

School Wellness Policy Attributes
“Staff Role Modeling”

District Name	BP/AR	Page #	Sentence
1. Bonsall Union		5	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.
2. Borrego Springs Unified	BP 5030		The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. <i>Previous policy: The Superintendent or designee shall encourage staff to serve as positive role models.</i>
3. Cajon Valley Union	BP 5030	1 b	<ul style="list-style-type: none"> ● Encouraging staff to serve as positive role models for regular physical activity. ● Staff shall be encouraged to serve as positive role models.
4. Carlsbad Unified	BP 5030		<ul style="list-style-type: none"> ● The Superintendent or designee shall encourage staff to serve as positive role models.
5. Chula Vista	BP 5030	13	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.
6. Dehesa	BP	2	The Superintendent/Principal or designee shall encourage staff to serve as positive role models.
7. Del Mar Union	BP 5030	2	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.

13. Julian Union	BP 5030	9	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.
14. Julian Union High	BP 5030	11	<p>The district shall endeavor 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 the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.</p> <p><i>Previous Policy:</i> <i>The district shall: Provide all students access to credentialed school counselors and psychologists who provide support and assistance in making healthy decisions, managing emotions, and coping with stress.</i></p>
15. La Mesa Spring Valley	BP	a	As educators of our children, the La Mesa Spring Valley School District believes that we have the opportunity to be role models by example and by providing opportunities and encouraging children to make healthy choices.
16. Lakeside Union	BP		The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.

			use agreements and if available, discounted gym memberships.
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19. National	BP 5030	5	<p>The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.</p> <p><i>Previous Policy:</i> <i>The Superintendent or designee shall encourage staff to serve as positive role models and may provide opportunities for regular physical activity among employees.</i></p>
19. Oceanside Unified	BP 5030	2	<p>The Superintendent or designee shall support staff to serve as positive role models. 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 behavior.</p>

20. Poway Unified	BP	2	Staff members are encouraged to engage in regular physical activity, as appropriate.
	BP	7	<p>Staff Members as Role Models</p> <p>Adults can have a significant impact on the development of students' health behaviors. District and school staff members can model healthy eating and physical activity behaviors in a variety of ways, including, and not limited to:</p> <ul style="list-style-type: none"> • Using teaching skills that help students gather information, practice problem solving techniques, and use effective communication skills. <ul style="list-style-type: none"> • Providing healthy snacks in the classroom. • Encouraging non-food fundraisers. Not using food as a reward for behavior or academics. • Participating in the school meal program and making healthy choices. • Using the stairs instead of the elevator when appropriate. • Participating with children in classroom based physical activity. • Leading or participating in school fitness activities such as walking or running clubs, yoga class, and weight lifting. • Talking about the physical activities students like to do outside of school. • Using physical activity as a reward rather than as a form of punishment. • Using Appropriate safety gear, such as helmets, during physical activity.

21. Ramona Unified	BP	1	The Superintendent or designee shall encourage staff to serve as positive role models.
22. San Diego Unified	AP	5	School site and district staff shall make every effort to become healthy role models for our students, parents, and community members.
23. San Pasqual Unified		5	School site and district staff will make every effort to become healthy role models for our students, parents, and community members.

28. Sweetwater Union	BP 5030	h	<p>10. Staff Wellness: 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> <ol style="list-style-type: none"> 2. Encourage staff to serve as positive role models for students by demonstrating behaviors such as healthy eating/drinking and regular physical activity. 3. Strongly discourage 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 policies.
29. Vallecitos Elementary	BP 5030	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. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.</p>
30. Valley Center-Pauma Unified	BP 5030	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>
31. Vista Unified	BP 5030	1	<p>The Superintendent or designee shall encourage staff to serve as positive role models.</p>
32. Warner Unified	BP 5030	4	<p>The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.</p> <p><i>Previous policy: Staff shall be encouraged to serve as positive role models.</i></p>

33. Albert Einstein		2	<p>Schools are uniquely positioned to promote family and community health by modeling and supporting physical fitness and healthy nutritional choices:</p> <p>AEA resolve to encourage all staff, students, families, and friends of AEA to promote health and wellness at AEA through wise food choices and regular educational opportunities involving physical activity, nutrition, and environmental stewardship.</p>
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