

Wellness Program Goals

2017/2018

The progress of each goal was discussed in the April 17th Wellness Committee Meeting.

<u>GOALS</u>	<u>RESPONSIBLE PARTY</u>	<u>STATUS</u> 4/17/18
<p>1. By April 1, 2018, the district will develop a Health and Wellness unit at the middle school level, for implementation in the 2018-19 school year.</p>	<p>Assistant Superintendent of Instruction</p>	<p>This goal was not met.</p> <p><i>Committee is in the process of developing the health unit for students in grades 6-8. A Health Unit instructional committee, with representatives from Instruction Dept., physical education teachers, and intermediate school principal stakeholder groups, is scheduled to meet on April 18th for the selection instructional materials and media for the Health Unit curriculum. Health units will be implemented during PE inclement weather days, and the focus will be on drugs, alcohol, and smoking (vape) awareness. 6th grade units may focus on hygiene instead of drugs and alcohol awareness.</i></p>
<p>2. By May 1, 2018, increase awareness of the healthy nutritional content of our school lunches and increase participation by:</p> <ol style="list-style-type: none"> a. Adding three 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. 	<p>Child Nutrition Manager</p>	<p>This goal was met.</p> <p><i>New fresh entrees were introduced by Child Nutrition (CN) at both the elementary and intermediate schools. Nutrition Nuggets and Teen Food & Fitness newsletter distributed this year. Breakfast taste test at Perdeu planned for May 2018. Farmer Bob at TV, WIN, and FR.</i></p>
<p>3. By May 1, 2018, each school in the district will verify that they have completed two of the following activities:</p> <ol style="list-style-type: none"> 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 issue (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." 	<p>Principals / Superintendent</p>	<p>This goal was met.</p>

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<p>f. Implement a school site no treat birthday celebration policy. g. Incorporate 'class movement' activities during instructional time.</p> <p>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.</p>		<p><i>All schools conducted two of the Wellness Goal school activities for the 2017-18 school year, and many completed more than minimum.</i></p>
<p>4. By May 1, 2018, each school in the district will conduct a program related to character education/bullying prevention.</p>	Principals / Superintendent	<p>This goal was met.</p> <p><i>All schools organized at least one program or activity related to awareness and prevention of bullying for the 2017-18 school year.</i></p>
<p>5. By May 1, 2018, the district will develop and implement a suicide prevention policy to meet the requirements of AB 2246, including training for teachers at grades 7 and 8.</p>	Director of Pupil Services	<p>This goal was met.</p> <p><i>Suicide Prevention policy has been developed and approved by the Board of Trustees. Suicide prevention training was implemented for <u>all intermediate school employees</u>, classified and certificated for the 2017-18 school year. All new intermediate school employees will go through the training module as part of the hiring process.</i></p>
<p>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 2017 California Physical Fitness Test.</p>	Principals, PE Teachers, Teachers	<p>This goal was not met.</p> <p><i>The 2016-17 Physical Fitness Test (PFT) results show 62.3% of 5th grade students met 5 or more of the 6 fitness standards and did not meet the Wellness Goal of 75%; and 70.9% of 7th grade students met 5 or more of the 6 fitness standards and did not meet the Wellness goal of 75% for 2016-17.</i></p>

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