

		9	<p>Active Academics Teachers will serve as role models by being physically active alongside the students whenever feasible.</p>
		13	<p>Staff Wellness and Health Promotion The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is TBD. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use ,as well as specific actions staff members can take, include:</p> <ul style="list-style-type: none"> ● Provide accessible free or low-cost health assessments for all staff once a year ● Provide staff with information about the importance of modeling healthy eating behaviors ● Encourage staff not to bring in or consume unhealthy foods and beverages in front of students, in classrooms, or areas common to both staff and students ● Offer staff members healthy eating/weight management programs that are accessible and free or low-cost. ● Organize Walking Clubs before, during lunch and after school for all school staff ● Open swimming pool to staff after school in the summer, fall and late spring. ● The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.
4. Cajon Valley	BP (2017)	3	<p>Goals for Nutrition, Physical Activity, and Other Wellness Activities The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.</p>
5. Cardiff	BP (2022)	3	<p>Physical Activity Promote physical activity among staff and encourage staff to engage in regular physical activity, including Cardio Club.</p>
		4	<p>Wellness Promotion and Marketing The district shall: Promote staff wellness programs that support employees' efforts to improve their personal health and fitness so they can serve as role models for promoting the health of others, including students.</p>
		5	<ul style="list-style-type: none"> • Encourage staff to model healthy eating/drinking and physically active behaviors.

			<ul style="list-style-type: none"> · Encourage participation in community/District/school site wellness and physical activities. <p>3. Food Service and Vending Machines District/schools are encouraged to make available healthy snacks/foods and beverages in vending machines, in cafeterias, and at meetings, workshops, and catered events.</p> <ul style="list-style-type: none"> · Vending Machines: Providing at least 15 to 20 percent healthy snacks and beverages in machines and clear identification of healthy snacks is strongly encouraged. · Food Storage and Preparation: Environmental accommodations for food preparation and storage (e.g., sinks, refrigerators, microwaves) on the District/school site are encouraged to support employees in bringing healthy lunches and snacks to work. · Voluntary Food and Beverages at Work-Related Events: Principals, administrators, and meeting leaders should encourage presenters to make every effort to offer healthy options at meetings and work-related social gatherings if food and beverages are brought in by employees as part of the event. <p>COMMUNICATION & POSTING REQUIREMENTS Communications with Parents and Other Community Members</p> <ul style="list-style-type: none"> · Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on the school site. (42 USC 1758b)
7. Coronado	BP (2019)	6	<p>Food Marketing in Schools School staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g., coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the District’s health messaging and wellness policies.</p> <p>Staff Wellness The District is committed to the health, safety and well-being of its staff while being supportive of an individual’s right to choose. The District understands the relationship between staff wellness with productivity, efficiency, and attendance at work. The goal for staff wellness is to make a positive difference in the lives of our staff and to help them enjoy happier, healthier lives. • Staff worksite wellness events will be offered during the school year and will be made voluntary to those who participate. • Information regarding staff wellness events will be disseminated in new staff orientation, email correspondence, and/or posting flyers on walls and bulletin boards (where applicable)</p>
8. Dehesa	BP (2019)	8	<p>School Staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g.</p>

		9	<p>coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the District’s health messaging and wellness policies.</p> <p>Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on school site.</p> <p>Staff Wellness: The Dehesa School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The District will address staff wellness via the District Wellness Committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. It is noted that there currently exists a reduced-fee agreement with a local fitness center, for district employees. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.</p>
9. Del Mar	BP (2014)	2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.
10. Encinitas	BP (2017)	1	<p>Preamble Therefore, it is the policy of the Encinitas Union School District that:</p> <p>1. The school district will engage students, parents/guardians, staff (or teachers and support staff), food service employees, physical education teachers, school health professionals, Board members, school administrators, food service professionals, health professionals, and other interested community members in developing, implementing, modeling and actively practicing, as well as monitoring and reviewing district-wide nutrition and physical activity policies.</p>
		3	<p>Vision Encinitas Union School District shall build a coordinated school health system that supports and reinforces health literacy through the core curriculum as well as health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.</p>
		5	<p>Goals for Nutrition, Physical Activity, and Other Wellness Activities The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs</p>

