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

Resolution to Become a *Live Well San Diego* School District
Resolution No.: 2013-14-07

**WHEREAS**, it is known that three behaviors—poor nutrition, lack of exercise, and tobacco use—are the main causes that lead to four chronic illnesses: cardiovascular disease and stroke, cancer, Type 2 diabetes, and respiratory conditions, which account for more than half of the deaths of San Diego County residents; and

**WHEREAS**, the County of San Diego Health and Human Services Agency (HHSA) launched the *Live Well San Diego* Initiative to serve as the blueprint for achieving the county’s vision of safe, healthy and thriving communities; and

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

**WHEREAS**, the CARE Youth Project, a program in partnership with the County of San Diego Health and Human Services Agency (HHSA), County of San Diego Department of Probation, Escondido Police Department, and Community Alliance for Escondido (CAFE), with the mission of creating a safer and healthier Escondido for youth, was awarded the 2013 County of San Diego Health and Human Services Agency’s distinguished Public Health Champion Award for successfully linking thousands of students, families, and staff members annually with school and community services to support our students’ school and personal success; and

**WHEREAS**, the district employs school social workers to link students and families to supports at school or in the community in order to ensure student academic and personal success with school social workers also providing direct counseling services, behavioral support, crisis intervention, and case management to students, families and school staff and serving as field instructors to 6-10 school social work interns annually from local university school social work programs; and

**WHEREAS**, the district has provided depression/suicide prevention education to approximately 4000 sixth- and eighth-grade students per year over the past three years, created a customized curriculum for youth utilizing the *It’s Up to Us* web site and *Know the Signs* presentation for launch in the fall of 2013 for sixth- and eighth-grade students, and provides ongoing screening, mental health evaluations, and on-site mental health services for students and families; and

**WHEREAS**, the district served as the lead agency in the writing of the California Department of Public Health’s Kids Plates Paving the Way to Safe Routes to Schools grant in October 2012 and has since partnered with the City of Escondido, County of San Diego Health and Human Services Agency, and a number of community agencies to move forward with significant outreach and planning to ensure safe routes for students going to or leaving from school; and
WHEREAS, seventh- and eighth-grade science teachers serve as facilitators of the Project Alert program, an evidence-based drug and alcohol use prevention curriculum, and EUSD partners with a number of community agencies to provide onsite alcohol, tobacco, and other drug-use intervention groups/services for students who have already been caught using drugs at school, at home, or in the community with the ultimate goal of facilitating behavior change; and

WHEREAS, a core component of the CARE Youth Project is the focus on daily, on-time school attendance, a key indicator for a child’s future health and wellness. Through the district’s Truancy Intervention Maximizing Education (TIME) program, school staff members utilize a structured student/family centered approach to engaging students and families into school, with the ultimate goal of ensuring every student is at school in a safe and supportive educational setting on a daily basis. After one full year of TIME program implementation, there was an increase of 19,360 days of student attendance in EUSD; and

WHEREAS, the district created the Project SUCCESS Resource Center to provide additional support to students and parents/guardians who are identified as homeless, engaged in the foster youth system, or military-connected. A social worker is assigned specifically to the Project SUCCESS Resource Center to support parents/guardians who come to the center for services; and

WHEREAS, staff members provide innovative health interventions to ensure that all students are at school on a daily basis, such as the Lice Home Visitation program where students with chronic lice (three separate occasions of live lice or three consecutive days with live lice) receive a home visit from a district nurse or health services personnel to receive education and tools for treating and preventing lice at their home; and

WHEREAS, the district has partnered with Palomar Health since 2008 to implement the Project 21 T.O.D.A.Y. (Transforming Obesity and Diabetes Awareness in Youth) program at two elementary schools. Through the program, fifth-grade students receive in class lessons on nutrition and healthy eating habits, as well as body mass index and blood glucose screenings to identify those at risk for obesity and diabetes. The parents of the students that are identified as at risk are provided with resources for access to medical care and low-cost or no-cost health coverage; and

WHEREAS, the district employs licensed vocational nurses (LVNs), one for every school site to ensure all students’ diverse health needs are met; and

WHEREAS, since 2009, the district has contracted with the Big Smiles program to provide a mobile oral health clinic for students during the school day. Thirteen elementary schools and one middle school receive support through the Big Smiles program. Services available include oral hygiene instruction, exams, cleanings, sealants, x-rays, fluoride, and fillings; and

