

**BEFORE THE BOARD OF EDUCATION OF THE
ESCONDIDO UNION HIGH SCHOOL DISTRICT
SAN DIEGO COUNTY, CALIFORNIA**

**Resolution to Become a *Live Well San Diego* School District
Resolution #R2014-2015/11**

WHEREAS, it is known that poor nutrition, lack of exercise, tobacco use and environmental degradation pose 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 prevention 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

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 promote healthy eating and good nutrition the Cal-Safe program provides nutritionally balanced meals to infants and toddlers as well as educate teen parents about health & nutrition; 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 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, in an effort to promote additional healthy eating opportunities, the Nutrition Services Department offers dinners at Orange Glen High School serving 10,022 student suppers since August; and

WHEREAS, the 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 a la 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 Nutrition Services Department provides a summer food program funded through the USDA. The federal program funds breakfast and lunches for children 3-18. In total, during the summer of 2013, the Nutrition Services Department provided 30,586 meals for children in Escondido; and

WHEREAS, the USC School of Dentistry Mobil Clinic has provided dental services to families in the Orange Glen attendance area; and

WHEREAS, in an effort to promote health among our employees, the district offers free flu shots to our employees each fall, and

WHEREAS, in an effort to promote health among our employees, the district offers a free Health Fair annually. At the fair, employees can have a variety of tests run at no cost to the employee. Some examples of tests that have been done in the past are: blood pressure checks, body fat analysis, cholesterol checks and weight; and

WHEREAS, the district through VEBA, offers a free Wellness program to all employees. This program includes health and fitness challenges as well as healthy lifestyle coaching. WHEREAS, the district through VEBA Best Doctors program offers monthly health education webinars free to all employees for preventative health care and wellness.

WHEREAS, the District has reduced its utility demands through the installation of two large photovoltaic arrays at Del Lago Academy; and

WHEREAS, improving energy efficiency and incorporating sustainable design are priorities of the District's Long Range Facilities Master Plan funded by Proposition T; and

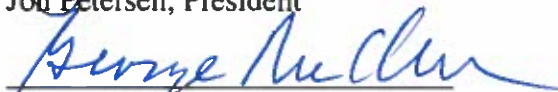
WHEREAS, the District conducts a comprehensive storm water management program to identify and address school site conditions that result in a clean, managed storm water discharge to our local environment; and

NOW, THEREFORE, be it resolved that through these many efforts, the Escondido Union High School District Board of Trustees 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 November, 2014 by the Board of Trustees of the Escondido Union High School District by the following vote:



Jon Petersen, President



George McClure, Vice President



Tina Pope, Clerk



Christi Knight, Member



Randy Garcia

I, Steve Boyle, secretary to the Board of Education of the Escondido Union High School District, San Diego County, California, do hereby certify that the foregoing resolution was adopted by the Board of Education at its regular meeting held on November 18, 2014.



Steve Boyle
Secretary to the Board of Education