			and may provide opportunities for regular physical activity among employees.
11. Escondido Union	BP (2018)	1	In addition, the superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.
		3	The superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
12. Escondido Union High	BP (2018)	4	The Superintendent or designee will encourage staff to serve as positive role models for students healthy eating and physical fitness. He/she will promote work-site wellness programs and may provide opportunities for regular physical activity among employees. Health Services A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.
13. Fallbrook Union Elementary	BP (2018)	1	The superintendent or designee shall establish a district health council to develop policies for Governing Board approval that support...health promotion for staff,...
14. Fallbrook Union High	BP (2018)	1	The superintendent or designee shall coordinate and align district efforts to support...health promotion for staff,...In addition, the Superintendent or designee shall develop strategies for promoting staff wellness...
		2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
15. Grossmont Union	BP (2019)	1	The superintendent or designee shall coordinate and align district efforts to support...health promotion for staff,...In addition, the Superintendent or designee shall develop strategies for promoting staff wellness...
		3	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs

		4	<p>and may provide opportunities for regular physical activity among employees.</p> <p>Mental and Behavioral Health The district recognizes mental and behavioral health is a continuum ranging from wellness to illness and shall provide an environment that promotes the social, emotional, and psychological well-being of students and staff.</p>
16. Jamul-Dulzura	BP (2018)	1	The superintendent or designee shall coordinate and align district efforts to support...health promotion for staff...In addition, the Superintendent or designee shall develop strategies for promoting staff wellness...
		3	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
17. Julian Union	BP (2019)	2	This policy outlines the District’s approach to develop and maintain a coordinated school health program that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff...
		20	Julian Pathways, Inc. student and family resource center will appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services designed to ensure access or referral to primary health care and prevention services, and foster appropriate use of primary health care services, including oral health.
		21	Staff will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning.
			The district will work to provide a positive psychological environment that includes the physical, emotional, and social conditions affecting the well being of students and staff. Factors that influence the physical environment include school buildings and the area surrounding them, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.
			Staff Wellness and Health Promotion

			The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with California Schools VEBA. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include participation in VEBA Wellness Challenges, health coaching, and health assessments. The District will use a healthy meeting policy for all events with available food options, created by the DWC, which optimizes healthy food options with a variety of choices.
18. Julian Union High	BP (2017)	3	Goals for Nutrition, Physical Activity, and Other Wellness Activities The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
		6	Preamble The Julian Union High School District shall build and maintain a coordinated school health program that supports and reinforces health literacy through health education, physical education, health services, nutrition services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.
		9	Staff Wellness The district values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. A staff wellness committee composed of at least one staff member, school health council member, and other health professionals shall meet as a subcommittee of the school health council. The committee shall assess, develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage and model healthy eating, physical activity, and other elements of a healthy lifestyle.
19. La Mesa-Spring Valley	BP (2017)	3	Goals for Nutrition, Physical Activity, and Other Wellness Activities The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
20. Lakeside	BP (2022)	10	Nutrition Education

		<p>The District aims to teach, model, encourage, and support healthy eating by students.</p> <p>Recess (Elementary) Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p> <p>7</p> <p>10</p> <p>Active Academics Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects. Teachers will serve as role models by being physically active alongside the students whenever feasible.</p>
21. Lemon Grove	BP (2018)	<p>14</p> <p><i>Staff Wellness</i> The District cares about the well-being of staff members and understands the influence that staff actions have on student health behaviors. All staff are encouraged to promote healthy school environments by being positive role models for healthy behaviors on school property and at school-sponsored meetings and events where students are present, including only eating/drinking items that comply with the District’s nutrition guidelines.</p> <p>The District will promote work-site wellness programs and may provide opportunities for regular physical activity among employees. For example, District staff is encouraged to promote the use of <i>Let’s Move</i>, <i>Walk to Work Day</i>, <i>Bike to Work Day</i>, <i>VEBA Health Challenges</i>, and other health initiatives to promote physical activity and healthy eating.</p> <p>The district actively supports Healthy Worksite Environments. Worksite wellness initiatives shall address the primary components of a healthy lifestyle including healthy eating, physical activity, tobacco use cessation, a drug- and alcohol-free lifestyle, and stress management. Examples of workplace policies that support wellness:</p> <p>1) Provide smoke-free workplace environment/policies.</p>