WHEREAS, the CARE Youth Project has partnered with California State University, San Marcos Nursing Department, and the San Diego State University Nutrition and Exercise Sciences Department to provide the support of student interns to assist in the implementation of student forums focused on physical activity and healthy eating habits with fourth- and fifth-grade students at five elementary schools in the 2012-13 school year (Miller, Farr, Orange Glen, Glen View, and Lincoln), and an additional school (Oak Hill) in the 2013-14 school year. The student interns, under the supervision of a district nurse, have been trained in the Power Play! Curriculum, which encourages students to consume fruits and vegetables and get 60 minutes of physical activity every day; and
WHEREAS, district representatives from the Nutrition Services Department and CARE Youth Project participate in the Palomar Health Community Advisory Council and the Palomar Health Community Advisory Council’s Diabetes and Obesity Sub-Committee to discuss innovative ways to partner in prevention/intervention programs focused on preventing chronic diseases; and

WHEREAS, the Nutrition Services Department provides a summer food program called “Summer Feeding” through funding provided by the United States Department of Agriculture (USDA). The federal program funds breakfast and lunches for children ages 3-18. In total, during the summer of 2013, the Nutrition Services Department provided 22,000 meals for children in Escondido; and

WHEREAS, the Nutrition Services Department offers a pre-approved healthy snack pack for classroom celebrations consisting of a 4 oz. serving of 100 percent fruit juice, SB 12 compliant snacks, and an age- and gender-appropriate book for the celebration; and

WHEREAS, the Nutrition Services Department provides a healthy afternoon snack for students through the Afterschool Education and Safety (ASES) program at fifteen elementary schools and a healthy supper for students at one elementary school through the Child and Adult Care Food (CACFP) program targeted toward schools with over 50 percent of students eligible for the free and reduced-price lunch program; and

WHEREAS, the Nutrition Services Department provides opportunities for nutrition education through the Bringing the Classroom into the Cafeteria program where educational information is posted throughout the cafeteria, through the integration of nutrition lessons aligned with standardized curriculum in the classroom and through specialized curriculum, such as the lessons provided through the Dairy Council of California which were presented to over 3,400 students at 18 schools during the 2012-13 school year; and

WHEREAS, the Nutrition Services Department, through the development of a districtwide 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 sponsored a mascot competition during the 2012-13 school year for students to submit designs for the Nutrition Services’ mascot focused on messaging around exercise, nutrition, sleep, reduced stress, and drinking water, and through the review of over 1,000 student submissions, chose the submission entitled B.Rock.Oli; and

WHEREAS, individual schools partner with community agencies to provide programs supporting student nutrition such as the San Diego Foods for Kids Backpack program (Lincoln) and Farm to Kids program (multiple sites); and

WHEREAS, 19 schools have registered to become a Team Nutrition School, a program through the United States Department of Agriculture (USDA) that supports child nutrition programs through training and assistance on providing nutrition education for children and their caregivers and providing community support for the promotion of healthy eating and physical activity; and

WHEREAS, all schools encourage physical activity through the implementation of activities such as SPARK PE, jog-a-thons, student Olympics, soccer and intramural sports, running clubs, hosting of Fit Kids America programs, Police Athletic League, dance clubs; and
WHEREAS, the Human Resources Department created an innovative Employee Health program called “GOT HEALTH.” The “GOT HEALTH” program links staff with community resources and on-site educational opportunities to encourage increased physical activity, healthy eating, and the support of wellness behaviors to support long-term employee health. Activities have included the development of a web site and the implementation of annual employee health fairs with over 300 employees participating annually.

WHEREAS, the district provides opportunities for parents/guardians to learn about healthy eating, physical activity, and youth behavioral health supports through Parent University classes offered at school sites throughout the district. Parent University is a program offered to parents, guardians, and community members to increase their ability to support students’ academic and personal success.

NOW, THEREFORE, be it resolved, that through these many efforts, the Escondido Union School District Board of Education supports the Building Better Health and Living Safely Strategies and joins the Live Well San Diego Initiative.

PASSED AND ADOPTED by the Board of Education of the Escondido Union School District, San Diego County, California, this 10th day of October 2013 by the following vote:

AYES:

NOES:

ABSENT:

I, Linda Woods, Clerk of the Board of Education of the Escondido Union 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 October 10, 2013.

Linda Woods
Clerk of the Board of Education