

Encinitas Union School District
Health & Wellness Program
Frequently Asked Questions (FAQs)

Below is a compilation of frequently asked questions related to the EUSD Health and Wellness program.

PHYSICAL EDUCATION (PE) REQUIREMENTS	
Q: 200 minutes of PE are required every 10 school days. How is each site meeting these minutes?	A: EUSD meets or exceeds the 200 minutes of PE with a combination of instruction delivered through our Health & Wellness program, PE teachers and/or classrooms teachers. All instruction will focus on standards-based, age appropriate physical activities. Please see site principals and/or classroom teachers for school specific information. See also: California Department of Education (CDE) PE Standards Link: CDE Physical Education Standards
Q: What did my child's teacher specifically give up, shorten, and rearrange to accommodate health & wellness classes?	A: Physical Education has always been part of the school day. The Health & Wellness classes fulfill a portion of the 200 minutes required every 10 school days.
Q: Why wasn't yoga part of the PE program in previous years?	A: Our pilot program began in 2012, and, each school decided how to incorporate the class into their overall instructional program. In the 2013-14 school year, EUSD enhanced the health and wellness program to include more character education through our World Ready Traits and Skills .

OPT OUT STUDENTS	
Q: What / Where is the official process to opt out?	A: Parents choosing to opt their child(ren) out of the EUSD Health & Wellness Program must complete a form in the school office each new school year. Please see you site office staff for more information.
Q: What is each school site doing to meet the PE requirements for the children who opt out?	A: Every effort is made to meet PE guidelines while minimizing disruption to the overall instructional program. Alternative options for students who opt out vary from site to site. Please see your site principal for more specific information.
Q: What if I am in agreement with parts of the program? Is it possible to allow my child to partially participate?	A: The character education component was designed to seamlessly complement the physical portion of our program through group discussion, movement, and collaborative activities.

STRUCTURE OF PROGRAM

Q: What exactly does the wheel consist of at each site?

A: The wheel is an enrichment rotation program, providing quality enrichment classes for our students while allowing classroom teachers to have collaboration time. Each site provides enrichment opportunities to best meet the unique learning environment and needs of their school communities. EUSD Health & Wellness classes may be part of the wheel or provided at a different time during the school day.

Q: What are the exact details of the character development piece?

A: The character education component of the Health and Wellness curriculum is designed by EUSD and based on [World Ready Traits and Skills](#). This component allows us to address social emotional standards (Group Dynamics, Social Interaction, Self-Responsibility), found in the California Department of Education (CDE) PE Standards. For more information, click [here](#) to watch an informational video.

See also: California Department of Education (CDE) PE Standards Link:
[CDE Physical Education Standards](#)

Q: Can you explain the character development portion of the curriculum? Why isn't it modeled directly after the 6 pillars of character (TRRFCC)? Is this curriculum related at all to yoga principles?

A: EUSD designed the character education portion of the Health & Wellness curriculum by highlighting 11 core values, our [World Ready Traits and Skills](#), which complement and enrich the Character Counts program. For more information, click [here](#) to watch an informational video.

MAT CLEANING PROTOCOL

Q: What measures is EUSD taking to make sure the yoga mats are sanitary?

A: The health and safety of our students is our first priority. District Enrichment Teachers clean the mats daily using a combination of effective methods.

Matsana Machine

- The mat is guided through Matsana's high-intensity UV-C light chamber, exposing both sides to concentrated germicidal light that kills microorganisms by destroying their DNA. Click [here](#) to watch a video.
- Click [here](#) to read Matsana FAQ's

Lotus Pro Aqueous Ozone Water

- Aqueous ozone is nature's most effective cleaner, stain remover, deodorizer and germ killer. It eliminates pathogens, grime, grease, mold, mildew and more from any porous or non-porous surface. It's also 50%* more powerful than chlorine bleach and leaves no residues, reverting back to water and oxygen after heavy-duty cleaning. Click [here](#) watch a video.
- Surface dirt and germs are cleaned daily from mats using the Aqueous Ozone Water.
- Lotus Pro systems are installed at every school site and used by the custodial staff as a replacement for bleach.

Q: Can lice be spread through yoga mats?	A: According to the Centers for Disease Control and Prevention, head lice feet are specially adapted for holding onto human hair. Head lice would have difficulty attaching firmly to smooth or slippery surfaces like plastic, metal, polished synthetic leathers, and other similar materials.
Q: How often are the yoga mats replaced?	A: A new set of mats are purchased each school year. The mats have a life expectancy of two years given the amount of use from our program. Another new set will be purchased next year to replace the oldest set at each site.
Q: Why do the yoga mats sometimes smell funny?	A: If the mats are stacked before they are completely dry, they do sometimes carry an odor, which disappears the next time they are cleaned.
Q: Can students bring their own mats?	A: Students always have the option of bringing their own mat to class and instructors can store the mats in the classroom, if desired

MISCELANEOUS

Q: Can I observe a Health & Wellness class?	A: We are very proud of our program and welcome those interested in observing. To limit classroom disruptions, all observations are limited to 20 minutes and must be arranged through the site principal.
Q: Is the person teaching the course a credentialed teacher?	A: All District Enrichment Teachers are permitted to teach in California by the Commission on Teacher Credentialing. In addition, all Enrichment Teachers attend staff development training throughout the school year provided by EUSD.
Q: Who employs the person teaching the course?	A: All District Enrichment Teachers are employed by EUSD.