

Adopted, as Amended, by the Board of Education at its Regular Meeting of January 14, 2003

Subject: Resolution No. 211-12A8

Healthy School Nutrition and Physical Exercise Policy for San Francisco Unified School District

- Commissioners Jill Wynns and Dan Kelly

WHEREAS: The Board of Education of the San Francisco Unified School District is committed to the health and well-being of all students of the City and the District; and

WHEREAS: Being overweight and physically unfit has become a major health problem for children throughout the country, a problem that is of grave concern to the Surgeon General, health professionals, parents, policymakers, and children themselves; and

WHEREAS: Many concerned San Franciscans have testified to both the Board of Education and the Board of Supervisors about the high incidence of the problem in our City, and the Board of Supervisors is currently considering action about childhood obesity and physical fitness; and

WHEREAS: The Board is interested in providing our students with the most healthy and appealing food choices possible, and in diminishing the dependence of schools and school-related organizations on selling products of questionable nutritional value; and

WHEREAS: The Board of Education in 1999 passed the *Commercial-Free Schools Act*, which put in place the policy environment for decreased consumption of unhealthy snacks and beverages as well as reduced commercialism in the schools; and

WHEREAS: Whereas the problem of obesity is further exacerbated by students today having far fewer opportunities for physical exercise than students in decades past due to cutbacks in funding for physical education and intramural sports, and time spent getting physical exercise.

THEREFORE BE IT RESOLVED: That a School Nutrition and Physical Fitness Advisory Committee will be formed by the Superintendent to gather information on this issue and bring recommendations to the administration and the Board of Education on possible actions to begin to address the issues of childhood obesity, physical fitness and related health concerns; and

BE IT FURTHER RESOLVED: That the administration and the committee will develop a plan to improve the nutritional quality of breakfast, lunches, snacks and beverages served in our schools, as well as plan to phase out the sale of sodas and unhealthy snacks by the beginning of the 2003-2004 school year, including suggestions for replacing revenues currently secured through the sale of these items; and

FURTHER BE IT RESOLVED: That the administration and the committee will also develop a plan to expand and improve opportunities for physical activity in our schools; and

BE IT FURTHER RESOLVED: That the committee will work with the Board of Supervisors, city departments, youth groups, students and parents and others to develop recommended strategies, and coordinate its recommendations with related strategies being developed throughout the City on such things as access to appropriate health care, potential funding sources, community education and outreach; and

FURTHER BE IT RESOLVED: That representatives from the Student Advisory Council and other youth groups be involved in the committee; and

BE IT FURTHER RESOLVED: That periodic reports will be made to the Board of Education during the spring of 2003 and beyond, as needed.

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