

			products as the primary snacks and beverages that are within the nutritional standards.
3. Borrego Springs	BP (2017)	3	Students have opportunities to be physically active before, during and after school;
		11	A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities.
		14	<p><i>After School Activities</i></p> <p>The District offers opportunities for students to participate in physical activity after the school day through a variety of methods:</p> <ul style="list-style-type: none"> ● The After School Education and Safety (ASES) Program includes physical activities for elementary and middle school students. ● The Weight Training Room and Gymnasium (when not in use for high school sport practices) is open to high school students after school ● High School students may participate in seasonal sports: Volleyball and Football in the Fall; Basketball and Soccer in the Winter; Baseball, Softball and Golf in the Spring.
4. Cajon Valley	BP (2017)	2	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>
		4	<p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>
5. Cardiff	BP (2017)	2	<p>Ensure all foods and beverages available to students during before/aftercare meet or exceed USDA minimum nutrition standards. (USDA Smart Snacks)</p> <p>Require that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards.</p>

		3	Require after school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
		4	Provide after-school opportunities for physical activity through our Extended Day Program and After School Enrichment.
			Require all school-based before and after-school programs be aligned with the health and wellness policies adopted by the district.
6. Chula Vista	BP (2017)	6	Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's nutritional needs with an emphasis on serving healthy snacks that include fruits and vegetables and water as the primary beverage. <ul style="list-style-type: none"> • The District will disseminate a list of healthy snack items to school staff, after-school program personnel, volunteers, and parents. • All foods and beverages provided in after-school programs must meet or exceed the National School Lunch Program or California Smart Snacks in Schools nutrition standards.
		9	Nutrition education shall be provided as part of the health education program in Grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs
		11	All students in Grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities. Schools shall encourage participation in after-school sports, intramurals, and other noncompetitive physical activity programs through in-school announcements, school website, flyers, and posters.
7. Coronado	BP (2016)	2	Nutrition education shall be provided as part of the health education program in grades preschool through grade 12 and the transition program, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.</p>
8. Dehesa	BP (2016)	3	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs. <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs,</p>

			<p>summer learning programs, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible</p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>
9. Del Mar	BP (2014)	1	<p>To fulfill this requirement, the Superintendent or designee may appoint a Wellness Committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before and afterschool program staff, health practitioners, and/or others interested in school health issues.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before and after-school programs, summer learning programs, and school garden programs.</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in class physical activity breaks, and other structured and unstructured activities.</p>
		8	<p>The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.</p>

<p>10. Encinitas</p>	<p>BP (2017)</p>	<p>2</p> <p>3</p> <p>5</p>	<p>To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers).</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>Nutrition education shall be provided as part of the health education program in preschool through grade 6 and, shall be integrated into core curriculum and offered through before- and after-school programs.</p> <p>All district schools shall participate in available federal school nutrition programs including the National School Lunch and School Breakfast Programs and after school snack programs, to the extent possible.</p> <p>To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.</p>
<p>11. Escondido Union High School District</p>	<p>BP (2015)</p>	<p>2</p> <p>5</p> <p>7</p>	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs.</p> <p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, district sponsored, before- and after-school programs.</p> <p>The superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school wellness committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>

			<p>extracurricular programs, before - and/or afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>
Jamul-Dulzura	BP (2011)	<p>1 Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into instruction in core academic subjects and offered through before and after-school programs.</p> <p>2 Integrate current, scientifically accurate nutrition content into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science, as well as into the instruction offered in before and after-school programs.</p> <p>Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc).</p> <p>3 Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity</p> <p>4 Require all school-based before and after-school programs be aligned with the student wellness policy adopted by the district.</p> <p>5 Require that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards.</p>	
Julian Union High	BP (2017)	<p>1 Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>2 Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>	