			<p>2) Promote healthy food policies for work events (meetings, workshops).</p> <p>3) Encourage participation in community/district/school site wellness and physical activities.</p> <p>4) Work with food vendors to offer healthier selections.</p> <p>5) Provide access to free or low cost exercise classes and activities at worksites.</p> <p>The district recognizes the well-documented health advantage of breastfeeding for infants and mothers and shall provide a supportive environment for mothers who are breastfeeding and will follow state and federal breastfeeding laws. See Board Policy 4033, Lactation Accommodation.</p> <p>The District will designate a staff wellness coordinator to develop, monitor and evaluate worksite wellness initiatives designed to promote a culture that improves the health, safety, and well-being of employees and family members.</p>
22. Mountain Empire	BP (2017)	3	<p>Goals for Nutrition, Physical Activity, and Other Wellness Activities</p> <p>The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.</p>
23. National	BP (2023)	1 5	<p>Goals</p> <p>Staff Wellness 1. The district shall promote staff wellness programs that support employees’ efforts to improve their personal health and fitness.</p> <p>HEALTH SERVICES</p> <p>A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.</p> <p>Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student learning and staff well-being such as bullying, alienation, and student disengagement from classroom learning.</p>
24. Oceanside	BP (2021)	1	<p>This system will support and promote health literacy through health education, physical education, health services,</p>

			<p>nutrition services, psychological and counseling services, staff wellness, and a safe and healthy school environment.</p> <p>Wellness Committee Members, and the Health and Employee Wellness Committee (HAWC) shall support staff to serve as positive role models. They shall promote and may provide opportunities for regular physical activity among employees.</p> <p>2 Students, teachers, and staff shall be allowed to bring and carry approved water bottles.</p> <p>5 Schools are encouraged to proactively seek opportunities that allow parents, staff, and community members to use school facilities for physical activity via youth and adult programming.</p> <p>9 The district recognizes that good health among all school staff, students, and the community helps to improve student participation and attendance, fosters a more cohesive school culture, and ultimately improves student physical health, social-emotional well-being, and achievement... The district will continue to increase access to health care services and focus on developmentally and age-appropriate health education among students, staff, and families.</p> <p>In recognition of the well-documented health advantage of breastfeeding for infants and mothers, schools will provide a supportive environment for breastfeeding mothers and students to meet state and federal laws.</p> <p>Staff Wellness - The district will develop and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle.</p> <p>10 The Board also recognizes that mental health is essential for teachers and other staff to be prepared, engaged, motivated, and effective. The Board believes that all staff should also have access to comprehensive behavioral health services.</p> <p>11 Personal or Mental Health Counseling - All students and staff shall have access to available counseling services, which may include, but are not limited to, support related to social and emotional development, behavior, substance abuse, mental health assessment, depression, or mental illness. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance. A school counselor may provide referrals for personal, substance abuse, mental health assessment, depression, or</p>
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			<p>mental illness, or family counseling to students and staff. School counselors and student support staff use their skills and strategies to break down barriers to learning that affect attendance, behavior, or achievement. All students shall have access to available counseling services, which may include, but are not limited to, support related to social and emotional development, and behavior coaching. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance. Staff that needs support may access support via their private insurance carrier.</p> <p>Crisis Counseling - The Board recognizes the need for a prompt and effective response when students and staff are confronted with a traumatic incident. School counselors may assist the District Administrator Team in the development of the comprehensive school safety plan, emergency and disaster preparedness plan, and other prevention and intervention practices designed to assist all students, parents/guardians, and staff before, during, and after a crisis.</p>
25. Poway	BP (2018)	2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
26. Ramona	BP (2019)	3	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote staff wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
27. San Diego Unified	BP (2022)	9	Staff Wellness: Our district recognizes that all employees are involved in setting the culture and tone of the educational process. The District Wellness Council will have a Staff Wellness Subcommittee. Each administrative site will identify a liaison to serve on the Staff Wellness Subcommittee, disseminate wellness resources and support their site with implementing staff wellness strategies. In addition, School Site Wellness Committees will work with the District Wellness Council to ensure implementation of staff wellness on their respective school campuses. The goals for Staff Wellness are: 9 a. Prioritize the physical and mental wellbeing of employees by providing health promotion resources and activities. b. Support staff in actively promoting and modeling healthy eating, physical activity and social-emotional competencies. c. When feasible, make facilities available for staff wellness activities. d. Work collaboratively with the Voluntary Employee Benefits

