

Fallbrook Union Elementary School District

Resolution #07-14/15

Resolution to Become a *Live Well San Diego* School District

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

WHEREAS, the Fallbrook Union Elementary School District has established as a critical priority a comprehensive wellness program, Fallbrook Forward, which outlines strategies to support students and employees to build better health, grow in safe schools, and thrive as leaders in the community; and encourages multiple forms of physical activity, nutritional education, and environmental stewardship practices; and

WHEREAS; the comprehensive wellness program developed for the students of the Fallbrook Union Elementary School District is closely aligned with the County of San Diego Live Well, San Diego Initiative encouraging healthy lifestyles for its students and families and ensuring a safe environment; and

WHEREAS, the District has formed a Wellness Committee to support the district in promoting the health and wellness of its students and families; and through their efforts school sites maintain a thriving school garden providing outdoor educational opportunities focusing on nutrition; and

WHEREAS, the District purchases farm-fresh, locally grown produce which is served in student lunches regularly; and

WHEREAS, the District's Child Nutrition Program now has salad bars at all schools, five days a week, to build better health and promote good nutrition and healthy eating habits; and

WHEREAS, all District schools have been designated a The Leader in Me School with a focus on leadership development which uses The 7 Habits of Effective People to foster effective communication, collaborative problem solving, and goal setting to equip students, teachers, and parents with the self-confidence and skills they need to thrive as leaders in the 21st-century economy; and

WHEREAS, the District employs full-time, credentialed physical education teachers working at each District school site to provide the highest quality nutritional and physical education to students; and

WHEREAS, all District schools have implemented the Safe Schools Ambassador's Program, a student-led initiative providing an "inside-out" approach to school safety by empowering student bystanders to reduce bullying and mistreatment resulting in improved campus climates, increased positive student choices, and reduced bullying; and

WHEREAS, the District employs six full-time, credentialed counselors who provide guidance to students to strengthen social competencies and support their social and emotional development; and

WHEREAS, the District utilizes Positive Behavior Intervention Supports (PBIS) at all schools with an emphasis on restorative justice, which has strengthened campus climates, increased successful peer relationships, and resulted in an 80% reduction in student suspensions/expulsions from 2012 to 2015.

WHEREAS, the district contracts with the Big Smiles Program to provide an oral health clinic for students during the school day; and

WHEREAS, in an effort to fight childhood obesity and type 2 diabetes, FUESD has removed high-sugar drinks from the school lunch program, providing the option of unlimited fresh drinking water to all students; and

WHEREAS, the Fallbrook Nutrition Program provides a healthy afternoon snack for students through the Afterschool Education and Safety (ASES) Program; and

WHEREAS, the Fallbrook Nutrition Program provides a summer feeding program offering healthy lunches to students when school is not in session; and

WHEREAS, an innovative Employee Health Program, in partnership with VEBA – Voluntary Employee Beneficiary Association – and Healthy Behaviors, links staff with community resources and on-site educational opportunities to encourage increased physical activity, healthy eating, and the support of wellness behaviors to support long-term employee health; and

NOW THEREFORE BE IT RESOLVED, that through these many efforts the Fallbrook Union Elementary School District Governing Board supports the adopted healthful living strategies described herein and known collectively as Fallbrook Forward, and joins in the County of San Diego Live Well San Diego Initiative.

PASSED AND ADOPTED this 20th day of April, 2015, at a regular meeting of the Governing Board of Fallbrook Union Elementary School District by the following vote:

De Jong:	<input checked="" type="checkbox"/>	Aye	<input type="checkbox"/>	No	<input type="checkbox"/>	Abstain	<input type="checkbox"/>	Absent
Masten:	<input checked="" type="checkbox"/>	Aye	<input type="checkbox"/>	No	<input type="checkbox"/>	Abstain	<input type="checkbox"/>	Absent
Stillman:	<input checked="" type="checkbox"/>	Aye	<input type="checkbox"/>	No	<input type="checkbox"/>	Abstain	<input type="checkbox"/>	Absent
Buntin:	<input type="checkbox"/>	Aye	<input type="checkbox"/>	No	<input type="checkbox"/>	Abstain	<input checked="" type="checkbox"/>	Absent
Rusnell:	<input checked="" type="checkbox"/>	Aye	<input type="checkbox"/>	No	<input type="checkbox"/>	Abstain	<input type="checkbox"/>	Absent



 Patty de Jong, Board President
 Fallbrook Union Elementary School District

I hereby certify under penalty of perjury that the forgoing is a full, true, and correct copy of the Resolution duly adopted by the Governing Board on April 20, 2015.



 Candace Singh, Secretary of the Governing Board
 Fallbrook Union Elementary School District