		4	The Superintendent or designee shall invite feedback on school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
Julian Union	BP (2012)	6	Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
		9	Snacks provided through after-school programs will pursue receiving reimbursements through the National School Lunch Program. All students in kindergarten through grade eight shall have the opportunity, support, and encouragement to be physically active on a regular basis, before, during and after school, through physical education instruction and physical activity programs. Opportunities for MVPA shall be provided through physical education, recess, school athletics, extracurricular programs, before and after school programs, and other structured and non-structured activities.
		10	Physical Activity Opportunities Before and After School Whenever possible, all schools will offer extracurricular activities programs, such as physical activity clubs utilizing CATCH curriculum or special events that focus on physical activity.
Lakeside	BP (2016)	1	Students have opportunities to be physically active before, during, and after school. <i>Before and After School Activities</i> The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.
La Mesa-Spring Valley	BP (2017)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities. The Superintendent or designee shall invite feedback on district and school wellness activities from food service

			personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
Mt. Empire	BP (2017)	1	The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		5	Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
			The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
National	BP (2015)	2	He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.
		3	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		6	Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
			The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
Ramona	BP (2012)	2	Nutrition education also may be offered through before- and after-school programs.
			Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school

			athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.
San Marcos	BP (2016)	3	Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, club programs, before and-after-school programs and other appropriate structured and unstructured activities.
San Pasqual	BP (2012)	2	Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletics programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, physical competitions, etc.).
		4	Whenever possible, supervised, age-appropriate physical activity opportunities will be offered before school, during recess, after school, and during lunch time.
		6	In order to support children’s health and school nutrition education efforts, all foods and beverages sold or served during school hours will meet the District nutrition standards. This includes, but is not limited to, cafeteria sales, vending, student stores, concession stands, fundraisers, classroom snacks, after-school programs, school or classroom events, and meetings.
			Before/after School Hours The District will: <ul style="list-style-type: none"> • Purchase only foods that support the health curriculum and promote optimal healthy lifestyle. • Open house, other evening food fairs, authorized field trips, and carnivals will also comply with promoting optimal healthy lifestyle options for eating.
San Ysidro	BP (2014)	2	Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the instructional program in grades K-8, as suitable, integrated into core academic subjects and offered through, before- and after-school programs.
		14	After School Program The district shall: <ul style="list-style-type: none"> • Require all school-based before and after-school programs be aligned with the student wellness policy adopted by the district. • Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity. • Require snacks provided through the Federally Reimbursable Snack and Meal Programs meet federal guidelines.
Santee	BP (2017)	2	Nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into other academic subjects in the regular

			<p>educational program. Nutrition education also may be offered through before- and after-school programs.</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.</p>
Solana Beach	BP (2017)	<p>2</p> <p>5</p>	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before and after-school program staff, and/or other appropriate persons.</p>
South Bay		<p>1</p> <p>2</p>	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>
Spencer Valley	BP (2016)		<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council,</p>

			parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.
Sweetwater	BP (2017)	2	In an effort to limit the health consequences of prolonged sedentary behavior, all students regardless of ability shall be provided opportunities to be physically active on a regular basis, before, during and after school.
		3	The district shall offer a variety of supervised school athletic programs, extracurricular programs, and before- and after-school physical activities and programs.
		4	Students shall also be encouraged to consume water during the school day and in campus after-school programs by allowing capped water bottles in classrooms and other campus areas. The district shall ensure that foods and beverages available to students before, during, and after school on school campuses support the health curriculum, promote optimal health, and take into consideration students with special dietary needs and food allergies.
		5	All foods and beverages sold, served and/or offered to students on campus by any entity from one half hour before through 30 minutes after the school day ends, including foods and beverages provided through the district's Nutrition Service program, student stores, vending machines, fundraisers, clubs, after-school programs or other venues, shall meet or exceed current state and federal nutritional standards. https://www.fus.usda.gov/tn/guide-smart-snacks-schools ; http://www.californiaprojectclean.org/doc.asp?id=287 School-based or school-sponsored events including during after-school or non-school hours shall include one or more healthy options when selling/serving/offering foods and beverages (i.e. water, fruits, vegetables, whole grains, low fat dairy products.)
Sweetwater (continue)		6	Before and after school programs are encouraged to integrate nutrition education into their activities as appropriate.
Vallecitos	BP (2010)	1	Nutrition education also may be offered through before- and after-school programs. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.
Valley Center- Pauma	BP (2016)	2	Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

Vista	BP (2010)	1	Standards for health and nutrition education shall be provided as part of the health education program in grades K-12 and will be age-appropriate, skill building education that focuses on behavior change and, as appropriate, shall be integrated into core academic subjects and offered through before and after school programs.
Warner	BP (2017)		<p>Nutrition education shall be provided as part of the health education program in grades K-9 and, as appropriate, shall be integrated into core academic subjects and included in before- and after-school programs.</p> <p>Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.</p>