RESOLUTION 2015-03 OF THE BOARD OF TRUSTEES OF THE
DEL MAR UNION SCHOOL DISTRICT
PROCLAMATION ENDORSING
LIVE WELL SAN DIEGO

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 the Live Well
San Diego initiative, a 10-year plan serving as the blueprint for achieving the vision of healthy, safe and
thriving communities; and

WHEREAS, the Del Mar Union School District Strategic Plan 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 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 Annual Kaiser Permanente Carmel Valley 5K & Fun Run is the evolved result of
a healthy fundraising event originally initiated by members of the Del Mar Schools Education
Foundation; and

WHEREAS, District schools sponsor Mileage Clubs that provide opportunities for students to
exercise, socialize and have fun before school by running, walking, or jogging while tracking their
mileage; and

WHEREAS, the Del Mar Union School District employs eight certificated physical education
teachers who teach PE to all students; and

WHEREAS, District 5th grade students scored within the Healthy Fitness Zone on the 2014
California Physical Fitness Test with the following percentages: Aerobic Capacity – 86%, Body
Composition – 81%, Abdominal Strength – 93%, Trunk Extension – 95%, Upper Body Strength – 81%,
and Flexibility – 85%; and

WHEREAS, District schools sponsor lunch clubs that engage students in health and wellness
activities such as gardening and organized sporting events; and

WHEREAS, District schools participate in an annual Jog-A-Thon; and

WHEREAS, District schools participate in annual Red Ribbon Week activities to increase student
awareness of the dangers of drugs; and
WHEREAS, District schools participate in California *Fire Up Your Feet* Spring Activity Challenge; and

WHEREAS, District schools partner with the American Heart Association in the Jump Rope for Heart initiative; and

WHEREAS, District schools partner with the San Diego Police Department to sponsor School Safety Patrols and Safe Routes to School that encourage walking and biking to school; and

WHEREAS, District schools implement character education programs such as Peace Builders and 8 Keys of Excellence, and reinforce such efforts through events such as Peace Week and The Great Kindness Challenge; and

WHEREAS, District schools encourage civic awareness and positive peer relations through organized buddy programs during lunch and recess; and

WHEREAS, District schools support the work of the Leukemia & Lymphoma Society by participating in the nationwide fundraiser, “Pasta for Pennies”; and

WHEREAS, District schools support the work of the San Diego Food Bank by participating in the annual food drive; and

WHEREAS, the nutrition standards adopted by the District for all food and beverages available to students meet or exceed state and federal nutrition services requirements; including a peanut-free facility for the District’s food vendor; safe and environmental-friendly food packaging; fresh-only fruits and vegetables requirement; locally sourced rBST-free milk; meals made from scratch daily using local, seasonal, organic ingredients with no artificial colors, flavors, preservatives, high fructose corn syrup, partially hydrogenated oils or hidden MSG; and offered in a varied menu that is culturally sensitive and designed to meet the needs of a diverse student population; and

WHEREAS, the District employs Registered Credentialled Nurses to oversee District health policies and procedures, ensure best practices in schools, and be a health resource to families; and

WHEREAS, the District recognizes that automated external defibrillators (AED) should be deployed on school campuses to provide emergency intervention for cases of sudden cardiac arrest for all age groups, and has authorized the placement of AED’s at school sites for use by personnel who have volunteered to receive training in the use of AED’s; and

WHEREAS, the District uses custodial cleaning products that are certified as green cleaners or are free of all chemicals for the purpose of limiting exposure to chemicals and improve air quality for students and staff; and

NOW, THEREFORE, be it resolved, that through these many efforts the Del Mar Union School District Board of Trustees supports the adopted Building Better Health, Living Safely, and Thriving Strategies, and joins in the County of San Diego *Live Well San Diego* initiative.
PASSED AND ADOPTED, this 25th day of March, 2015, by the Board of Trustees of the Del Mar Union School District by the following vote:

AYES: 4
NOES: 0
ABSENT: 1
ABSTENTIONS: 0

STATE OF CALIFORNIA  
COUNTY OF SAN DIEGO  

I, Doug Rafnner, President of the Governing Board of the Del Mar Union School District of San Diego County California, do hereby certify that the foregoing is a full, true and correct copy of a resolution adopted by said board at the regularly scheduled and conducted meeting held at the time and place stated, which resolution is on file and of record in the office of said board.

By: ____________________________
   President of the Board of Trustees of the Del Mar Union School District

ATTEST:

By: ____________________________
   Secretary of the Board of Trustees of the Del Mar Union School District