

2019-2020 Wellness Program Goals



1. By September 1, 2019, the District will increase staffing to provide one full-time school counselor with a Pupil Personnel Services Credential at each district middle school, using the American School Counselor Association (ASCA) model as a guide. (Director of Personnel and Pupil Services)
2. By April 1, 2020, the district will implement and monitor a Health and Wellness unit at the middle school level. (Assistant Superintendent of Instruction)
3. By May 1, 2020, the District will develop a Nutrition, Health and Wellness Education Unit for two elementary grade levels for implementation in the 2020-2021 school year. (Assistant Superintendent of Instruction)
4. By May 1, 2020, 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.
5. By May 1, 2020, 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.
6. By May 1, 2020, each school in the district will conduct a program related to character education/bullying prevention. (Principals)
7. At least 75% of students in grade 5 and 80% of students in grade 7 will score in the healthy fitness zone in 4 or more of the physical fitness tests as measured by the spring 2019 California Physical Fitness Test. (Principals, P.E. teachers, teachers)