

Lemon Grove School District: Wellness Strategic Plan

Goal Statement: Promote the well-being of students in Pre-K – 8th grade by recognizing the correlation between their daily experiences and their mental and physical health.

Objective 1: Create nutritional and movement experiences across the curriculum and in the classroom that encourage and motivate health and well-being.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. Incorporate themes on a bi-monthly basis into K-8 communications (newsletters, website postings, social media) to staff and parents on the importance of increasing physical activity, eating healthy food, and making good choices for their social and emotional well-being.	<ul style="list-style-type: none"> ● Communications Dept. ● Principals ● Website Editors ● Teachers 	<ul style="list-style-type: none"> ● Text provided for parent and staff newsletters ● Professional development for Wellness Champions ● Workshops / Webinars for interested staff ● Wellness/Well-being webpage on the district website ● Use of district social media accounts to promote wellness efforts 	2018-2019	<ul style="list-style-type: none"> ● Website hits ● Social Media “Likes” ● Staff survey ● Parent survey
2. Develop a unit of study for all health classes, grades 7-8, that integrate strategies for dealing with their social and emotional well-being through healthy alternatives.	<ul style="list-style-type: none"> ● Asst. Superintendent Ed. Services ● Principals ● PE Teachers 	<ul style="list-style-type: none"> ● Budget for curriculum writing 	Spring 2018-2019	<ul style="list-style-type: none"> ● Curriculum revised ● Lesson plans ● Teaching planned lessons
3. Every school will identify at least one “Wellness Champion” to share information and resources with staff and act as the liaison to the District Wellness Committee.	<ul style="list-style-type: none"> ● Principals ● Staff members 	<ul style="list-style-type: none"> ● Community resources 	2018-2019	<ul style="list-style-type: none"> ● Staff Participation ● Meeting outcomes
4. Every school will develop and implement a School Wellness Committee, comprised of staff, parents, administration, and students to identify and plan for health and wellness activities.	<ul style="list-style-type: none"> ● Executive Director, General Services ● Principals ● Teachers 	<ul style="list-style-type: none"> ● Modifications to existing curriculum ● Professional development ● Workshops / Webinars 	2019-2020	<ul style="list-style-type: none"> ● Monthly meeting agendas ● At least three health and well-being events planned for the year. ● Parent surveys ● Student surveys
5. Pilot implementation of Safe School Ambassadors Program at one school in 2018-2019. This is a student-led anti-bullying and violence prevention program.	<ul style="list-style-type: none"> ● Principal ● Social Workers ● Program Specialist 	<ul style="list-style-type: none"> ● Community Matters, “Safe School Ambassadors Program”, offered cost free to the district through our JPA. 	2018-2019 pilot	<ul style="list-style-type: none"> ● Action “Snapshot” Campaigns ● Discipline Data Forms ● Year-end surveys for Ambassadors & program adults

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Objective 2: Provide multiple opportunities for students to engage in activities to improve their well-being, social and emotional health, and positively impact their academic performance.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. Implement an initiative district wide to walk or ride to school. Utilize Safe Routes to School methodologies and strategies.	<ul style="list-style-type: none"> ● FMOT Supervisor ● San Diego Sheriff Department ● Executive Director, General Services 	<ul style="list-style-type: none"> ● SRTS program funding ● Time to meet and plan initiatives ● City of Lemon Grove ● Sheriff's Department 	Planning 2018-2019 Implement 2019-2020	<ul style="list-style-type: none"> ● Increased percentage of students walking to school ● Pre and post survey ● Improved safety for routes to schools
2. Develop a movement initiative encouraging a brief session of physical activity / movement in K-6 classrooms.	<ul style="list-style-type: none"> ● Principals ● Elementary Teachers ● Human Resources ● Parent Community Liaison 	<ul style="list-style-type: none"> ● Online resources ● Professional development ● Workshops / Webinars ● Curriculum 	2018-2019	<ul style="list-style-type: none"> ● Participation ● Student surveys and feedback
3. Institute "Workout Wednesdays". Students will be encouraged to exercise with their families outside of school to promote family health and wellness. This can also develop into a follow up classroom discussion by either their physical education teachers or classroom teachers.	<ul style="list-style-type: none"> ● Teachers ● Principals ● Parent Community Liaison ● Wellness Intern 	<ul style="list-style-type: none"> ● Handouts ● Social media ● Lesson plans 	2018-2019	<ul style="list-style-type: none"> ● Participation ● Classroom surveys ● Smart applications to record physical activity via PE / Health classes in the high school.
4. Investigate the feasibility of offering wellness activities during lunch block at LGA-M for students – for implementation in Spring 2019.	<ul style="list-style-type: none"> ● Support Staff ● Principals ● Teachers 	<ul style="list-style-type: none"> ● Wellness activities ● Large facility ● Activity provider 	Spring 2018-2019	<ul style="list-style-type: none"> ● Wellness activity offerings ● Student survey and feedback
6. Continue to offer intramural sports program through the EDP Program.	<ul style="list-style-type: none"> ● EDP Coordinator ● EDP Site Leaders ● Executive Director, General Services 	<ul style="list-style-type: none"> ● Promotion of activities ● Awards 	2018- Ongoing	<ul style="list-style-type: none"> ● Intramural offerings for students in EDP K-8 ● Participation
7. Offer free vision screenings for all incoming Kindergartners.	<ul style="list-style-type: none"> ● District Nurse ● Asst. Supt. Of Ed Services 	<ul style="list-style-type: none"> ● Lions Club Free Vision Screenings program 		<ul style="list-style-type: none"> ● # of Kindergartners who receive vision screenings prior to entering 1st grade.

