

**2020-2021**

## **Wellness Program Goals**



1. By April 1, 2021, the district will develop a unit/lesson on the harmful effects of vaping for 5<sup>th</sup> grade students at elementary school. (Assistant Superintendent of Instruction)
2. By April 1, 2021, the district will provide teachers with information on alternatives to using food as a reward or incentive in the classroom. (Assistant Superintendent of Instruction)
3. By May 1, 2021, the District will review and monitor the implementation of a Nutrition, Health and Wellness Education Unit for elementary grade levels for the 2020-2021 school year. (Assistant Superintendent of Instruction)
4. By May 1, 2021, increase awareness of the healthy nutritional content of our school lunches and increase participation by: (Child Nutrition Manager)
  - a. Add one additional healthy, freshly prepared entree that meets USDA school lunch guidelines for elementary and middle school menus.
  - b. Provide monthly Nutrition Nuggets and Teen & Fitness newsletter on webpage [esdchildnutrition.com](http://esdchildnutrition.com) and Child Nutrition tables at Back to School Nights or a video presentation on meal service for 20-21.
  - c. Offer student taste tests of possible new menu items.
  - d. Farmer Bob mini farmer's market presentation for two elementary schools or a virtual Field Trip to his local farm.
5. By May 1, 2021, 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. Organize a "healthy family activity week." (i.e. "screen-free" week)
  - f. Implement a school site no treat birthday celebration policy.
  - g. Implement a "buddy program" to facilitate peer connections between special day class and general education students.

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 four 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, 2021, each school in the district will conduct a program related to character education/bullying prevention. (Principals)
7. Suspended for one year due to COVID-19 school closures and suspension of state physical fitness testing for 2020. *At least 75% of students in grade 5 and 80% of students in grade 7 will score in the healthy fitness zone in four or more of the physical fitness tests as measured by the spring 2020 California Physical Fitness Test. (Principals, P.E. teachers, teachers)*
8. Within the first month of school, the district will provide information on COVID-19 safe-guards and procedures for social distancing and personal hygiene to students, families and staff. (Assistant Superintendent of Instruction)