

**School Wellness Policy Attributes**  
**“Staff Wellness”**

<b>District Name</b>	<b>BP/AR</b>	<b>Page #</b>	<b>Sentence</b>
<b>1. Alpine Union</b>	BP 5030	g	<u>Staff Wellness.</u> The Alpine Union School District highly values the health and wellbeing 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.
<b>2. Bonsall Union</b>	BP 5030	5	He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees
<b>3. Borrego Springs Unified</b>	BP 5030		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.  <i>Previous policy:</i> <i>He/she shall promote and may provide opportunities for regular physical activity among employees.</i>
<b>4. Cajon Valley Union</b>	BP 5030	b	Opportunities for regular physical activity among employees will also be encouraged.
<b>5. Cardiff Elementary</b>		2	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.

<b>6. Carlsbad Unified</b>	BP 5030		<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> <p><i>Previous Policy:</i>  <i>The board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through 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.</i></p>
----------------------------	---------	--	---

<b>7. Chula Vista Elementary</b>	BP	13	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.</li> </ul>
<b>8. Dehesa</b>	BP	2	The Superintendent/Principal or designee shall...promote and may provide opportunities for regular physical activity among employees.
<b>9. Del Mar Union</b>	BP 5030	2	He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
<b>10. Encinitas Union</b>	BP	B	<ul style="list-style-type: none"> <li>• The Board desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Encinitas Union School District shall build a coordinated school health system that supports and</li> </ul>



<p><b>11. Escondido Union</b></p>	<p>BP</p>	<p>3-4</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> <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> <li>• <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></li> </ul>
-----------------------------------	-----------	------------	--

<p><b>12. Fallbrook Union Elementary</b></p>	<p>BP 5030</p>	<p>3</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 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><b>13. Fallbrook Union High</b></p>	<p>BP 5030</p>		<p>The Superintendent or Principal shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees.</p> <p><i>Previous Policy:</i></p> <p><i>He/she shall promote and may provide opportunities for regular physical activity among employees.</i></p>



<p><b>16. Julian Union</b></p>	<p>BP</p>	<p>8</p>	<p>The District values the health and wellbeing 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.</p>
<p><b>17. Julian Union High</b></p>	<p>BP 5030</p>	<p>8</p>	<p>The district values the health and wellbeing 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 the school staff and should outline ways to encourage and model healthy eating, physical activity, and other elements of a healthy lifestyle.</p> <p><i>Previous Policy: Promote physical activity among staff and provide convenient opportunities for staff to engage in a regular physical activity.</i></p>

<p><b>18. La Mesa Spring Valley</b></p>	<p>AR</p>	<p>h</p>	<p>The 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. Each school should establish and maintain a staff wellness committee. The district shall have a school health council member, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist.</p> <ul style="list-style-type: none"> <li>• The committee should: 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 healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.</li> </ul>
<p><b>19. Lakeside Union</b></p>	<p>BP 5030</p>	<p>4</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 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><b>20. Lemon Grove</b></p>	<p>BP 5030</p>	<p>5</p>	<ul style="list-style-type: none"> <li>• 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 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.</li> <li>• The worksite wellness initiatives shall</li> </ul>

			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.
<b>20. Mt. Empire Unified</b>	BP	3	The Superintendent 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 shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
		4	<p>In order to create a stronger Wellness Community, the Superintendent shall encourage all staff to serve as role models for healthy lifestyle behaviors.</p> <p>The district shall:</p> <ul style="list-style-type: none"> <li>• Promote staff wellness programs that support employees' efforts to improve their personal health and fitness</li> <li>• Provide on-going professional development that reflects the wellness policy to teachers, school/district food service personnel, other staff and members of the wellness council.</li> <li>• Promote physical activity by Informing staff about available community resources including, but not limited to exercise classes, joint use agreements and if available, discounted gym memberships.</li> </ul>



<b>21. National</b>	BP 5030	5	<p>He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.</p> <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> <li>• <i>The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical</i></li> </ul>
---------------------	---------	---	---

		6	<p>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> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Counseling and school psychological services will promote social-emotional development, enhance resiliency, and provide protective buffers within the school community. 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 and staff well-being such as bullying, alienation, and student disengagement from classroom learning.</li> </ul>
--	--	---	---

<b>22. Oceanside Unified</b>		12	Staff wellness programs should support employees' efforts to improve their personal health and fitness, so they can serve as role models and promote the health of others, including students.
<b>23. Poway Unified</b>	BP	7	<i>Staff Wellness</i> - The District values the health and well-being of every staff member and shall support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students. Examples of wellness programs for school staff members include, but are not limited to, health screenings, physical activity and fitness programs, nutrition education, weight management, smoking cessation, influenza vaccinations, and stress management.