			Association Program (VEBA), district health insurance carriers and the district Employee Assistance Program to provide opportunities to improve employee physical and mental health. e. Encourage staff participation in education and support programs coordinated by California Schools Voluntary Employee Benefits Association (VEBA) and/or district health insurance carriers that are accessible at no cost. f. Ensure all staff, including those with disabilities, have access to health and wellness programs and resources, regardless of benefitted status. g. Promote a positive workplace climate with a focus on diversity, equity and inclusion practices. h. Support the adoption of a healthy meeting policy for workplace meetings and event
28. San Dieguito	BP (2019)	1	In addition, the Superintendent or designee, shall develop strategies for promoting staff wellness...
		2	He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
29. San Marcos	BP (2016)	1	The Superintendent or designee shall develop policies for Governing Board approval that support and reinforce health literacy through...health promotion for staff...
		2	The Superintendent or designee shall encourage parents, guardians, staff, and the community to serve as positive role models for nutrition education.
30. San Pasqual	BP (2013)	1	In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.
		2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
31. San Ysidro	BP (2019)	1	In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.
		3	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
32. Santee	BP (2018)	1	The Superintendent or designee shall build a coordinated school health system that supports and reinforces healthy

			<p>literacy through health education, physical education, health services, nutrition services, psychological and counseling services, <i>health promotion for staff</i>, a safe and healthy school environment, and parent/guardian and community involvement.</p> <p>2 He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.</p> <p>6 STAFF WELLNESS AND TRAINING The district shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.</p> <p>9 In addition to providing a clean and safe environment, students and staff shall have access to hand-washing, preferably with soap and water.</p> <p>10 PERSONAL OR MENTAL HEALTH COUNSELING A school counselor, school psychologist, or school social worker may provide individualized personal, mental health, or family counseling to students and staff in accordance with the specialization(s) authorized by his/her credentials. School counselors and student support staff shall use their skills and strategies to break down barriers to learning that affect attendance, behavior, or achievement. All students and staff shall have access to available counseling services, which may include, but are not limited to, support related to social and emotional development, behavior, substance abuse, mental health assessment, depression, or mental illness. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance.</p> <p>CRISIS COUNSELING The Board recognizes the need for a prompt and effective response when students and staff are confronted with a traumatic incident. School counselors shall assist in the development of the comprehensive school safety plan, emergency and disaster preparedness plan, and other prevention and intervention practices designed to assist all students, parents/guardians, and staff before, during, and after a crisis.</p>
33. Solana Beach	BP (2021)	1	In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students'

		3	<p>understanding and appreciation of the importance of a healthy lifestyle.</p> <p>The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. They shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.</p>
34. South Bay	BP (2023)	1	<p>In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.</p>
		2	<p>The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.</p> <p>The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.</p>
35. Sweetwater	BP (2017)	2	<p>A. Components</p> <p>1. District Wellness Committee: The Superintendent will designate leadership staff who have the authority and responsibility to ensure thatd) The district established and maintains collaborative relationships with community partners to support wellness activities on school campuses and provides information about opportunities and services within the community that support health living for students, staff and parents.</p> <p>4. Nutrition/Nutrition Services: To improve health and prevent chronic disease, the district promotes health food and beverage choices for all students and staff by creating meal environments that encourage healthy nutrition choices and participation in school meal programs.</p> <p>7. Health Services: The health services program is designed to promote and support and well-being for all families, students, and staff. The district supports school-based health centers and family resource centers as a means to provide access to care and other needed services. Each school site has fully qualified and credentialed school personnel to provide:</p> <ol style="list-style-type: none"> 2. Care for minor illness/injury and emergency services 3. Referral and coordination of care for management of chronic conditions

