

**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 Credentialed 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.

