



## RESOLUTION No. 12-1516

### LIVE WELL SAN DIEGO

On motion of Member Williamson, seconded by Member Jones, the following resolution is adopted:

**WHEREAS**, it is known that poor nutrition, lack of exercise, tobacco use and environmental degradation pose harmful health implications such as cancer, heart disease, type 2 diabetes, and respiratory ailments, which account for a significant portion of deaths in San Diego County, and

**WHEREAS**, on July 13, 2010 the San Diego County Board of Supervisors adopted Live Well San Diego, a long term vision serving as the blueprint for achieving healthy, safe and thriving communities; and

**WHEREAS**, the Carlsbad Unified School District's Strategic Plan is closely aligned with the County of San Diego's Live Well San Diego vision encouraging healthy lifestyles for its students and families and ensuring a safe environment; and

**WHEREAS**, the Carlsbad Unified School District has formed a Wellness Committee comprised of parents, staff, and community stakeholders to support the District in promoting the health and wellness of its students and families; and

**WHEREAS**, the Carlsbad Unified School District's Child Nutrition Program now has salad bars at most of its schools, five days a week, to build better health and promote good nutrition and healthy eating habits; and

**WHEREAS**, the Carlsbad Unified School District was awarded the Bronze level of achievement in the Healthier US School Challenge, a 4 year certification recognizing the healthy meals served at most schools, as well as the notable levels of nutrition and physical education, and physical activity that are provided to all of our K-5 students; and

**WHEREAS**, the Carlsbad Unified School District provides Mileage Clubs, In Motion Programs, an annual Mini March Madness 5th grade Basketball Tournament, and annual jogathons to provide opportunities for students to exercise, socialize and have fun before-, during, and after-school; and

**WHEREAS**, the Carlsbad Unified School District encourages students to participate in Leadership and Peer to Peer Activities as well as Student Council, Web Leaders, Active Student Body, Peer Leaders United Students, Champion Lancers and Champion Bobcats, and the Superintendent Student Advisory Council; and

**WHEREAS,** the Carlsbad Unified School District schools, along with the Community of Carlsbad, participate in annual Red Ribbon Week activities to increase student awareness of Healthy Lifestyles, school and community connectedness, and prevention of substance abuse; and

**WHEREAS,** the Carlsbad Unified School District schools support the work of the Leukemia & Lymphoma Society by participating in the nationwide fundraiser, "Pasta for Pennies"; and

**WHEREAS,** the Carlsbad Unified School District schools implement character education programs and assemblies, and reinforce their efforts through events such as Peace Week and The Great Kindness Challenge; and

**WHEREAS,** the Carlsbad Unified School District schools have AED's at each site, managed by Project Heart Beat, that includes an annual training for all school staff on how the AED operates and where it is located at the school; and

**WHEREAS,** the Carlsbad Unified School District schools are committed to providing Safe Schools and Communities at each one of our school sites through an annual update of our Comprehensive School Safety Plans, which include all members of each school's Site Council, as well as feedback from partnering parents and local law enforcement; and

**WHEREAS,** the Carlsbad Unified School District will continue to partner, collaborate, learn and share best practices in an effort to maximize the impact of this Live Well San Diego partnership; and

**THEREFORE BE IT RESOLVED,** that the Carlsbad Unified School District; and its District Board of Trustees, supports the adopted Building Better Health, Living Safely, and Thriving Strategies, and joins in the County of San Diego's Live Well San Diego vision.

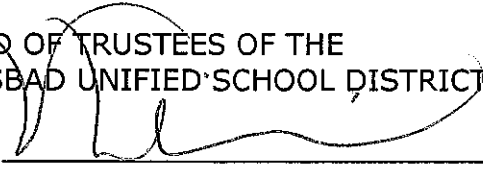
AYES: Williams, Jones, Williamson, Rollings, Pearson

NOES: 0

ABSTAIN: 0

ABSENT: 0

BOARD OF TRUSTEES OF THE  
CARLSBAD UNIFIED SCHOOL DISTRICT

BY:   
President of the Board of Trustees of the  
Carlsbad Unified School District