

**SAN YSIDRO SCHOOL DISTRICT**



**RESOLUTION NO 14/15 - 0006**  
**RESOLUTION TO SUPPORT AND JOIN THE *LIVE WELL SAN DIEGO!* INITIATIVE**

ON THE MOTION OF Member \_\_\_\_\_, seconded by Member \_\_\_\_\_, the following resolution is adopted:

WHEREAS, it is known that three behaviors -- poor nutrition, lack of exercise and tobacco use -- are the main causes of 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, 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; and

WHEREAS, on July 13, 2010, October 9, 2012, and October 21, 2014 the San Diego County Board of Supervisors adopted the Building Better Health, Living Safely and Thriving Strategies, the core components of *Live Well San Diego*, encouraging all residents of the county to participate in programs to build better health, increase safety as individuals, families, and communities and thrive; and

WHEREAS, San Ysidro School District recognizes the link between student health and learning and is committed to providing a comprehensive learning environment that supports and promotes wellness, healthy eating, healthy fundraising, nutrition education, physical education, and regular physical activity for our students; and

WHEREAS, San Ysidro School District has demonstrated a strong commitment to overall health and wellness for the students and families they serve, providing services for seven schools and more than 5,200 students in pre-school through eighth grade; and

WHEREAS, San Ysidro School District aims to provide an educational environment in which all students succeed; and

WHEREAS, the San Ysidro School District's Wellness Committee aims to work in "helping children and families learn to live healthy, safe, and active lifestyles;" and

WHEREAS, San Ysidro School District has made school wellness a top priority, specifically, revamping the school wellness policy so that it incorporates the new changes required through the 2012 Child Nutrition Reauthorization, Healthy, Hunger-Free Kids Act; and

WHEREAS, San Ysidro School District Wellness Committee actively worked on the revisions of the wellness policy from 2012-2014, identifying key areas that required enhancement to further increase the ability for the students to achieve optimal health and safety while on the school campuses and within their communities; and

WHEREAS, in March 2014, San Ysidro School District's revised wellness policy was adopted by the school board; and

WHEREAS, from March 2010 - March 2012, San Ysidro School District was actively involved with the Health & Human Services Agency South Region, through funding from the Communities Putting Prevention to Work (CPPW) grant; and

WHEREAS, San Ysidro School District implemented measures to support health by establishing after-school physical activity opportunities for students and parents at some of the district schools (Sunset Elementary and La Mirada Elementary); and

WHEREAS, San Ysidro School District is currently implementing a Safe Routes to Schools program which promotes changes in the physical environment that will make it easier for the students and families to walk/bike to school or throughout the community; and

WHEREAS, the Walks & Wheels to School Steering Committee meeting has been planning "Walk or Bike to School" days to Smythe and La Mirada Elementary. Students are given punch cards to participate in a raffle at the end of the program; and

WHEREAS, San Ysidro School District has been implementing healthy fundraisers and healthy classroom celebrations (birthday celebrations with cupcakes, cake, pizza etc. are no longer allowed); and

WHEREAS, the Nutrition Department created a "rewards" punch card to encourage staff and teachers to eat lunch in the Cafeteria and support school meals; and

WHEREAS, San Ysidro School District is working with the School Wellness and Retail Programs (UCSD), the San Diego County Childhood Obesity Initiative and the Farm to School Taskforce to implement the "Harvest of the Month" calendar. Their cafeterias offer the featured produce fruit/vegetable on their salad bars. Future plans include taste testing in the classrooms; and

WHEREAS, the Nutrition Department has been working with the Humane Society of the United States to implement "Meatless Mondays" during breakfast and lunch time as a

commitment to a healthy behavior (reducing meat consumption) that help end chronic preventable diseases; and

WHEREAS, San Ysidro School District was approved to implement (Special assistant alternative as part of the National School Lunch Program) Provision 2 which allows the schools to serve breakfast and lunch meals at no cost, irrespective of income level to all students enrolled in San Ysidro School District. This will undoubtedly support student learning by allowing all of our students healthy, nutritious meals every day; and

WHEREAS, San Ysidro School District's cafeterias have implemented recommendations by the Smarter Lunchrooms: "It's Not Nutrition until It's Eaten" is a behavioral economic theory on how to make low-cost or no-cost changes to our lunchrooms that encourage students to make healthy choices; and

WHEREAS, the Special Education & Special Services Department coordinated the California Healthy Kids Survey (CHKS) which was administered to seventh grade students at Willow, Ocean View Hills, and San Ysidro Middle Schools. The survey is an anonymous, confidential survey of youth resiliency, protective factors and risk behaviors, school connectedness, and school violence. At the heart of the CHKS is a research based core module that provides valid indicators to promote student engagement and achievement, safety, positive development and overall wellbeing and the District receives Tobacco-Use Prevention Education (TUPE) as a funding condition; and

WHEREAS, the Special Education & Special Services Department coordinated the Red Ribbon Week on October 2014, where all school sites including the Child Development Center, participated in daily activities revolving around the theme "Love Yourself Be Drug Free" and events such as Sunglasses Day - "I don't see smoking in my future," Sport Team Shirt Day - "Stay in the game, be physically fit" and a District canned food drive "I CAN be healthy;" and

WHEREAS, Red Ribbon activities were reinforced by Walk to School Day in collaboration with the San Ysidro Walks & Wheels to School, activities designed as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities; and

WHEREAS, San Ysidro School District has established measures where they provide assistance to parents who need help applying for health insurance; and

WHEREAS, San Ysidro School District works in partnership with VEBA to provide free wellness program benefits to all benefit eligible employees, including health coaching, wellness challenges and wellness tips to improve employee health ; and

WHEREAS, San Ysidro School District initiated efforts that support the overall health of the school staff by placing scales in each of its' restrooms, since many staff have actively been engaging in healthy activities that will lead to weight loss; and

WHEREAS, San Ysidro School District actively serves on the *Live Well San Diego* South Region School Wellness Subcommittee, identifying ways to help make the school environment healthier and safer; and

WHEREAS, San Ysidro School District wholly supports the *Live Well San Diego* initiative and is committed to upholding the goals of *Live Well San Diego* by providing healthy, safe and thriving schools;

NOW THEREFORE, BE IT RESOLVED, that through these many efforts, the San Ysidro School District Board supports and joins the *Live Well San Diego!* Initiative.

PASSED AND ADOPTED by the Board of the San Ysidro School District, County of San Diego, State of California, this 16<sup>th</sup> day of April, 2015, by the following vote:

\*\*\*\*\*  
\*\*\*\*\*

I, \_\_\_\_\_ of the San Ysidro School District Board, County of San Diego, State of California, do hereby certify that the foregoing is a true copy of a resolution adopted by said board at a regular meeting thereof, at the time and by the vote therein stated, which original resolution is on file in the office of said board.

\_\_\_\_\_ (Date)

\_\_\_\_\_ (Date)

\_\_\_\_\_ (Date)

\_\_\_\_\_ (Date)