		<p>5. Linkages to community agencies that provide health related information and resource such as affordable health insurance.</p> <p>5. Fundraising, Food Sales, and Activities: In order to support healthy food and beverage choices among students and staff and align with school nutrition education efforts: 11. Staff and teachers are prohibited from selling any food or beverage items on campus at any time.</p> <p>8. Safe School Environment: The district affirms that every student and staff member has a right to safety and security and believes that a healthy and safe school environment enhances academic achievement. The district will create a positive school climate that celebrates and respects diversity and human dignity and admonishes bullying behavior. The district will:</p> <p>2. Require that employees promptly report workplace safety concerns.</p> <p>9. Mental and Behavioral Health and Wellness: The district recognizes mental and behavioral health is a continuum ranging from wellness to illness and will provide an environment that promotes the social, emotional, and psychological well-being of students and staff. The district will:</p> <p>3. Provide access to available resources that ensure development of healthy mental and behavioral functioning such as self-regulations, advocacy, resiliency, etc.</p> <p>4. Provide designated staff at each school site with procedures for early identification and referral of mental and behavioral health needs among students and staff.</p> <p>6. Foster a continuum of preventative school-wide efforts to develop positive relationships, social capital, and promote a culture of care within a Restorative Practices and/or Positive Behavior Interventions and Supports (PBIS) Framework.</p> <p>10. Staff Wellness: The district's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease and enhance the quality of life for district personnel. The district highly values the health and wellbeing of every staff member and their potential to serve as role models for students. Therefore, the district will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.</p> <p>1. The district will establish and maintain a staff wellness subcommittee of the District Wellness Committee to develop and promote a plan for staff health and wellness. 2. Encourage staff to serve as positive role models for students</p>
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			<p>by demonstrating behaviors such as healthy eating/drinking and regular physical activity.</p> <p>3. Strongly discourages staff from displaying any food/beverage items (i.e., coffee, soda, energy drinks, fast food) that do not support the district's health messaging and wellness polices</p> <p>4. Collaborate with Voluntary Employee Benefits Association Program (VEBA) and/or health insurance providers regarding opportunities that exist to improve employee physical and mental health</p> <p>5. Encourage staff to take advantage of wellness programs available to them for mental and behavioral health needs. 6. Encourage each school site to designate an employee representative for staff wellness who will:a) serve as point of contact for the staff wellness subcommittee of the district wellness committeeb) increase awareness and encourage participation in wellness opportunities available to staff.</p> <p>11. Lactation Accommodation (see Lactation Accommodation Component)</p>
36. Spencer Valley	BP (2016)	2	Superintendent may promote work-site wellness programs and may provide opportunities for regular physical activity amongst employees, and encourage staff to serve as role models for healthy eating and physical activity.
37. Vallecitos	BP (2017)	1	<p>In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.</p> <p>The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.</p>
38. Valley Center-Pauma	BP (2016)	2	<p>Nutrition Education and Physical Activity Goals</p> <p>The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.</p>
39. Vista	BP (2021)	1	In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.
		2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

			The Board believes that foods and beverages available to students and staff at District schools, should support the health curriculum and promote optimal health. Nutritional standards adopted by the District for all foods and beverages available to students and staff, including foods and beverages provided through the District’s food service program, student stores, vending machines, fundraisers, or other venues, shall, as much as possible, meet or exceed state and federal nutrition standards.
40. Warner Unified	BP (2018)	2	Nutrition Education and Physical Activity Goals The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.