

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

<b>District Name</b>	<b>BP/AR</b>	<b>Page #</b>	<b>Sentence</b>
<b>Alpine Union</b>	BP 5030	g	“ <u>Staff Wellness</u> . The Alpine Union 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.”
<b>Bonsall Union</b>		2	<ul style="list-style-type: none"> <li>• Promote physical activity among staff and provide convenient opportunities for staff to engage in regular physical activity.</li> <li>• 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.</li> </ul>
<b>Borrego Springs Unified</b>	BP	b	He/she shall promote and may provide opportunities for regular physical activity among employees.
<b>Cajon Valley Union</b>	BP 5030	b	Opportunities for regular physical activity among employees will also be encouraged.
<b>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>Carlsbad Unified</b>	BP	1	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.
<b>Chula Vista Elementary</b>	BP	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. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
<b>Dehesa</b>	BP	2	The Superintendent/Principal or designee shall...promote and may provide opportunities for regular physical activity among employees.
<b>Encinitas Union</b>	BP	B	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 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.
		C	<ul style="list-style-type: none"> <li>The District shall encourage staff to serve as positive role models and shall promote and/or provide opportunities for regular physical activity among employees.</li> </ul>
	AR	i	<b>Staff Wellness.</b> Encinitas Union 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. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school wellness council.) 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. The staff wellness committee should distribute its plan to the school wellness council annually.
<b>Escondido Union</b>	BP	2	The superintendent or designee shall encourage staff to serve as positive role models and may provide opportunities for regular physical activity among employees.
<b>Fallbrook Union Elementary</b>		3	As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.
<b>Fallbrook Union High</b>	BP 5030	2	He/she shall promote and may provide opportunities for regular physical activity among employees.
<b>Grossmont Union High</b>	BP 5030	4  11	<u>Health Promotion for Staff</u> : There are opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program.  g. 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>Jamul-Dulzura Union</b>	BP	4	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. • Provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school/district food service personnel, other staff, and members of the school health council.
<b>Julian Union</b>	BP	b	The superintendent or designee shall encourage staff to serve as positive role models and may provide

			opportunities for regular physical activity among employees.
<b>Julian Union High</b>	BP	4	Promote physical activity among staff and provide convenient opportunities for staff to engage in a regular physical activity.
<b>La Mesa Spring Valley</b>	AR	h	<b>5. Staff Wellness</b> 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. 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.
<b>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.
<b>National</b>	BP	1  4-5	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 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.  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. 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-
<b>Oceanside Unified</b>		1	The board adopts the following goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness: 5. Professional development shall be provided to staff to include instructional strategies to develop health knowledge and skills and to promote healthy behaviors.
<b>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>San Diego Unified</b>	AP	3	14) 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.
<b>San Pasqual Unified</b>		3	<ul style="list-style-type: none"> <li>Promote and support both structured and unstructured physical activity for students and staff</li> </ul>
		4	Provide staff with resource lists-relating to physical activity, nutrition, health and dental care, and at-risk behaviors.
<b>San Ysidro</b>	BP	C	Promote physical activity among staff and provide convenient opportunities for staff to engage in regular physical activity.
		d	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>Solana Beach</b>	E	4	<u>Staff Wellness</u> 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.
<b>Sweetwater Union High</b>			Health Promotion for Staff <ul style="list-style-type: none"> <li>• Provide staff members with strategies to deal with stress reduction, weight management, and mental and emotional health.</li> </ul>
<b>Valley Center-Pauma Unified</b>		2	Staff Wellness (see actual policy for more information).
<b>Vista Unified</b>	BP	1	Information shall be provided to all staff to promote personal well being.
<b>Warner Unified</b>	BP	4	(Superintendent or designee) 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.
<b>High Tech High</b>		1	<u>Physical Activity:</u> <ul style="list-style-type: none"> <li>• Provide a low cost employee exercise program that promotes a healthy lifestyle.</li> </ul>