

2020-2021 Wellness Program Goals



1. By April 1, 2021, the District will develop a unit/lesson on the harmful effects of vaping for 5th-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. (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 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 safeguards and procedures for social distancing and personal hygiene to students, families, and staff. (Director of Instruction)