

A model policy will include strong, clear language that on the following topics

<p>1. Increase access to school meals</p>	<p>Food insecurity is correlated with unfavorable health and behavioral outcomes among children and teens. Learn about specific strategies to increase access to school meals such as breakfast and afterschool supper. <i>Hunger-Free Kids: Opportunities by District to End Child Hunger</i> https://www.sandiegohungercoalition.org/hunger-free-kids-report</p>
<p>2. Decrease access to sugary beverages and increase access to water</p>	<p>Sugar-sweetened beverages (SSBs) are leading sources of added sugars in the American diet. Schools should limit SSBs and promote water consumption. https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html</p> <p>Benefits of and strategies to increase consumption of water at school http://waterinschools.org/resources/</p>
<p>3. Comprehensive K-12 Health Education, including Nutrition Education</p>	<p>California Health Education Framework https://www.cde.ca.gov/ci/he/cf/</p> <p>No-cost direct nutrition education for students and parents in CalFresh eligible schools:</p> <ul style="list-style-type: none"> • CalFresh Healthy Living https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/chronic_disease_health_disparities/NEOP.html#:~:text=The%20Chronic%20Disease%20and%20Health,%2C%20learn%2C%20play%20and%20worship. • UC Cooperative Extension https://ucanr.edu/sites/SD-NFCS/Nutrition_Education_EFNEP/ <p>No-cost grade-specific curriculum PreK -12</p> <ul style="list-style-type: none"> • Dairy Council of California https://www.healthyeating.org/
<p>4. Mental, Social and Emotional Health</p>	<p>Resources for mental health promotion for schools and families https://www.sdcoe.net/student-services/student-support/Pages/mental-health.aspx</p>
<p>5. Increase quality and quantity of Physical Education</p>	<p>Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Fit2Learn, Fit4Life offers no-cost lesson plans, vocabulary, health, and physical education apps, and more. https://fit2learn.sdcoe.net/</p>
<p>6. Safe Routes to School</p>	<p>Walking and biking to school along safe routes offers physical, social/emotional, and environmental benefits to students and the community. http://saferoutescalifornia.org/</p>

7. Oral Health	<p>Oral health resources and the oral health requirements for school entry. https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/child_health_disability_prevention_program/kindergarten_first_grade_health_exam.html</p> <p>Addressing Oral Health in Schools https://www.cdc.gov/healthyschools/npao/oralhealth.htm</p>
8. Daily Recess and Recess Before Lunch	<p>Highlights the benefits of Recess Before Lunch programs http://peacefulplaygrounds.com/recess-before-lunch/</p>
9. Joint Use of School Facilities	<p>This guide includes research on the benefits of joint, or shared, use of school facilities for community health, real-world examples, and resources for formalizing joint use agreements. https://changelabsolutions.org/su-products</p>
10. Lactation accommodation for staff and students	<p>Scroll down to Resources for Schools to help employers and employees support and promote lactation accommodation in the workplace. Schools offering lactation accommodation can realize health care cost savings, decreased absenteeism and turnover, and more productive and satisfied staff and students. https://www.breastfeeding.org/advocacy/working-and-breastfeeding-resources/</p>
11. Healthy Fundraising and Celebrations	<p>Resources on healthy fundraising and celebrations, including the Healthy School Fundraising Champions recognition program. https://sdcoi.org/focus-areas/schools-and-after-schools/resources/ Scroll to Nutrition section</p>
12. School Gardens	<p>Grants, resources, and technical assistance for school gardens from the Master Gardener Association of San Diego. https://www.mastergardenerssandiego.org/schools/schools.php</p>
13. Local sourcing of food and Harvest of the Month	<p>CHIP Farm to Institution Center https://www.sdchip.org/initiatives/the-farm-to-institution-center/</p> <p>Harvest of the Month https://harvestofthemonth.cdph.ca.gov/Pages/Educators-Corner.aspx</p>
14. Inclusion of preschool and afterschool students and staff in wellness policy and committee	<p>Healthy Eating and Physical Activity Standards for Afterschool Programs https://naaweb.org/resources/naa-hepa-standards</p> <p>Healthy Eating and Physical Activity: A Policy for Child Care https://sdcoi.org/wp-content/uploads/2020/11/5210-Wellness-Policy.pdf</p>