

Facts



Healthy students learn better.



One in eight students, ages 0 to 17, in San Diego County is overweight.



Parents and teachers can positively impact students when they model healthy behaviors.



Increased physical activity and healthy eating help prevent and reduce diabetes and heart disease.



Wellness is a full integration of physical, mental, and emotional well-being.



Social and emotional development is just as important as literacy, language, and other skills in assisting children to be ready to learn.



Wellness Framework & Policy aligns with Vision 2020.



Workplace wellness initiatives can reduce employee absenteeism and improve employee health.



Resources

211 San Diego

www.211sandiego.org

Action for Healthy Kids

www.actionforhealthykids.org

Alliance for Healthier Generation

<https://www.schools.healthiergeneration.org>

CDE Wellness Policy Website

www.cde.ca.gov/ls/nu/he/wellness.asp

Center for Science in the Public Interest

www.cspinet.org

Coordinated School Health Model

<http://www.cdc.gov/healthyouth/cshp/>

Kaiser Permanente Thriving Schools

<http://thrivingschools.kaiserpermanente.org/>

Let's Move

www.letsmove.gov

Live Well San Diego

<http://livewellsd.org/>

San Diego County Childhood Obesity Initiative

www.ourcommunityourkids.org

Safe Kids

www.safekids.org/coalition/safe-kids-san-diego

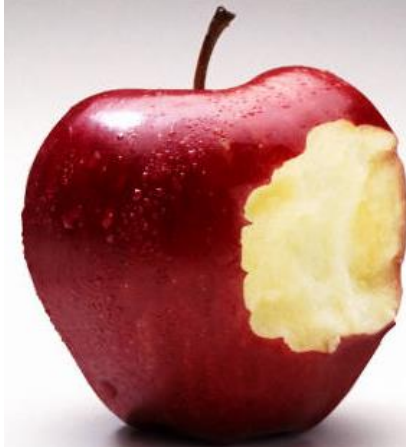
Teachers for Healthy Kids

www.teachersforhealthykids.org

San Diego Unified Mission Statement

All students will graduate with the skills, motivation, curiosity and resilience to succeed in their choice of college and career in order to lead and participate in the society of tomorrow.

San Diego Unified School District Wellness Framework & Policy



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WHY

The federal government has initiated laws that set standards for improved school meals and requires school districts to follow specific criteria in order to create unique wellness policies.

San Diego Unified Vision 2020 is committed to providing quality schools in every neighborhood by promoting student achievement, establishing schools as learning centers, supporting effective teaching, engaging parents/community in learning, and facilitating effective communication. The implementation of the Wellness Policy promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience which supports Vision 2020.

San Diego Unified **Framework for Wellness** is the implementation plan of the required Wellness Policy. The **Wellness Policy** is the document that complies with the federal law. The Wellness Policy incorporates all components of the Coordinated School Health Model and federal mandates.

Coordinated School Health

- Health Education
- Health Services
- Physical Education
- Nutrition Services
- Counseling, Psychological, and Social Services
- Healthy and Safe School Environment
- Health Promotion for Staff
- Family/Community Involvement



WHAT

The San Diego Unified Wellness Framework & Policy sets rules for:

Physical Education & Activity

- Minimum mandated amount of time for Physical Education
- Promoting physical activity during periods of academic learning
- Encouraging activity outside school day

Nutrition

- Food Services meeting or exceeding Federal and State nutrition standards
- Integrating nutrition education into the academic curriculum at all grades
- Promoting the use of non-food rewards, celebrations, and fundraising

Action Steps

- Actively engaging parents, staff, students and the community to participate in school site wellness councils
- Promoting opportunities for parents, students, staff and community members to engage in activities which enhance physical, mental and emotional health
- Identifying a Wellness Lead at each school
- The district Coordinated School Health Council supporting school site wellness councils

WHO

Everyone has a role in creating healthy schools!

Students: Cultivate school gardens, participate in healthy fundraisers, engage in school site wellness councils, and learn to be ambassadors of health to peers and family through physical activity and smart food choices.

Parents/Guardians: Support healthy school and classroom celebrations, Safe Routes to School, school gardens, school safety, healthy fundraising, and engage in school and district wellness councils.

School Staff: Model healthy behaviors, promote social and emotional wellness in school sites, create and maintain safe school environments, offer healthy rewards for student achievement, and engage in school site wellness councils.

School Programs: Garden to Café, Safe Routes to School, Walking Clubs, Action Based Learning, Gang Prevention, School Watch, CPR/AED Training, Employee Wellness Opportunities, Bullying and Drug Prevention activities.

Principals: Ensure Wellness Policy is integrated into school curriculum and school environment by utilizing the Framework for Wellness. Wellness Policy should be posted in the cafeteria.

School Board: Approved and supports San Diego Unified Wellness Policy.