

CARDIFF SCHOOL DISTRICT



RESOLUTION 13-14-04

LIVE WELL, SAN DIEGO! INITIATIVE

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 a significant portion of deaths in San Diego County; and

WHEREAS, the Cardiff School District has accepted as a main objective a comprehensive health and wellness program that encourages multiple forms of physical activities, nutritional education and environmental stewardship practices; and

WHEREAS, the comprehensive health and wellness program developed for the students of the Cardiff School District 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 safer environment; and

WHEREAS, the District has formed both a Wellness Committee and a School Lunch Committee comprised of parents, staff and community stakeholders to support the District in promoting the health and wellness of its students and has a school garden program providing outdoor educational opportunities in the areas of Science and Nutrition and providing fresh, organic produce for families and the District's lunch program; and

WHEREAS, the District's Child Nutrition Program has salad bars at both schools, five days a week, promoting good nutrition and healthy eating habits; and

WHEREAS, in an effort to fight childhood obesity and type 2 diabetes, CSD has removed high-sugar drinks from the lunch program, providing the option of unlimited fresh drinking water to all students; and

WHEREAS, the District has introduced a standardized lunchtime waste management protocol that has students separating waste into recyclable materials and food scraps for composting and thereby reducing lunchtime waste; and

WHEREAS, the District is investigating the use of renewable energy sources such as the placement of photovoltaic panels where feasible; and

WHEREAS, the District is collaborating with the City of Encinitas to ensure safe routes to school and promotes regular walk and bike to school programs including monthly events; and

NOW, THEREFORE, be it resolved that through these many efforts, the Cardiff 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 14th day of January, 2014 by the Board of Trustees of the Cardiff School District by the following vote:



Dave Clark



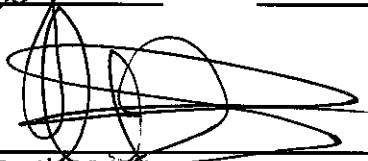
Nancy Orr



Gail Coakley



Rick Cassar



Mark Whitehouse, Board President