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Objective 3: **Provide healthy food choices, eliminate processed snacks, and increase the offerings of whole fruits, vegetables and whole grains.**

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. District Nutrition Services to create and increase healthier choices of whole fruits and vegetables for breakfast and lunch.	<ul style="list-style-type: none"> ● Executive Director, General Services ● Director, Nutrition Services ● Principals 	<ul style="list-style-type: none"> ● Nutritionists ● Menu development ● Communication with parents / guardians ● Current research and data on nutrition and calorie consumption 	2018-2019 and On-going	<ul style="list-style-type: none"> ● Data about students' diet ● Sales reports ● Student and parent surveys
2. District Nutrition Services to plan and organize student menu meal items from scratch. New choices will be offered at twice the current rate with a plan to continue increasing offerings on a daily basis. Emphasis will be on providing healthy menu items cooked from scratch in our district central kitchen.	<ul style="list-style-type: none"> ● Director, Nutrition Services ● Nutrition Services Staff 	<ul style="list-style-type: none"> ● Nutritionists ● Menu development 	October 2018 and On-going	<ul style="list-style-type: none"> ● Student lunch menus ● Sales reports
3. Evaluate a School Gardens initiative to determine district-wide implementation.	<ul style="list-style-type: none"> ● Principals ● FMOT Supervisor ● Executive Director, General Services 	<ul style="list-style-type: none"> ● County of San Diego, Master Gardener ● Grant opportunities 	2018-2021	<ul style="list-style-type: none"> ● Committee of diverse stakeholders to evaluate the feasibility of district-driven garden program ● Evaluation report and recommendations for Board and Superintendent
4. Provide educational opportunities for parents to develop an understanding of physical wellness and nutritional well-being.	<ul style="list-style-type: none"> ● Director, Nutrition Services ● Principals ● PE Teachers ● Parent Community Liaison ● Wellness Intern 	<ul style="list-style-type: none"> ● Parent educational opportunities ● Handouts, pamphlets ● Professional development providers 	2018-2019 and On-going	<ul style="list-style-type: none"> ● List / schedule of educational opportunities ● Record of parent participation ● Lesson Plans integrating physical wellness and nutritional well-being
5. Research grant opportunities to fund district initiatives in health and nutrition.	<ul style="list-style-type: none"> ● Director, Nutrition Services ● Executive Director, General Services ● Wellness Intern ● Coordinator, EDP 	<ul style="list-style-type: none"> ● Grant opportunities 	2018-2019	<ul style="list-style-type: none"> ● Grant applications ● Funding for district initiatives in health and nutrition

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Goal Statement: Promote the well-being of Staff in Lemon Grove School District by recognizing the correlation between their daily experiences and their mental, physical, and financial health.

Objective 4: Provide multiple opportunities for staff to improve their knowledge about wellness and to engage in physical activities and healthy eating in order to improve their well-being, reduce stress, and positively impact their quality of life.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. District Nutrition Services to create and increase healthier choices of whole fruits and vegetables for staff options for breakfast and lunch.	<ul style="list-style-type: none"> ● Executive Director, General Services ● Director, Nutrition Services 	<ul style="list-style-type: none"> ● Nutritionists ● Menu development ● Communication with staff 	2018-2019 and On-going	<ul style="list-style-type: none"> ● Sales reports from Nutrition Services / Utilization of Nutrition Services staff lunch options ● Staff interest surveys
5. Establish a district-wide monthly fitness program for staff, including free or discounted class offerings.	<ul style="list-style-type: none"> ● Human Resources ● Wellness Intern ● Parent Community Liaison 	<ul style="list-style-type: none"> ● Exercise classes offered at district sites ● Identify discounted health memberships for staff 	2018-19 and Ongoing	<ul style="list-style-type: none"> ● Continue Zumba classes at San Altos ● Survey staff for interest in participating ● Identify other types of physical activity classes that we can offer to staff
3. Develop a process for supporting “Wellness Challenges” district-wide	<ul style="list-style-type: none"> ● Human Resources ● Executive Director, General Services ● Wellness Intern 	<ul style="list-style-type: none"> ● Tracking method ● Staff communication ● Professional development providers 	2018-2019 and On-going	<ul style="list-style-type: none"> ● Schedule of Challenges ● Record of staff participation ● Satisfaction surveys
4. Provide staff with educational opportunities to learn about financial fitness, such as budgeting, retirement planning, student loan payment options, leveraging existing benefits	<ul style="list-style-type: none"> ● Human Resources ● Executive Director, General Services ● Payroll & Benefits Specialist ● Employee Unions 	<ul style="list-style-type: none"> ● Leverage offerings by providers such as FBC, VEBA, Mission Federal, etc. ● Leverage free resources from medical providers, such as Kaiser Permanente and United Health ● Have monthly “themes” for programming that addresses staff sessions for being <u>mentally, physically, and financially fit.</u> 	2018-2019	<ul style="list-style-type: none"> ● Information sessions scheduled on a monthly basis to address one of the three challenge areas (mental, physical, and financial well-being) ● Attendance/participation rates ● # of free sessions provided – track the “value of services” provided to the district ● # of sessions district pays for
5. Create a webpage on www.lemongrovesd.net , which will serve as information hub for employees to learn about opportunities available to them through our district Well-being initiative.	<ul style="list-style-type: none"> ● Communications ● Human Resources ● Wellness Intern 	<ul style="list-style-type: none"> ● District website 	2018-2019 pilot	<ul style="list-style-type: none"> ● Google analytics to track “hits” on the Wellness page @lemongrovesd.net