

2018-2019 Wellness Program Goals



1. By September 1, 2018, the District will hire two school counselors with Pupil Personnel Services Credentials to pilot a school counseling program, at two district middle schools, using the American School Counselor Association (ASCA) model as a guide. (Director of Personnel and Pupil Services)
2. By April 1, 2019, the district will develop a Health and Wellness unit at the middle school level, for implementation in the 2019-20 school year. (Assistant Superintendent of Instruction)
3. By May 1, 2019, increase awareness of the healthy nutritional content of our school lunches and increase participation by: (Child Nutrition Manager)
 - a. Adding one additional healthy, freshly prepared entrees that meet USDA school lunch guidelines for elementary and middle school menus.
 - b. Sending home the Nutrition Nuggets Newsletter three times per year.
 - c. Having Child Nutrition tables at Back to School Nights.
 - d. Offering student taste tests of possible new menu items.
 - e. Farmer Bob mini farmer's market presentation for 3 elementary schools.
4. By May 1, 2019, each school in the district will verify that they have completed two of the following activities: (Principals)
 - a. Held a family program related to physical fitness, nutrition or wellness.
 - b. Held a fitness program at the school for at least a six week duration in which students have the option of participating before school, during recess breaks or after school (for example, walking clubs, jump rope clubs, etc.).
 - c. Held a program designed to promote awareness for a health concern (fundraiser for a hospital or other health organization).
 - d. Held a physical fitness/weight loss/health awareness activity for staff.
 - e. Participate in a "family activity week." (i.e. "screen-free" week)
 - f. Implement a school site no treat birthday celebration policy.
 - g. Incorporate 'class movement' activities during instructional time.

During the school year, if a school site participates in 3 of the above activities, they will receive \$500. If a school site participates in 4 or more of the above activities during the school year, they will receive an additional \$500 for a total of \$1,000.

5. By May 1, 2019, each school in the district will conduct a program related to character education/bullying prevention. (Principals)
6. At least 75% of students in grade 5 and 80% of students in grade 7 will score in the healthy fitness zone in 5 or more of the physical fitness tests as measured by the spring 2018 California Physical Fitness Test. (Principals, P.E. teachers, teachers)
7. By May 1, 2019, complete an assessment of the implementation of the District's Wellness Policy and post results on the district website. (Superintendent)