<b>24. Ramona Unified</b>	AR 5030	11	<b>Meals Provided to Staff</b> In order to promote a positive example that supports the goals for healthy food, The Food and Nutrition Service Department provides food to staff members that is consistent with these goals. Examples of food provided to staff are: catering for meetings and special events, and food sales at the schools for lunch.
<b>25. San Diego Unified</b>	AP	4	The district recognizes that all employees are involved in setting the culture and tone of the educational process. The goals for Staff Wellness are: <ul style="list-style-type: none"> <li>• Improve employee wellness awareness in order to motivate each employee to improve his/her own health.</li> <li>• Work collaboratively with the Voluntary Employee Benefits Association Program (VEBA) and/or health insurance providers about opportunities that exist to improve employee physical and mental health.</li> </ul> <p><i>Previous Policy:</i></p>

			<i>Establishing and maintaining a safe physical environment for students and staff, including acceptable indoor air quality, ambient lighting and temperature conditions, equipment safety, hygienic facilities, and safe transportation, as well as ensuring an optimal social environment in schools.</i>
<b>26. San Pasqual Unified</b>	BP 5030	3  8  10	<ul style="list-style-type: none"> <li>• Promote and support both structured and unstructured physical activity for students and staff</li> <li>• Provide staff with resource lists-relating to physical activity, nutrition, health and dental care, and at-risk behaviors.</li> <li>• The wellness policies and procedures will be posted in an area that can be seen by students, parents and staff for public viewing within the cafeterias or in other central eating areas.</li> </ul>
<b>27. San Ysidro</b>	BP	12	<p><u>Staff Wellness:</u> The District recognizes the link between employee health and well-being as vital to the work and the mission of the District. 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 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.</p> <p><u>Staff Wellness Team:</u></p> <ul style="list-style-type: none"> <li>• The District Wellness Team shall solicit and/or identify, in conjunction with the teachers’ organization, District staff members to serve as Staff Wellness representatives on a subcommittee of the District Wellness Committee.</li> <li>• The District Wellness Team will work with their partners at VEBA to develop, promote, and oversee a multifaceted plan to promote staff health and wellness.</li> </ul>

		<ul style="list-style-type: none"><li>• The plan will be based on input solicited from District and school site staffs and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among all District staff.</li><li>• The Staff Wellness Subcommittee representative(s) will report regularly as part of the District Wellness Committee. • Individual school sites will encourage activities that support personal efforts by staff to maintain and model a healthy lifestyle.</li><li>• The Superintendent/designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.</li><li>• Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.</li></ul> <p><u>Healthy Worksite Environments:</u> The 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.</p> <p>Examples of workplace policies that support wellness:</p> <ul style="list-style-type: none"><li>• Provide smoke-free workplace environment/policies</li><li>• Promote healthy food policies for work events (meetings, workshops).</li><li>• Encourage participation in community/District/school site wellness and physical activities.</li><li>• Work with food vendors to offer healthier selections.</li></ul> <p><i>Previous policy:</i></p>
--	--	--

		<p><i>In order to create a stronger Wellness Community, the Superintendent shall encourage all staff to serve as role models for healthy lifestyle behaviors.</i></p> <p><i>The district shall:</i></p> <ul style="list-style-type: none"> <li>• <i>Promote staff wellness programs that support employees' efforts to improve their personal health and fitness.</i></li> <li>• <i>Provide on-going professional development that reflects the wellness policy to teachers, school/district food service personnel, other staff, and members of the wellness council.</i></li> <li>• <i>Promote physical activity by informing staff about available community resources including, but not limited to exercise classes, joint use agreements, discounted gym memberships.</i></li> </ul>
--	--	--

<b>28. Solana Beach</b>	BP 5030	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul> <p><i>Previous policy:</i>  <u>Staff Wellness</u>  <i>Solana Beach School District highly values the health and well-being of every staff member. School sites will encourage activities that support personal efforts by staff to maintain and model a healthy lifestyle.</i></p>
-------------------------	---------	---



			<p>food) that do not support the district's health messaging and wellness policies.</p> <ol style="list-style-type: none"> <li>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.</li> <li>5. Encourage staff to take advantage of wellness programs available to them for mental and behavioral health needs.</li> <li>6. Encourage each school site to designate an employee representative for staff wellness who will: <ol style="list-style-type: none"> <li>a. Serve as a point of contact for the staff wellness subcommittee of the district wellness committee.</li> <li>b. Increase awareness and encourage participation in wellness opportunities available to staff.</li> </ol> </li> </ol>
<b>32. Vallecitos Elementary</b>	BP 5030	1	The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through 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.
<b>33. Valley Center-Pauma Unified</b>	BP 5030	2	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.
<b>34. Vista Unified</b>	BP	1	Information shall be provided to all staff to promote personal well being.

<p><b>35. Warner Unified</b></p>	<p>BP 5030</p>	<p>4</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> <p><i>Previous policy:</i>  <i>(Superintendent or designee) shall promote and may provide opportunities for regular physical activity among employees.</i>  <i>Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.</i></p>
<p><b>36. High Tech High</b></p>		<p>1</p>	<p>Provide a low cost employee exercise program that promotes a healthy lifestyle.</p>