

RESOLUTION NO. 2016-17-10
TO BECOME A *LIVE WELL SAN DIEGO* SCHOOL DISTRICT

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

WHEREAS, the Board of Trustees recognize the link between student health and learning and desires to provide a comprehensive program to promote student health, physical activity, and wellness; and

WHEREAS, the Board of Trustees has long supported Red Ribbon Week and encouraged alcohol, tobacco, and drug preventions activities at each of the District's schools; and

WHEREAS, the District conducts the California Healthy Kids Survey to collect and analyze data related to students' attitudes toward and use of alcohol, tobacco, and drugs; and

WHEREAS, the Board of Trustees has adopted policies to incorporate nutrition education, physical education, and an ongoing wellness program at its schools; and

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WHEREAS, the ASSETS program offers after school opportunities for students to participate in programs that support physical fitness and healthy living; and

WHEREAS, in an effort to fight childhood obesity and type 2 diabetes, the District provides the option of fresh fruits and vegetables five days a week during breakfast and lunch; and

WHEREAS, in an effort to promote good nutrition and healthy eating habits, the Food and Nutrition Services Department is targeting the reduction of fat, sugar, and salt on the menu while increasing the availability and consumption of fresh fruits, vegetables and whole grains; and

WHEREAS, the Food and Nutrition Services Department, through the development of a district wide Wellness Policy, has committed to uphold a policy of no sodas, no trans fats, and at least 50 percent whole grains in 100 percent of grain products in foods provided to students, limits the sale of al a carte items to encourage the consumption of full school breakfast and lunch options, and has ensured compliance through the development of the Wellness Committee; and

WHEREAS, the Food and Nutrition Services Department regularly provides an ongoing summer food program funded through the USDA. The federal program funds breakfast and lunches for children ages 3-18 in Ramona; and

WHEREAS, the District conducts a comprehensive storm water management program to identify and address school site conditions that results in a clean, managed storm water discharge to our local environment; and

NOW, THEREFORE, be it resolved that through these many efforts, the Ramona Unified School District Governing Board supports the adopted Building Better Health and Living strategies and joins in the County of San Diego *Live Well, San Diego!* Initiative.

PASSED AND ADOPTED, this 18th day of May 2017 by the Board of Trustees of the Ramona Unified School District by the following vote:

Ayes: 5

Noes: 0

Absences: 0


Rodger Dohm, Board President


Anne L. Staffieri, Ed.D., Superintendent