, as Spencer Valley Elementary School District has implemented effective emergency preparedness programs to help ensure community resiliency during disaster situations;

**NOW THEREFORE**, it be resolved, that trough theses many efforts, the Spencer Valley Elementary School District Board of Education supports the Building Better Health and Living Safely strategies and join the Live Well San Diego Initiative.

**PASSED AND ADOPTED** this 9th day of October, 2014, at the regular meeting of the Spencer Valley Elementary School District Board of Education.

  
Julie Z. Weaver, Supt./Principal/Teacher

  
Lisa Boyer, President/Clerk of the Board