



**San Lorenzo Unified School District**  
**Student Wellness Plan DRAFT**  
4/26/2016

The Health and Wellness Council was established in accordance with Board Policy 5030 on Student Wellness, which was approved by the School Board on September 19, 2017. Per this policy, the council shall advise the district on health related issues, activities, policies, and programs. The duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school and community. The board should adopt specific goals for nutrition promotion and education, physical activity, and other school based activities to promote student wellness.

**Health and Wellness Council Mission Statement**

*The Health and Wellness Advisory Council recognizes the link between student health and learning, and will collaborate with District and community partners in providing educational programs, both inside and outside the classroom, and promoting healthy eating, physical activity, recycling, gardening, and overall mental and emotional health. The Council recommends policies, practices, and accountability systems to ensure students, staff and families, live, learn and work in a healthy environment and support wellness throughout our schools and community.*

**Current Health and Wellness Work**

Nutrition education is currently provided as part of a health course, which is a required semester-long course for all ninth graders in The District. The course is consistent with the expectations of the state's curriculum framework and content standards.

The District follows federal and state nutrition guidelines and the District participates in the National School Lunch and School Breakfast programs. Access to potable water is provided in all food service areas and school organizations are encouraged to use health food items or nonfood items for fundraising purposes. Staff, parent/guardians, and other volunteers are encouraged to support the District's nutrition education program by considering nutritional quality when selecting snacks for occasional class parties. The Board prohibits marketing and advertising of foods and beverages that do not meet nutritional standards for sale of foods and beverages on campus during the school day. (AR 6142.8a, 7 CFR 210.30, Ed Code 38086, and 42USC 1758)

Opportunities for physical activity are provided to students through physical education classes, recess, as well as, athletic programs and after school programs.

In order to ensure that students have access to comprehensive health services, the district school nurses provide mandated vision and hearing screenings, direct health services, immunization monitoring, and consultation regarding student health needs. Additionally, the district school nurses liaison between health providers and school sites to support student health. As appropriate, the health office makes referrals to community health resources.

Site based therapy services are provided at all school sites. School social workers provide access to community counseling resources as appropriate. All school sites have restorative practice lead teachers. Tier 1 restorative practices are implemented at all school sites.

Most school sites have implemented student waste sorting programs at their school sites and a few sites have active gardens.

## **Student Wellness Goals, Activities, and Key Metrics**

### **Child Nutrition**

#### Goals:

1. Increase nutrition education for students
2. Provide more frequent taste tests to students at lunch time
3. Develop child nutrition student committees
4. Improve student access to potable water at school

#### Activities/Actions:

1. Collaborate with site principals to go into classrooms to provide nutrition education
2. Conduct salad bar taste tests during lunch with students
3. Establish student groups to get input regarding menu items
4. Improve potable water access for students
  - a. Inventory functionality of water fountains at all school sites
  - b. Provide regular maintenance and cleaning of current water fountains
  - c. Explore options for new water fountains/bottle refilling stations in the future?

#### Key Metrics/Outcomes:

1. Classroom visits to provide nutrition education lessons
2. New items on the menus that have been taste tested by students
3. Student child nutrition meetings held throughout the year
4. Increased functioning and cleanliness of water fountains

### **Physical Activity/Education**

#### Proposed Goals:

1. Improve Physical Fitness scores
2. Provide students with more opportunities for consistent physical activity
3. Provide health education as part of PE (elementary)

#### Activities/Actions:

1. Increased time providing rigorous physical activity for students during PE
2. Interim physical activity assessments
  - a. Pretesting students on PFT
  - b. Personal fitness cards (elementary)
  - c. Ongoing student assessments of PFT areas (secondary)
  - d. Student goal setting for physical fitness
3. Student reinforcement/incentives for improvements in physical fitness
4. Include healthy choice vocabulary in daily PE activities (elementary)
5. Sports activities during lunch at the high schools as appropriate
6. Provide information about all of the athletic programs to students

#### Long-term Goals:

1. Provide more PE choices for students in grades 10-12
2. Explore more options for physical activities after school

3. Improve/Expand space for PE classes

## **Green Sustainable Practices and Gardens/Outdoor Classrooms**

### Goals:

1. Provide opportunities for staff professional development (green sustainable practices)
2. Under 10% waste by 2020
3. Create a policy for proper recycling procedures of cardboard for custodial staff
4. Explore ways to fund/partner with community for garden initiatives
5. Increase the number of active gardens at all school sites
6. All school sites to engage in student sorting programs??

### Activities/Actions:

1. Poster contest to promote nutrition and green sustainable practices
2. Central location for sustainable resources
3. Explore juice boxes that are more recyclable
4. Professional development regarding recycling procedures
5. Value sustainable practices in new construction
6. Post clearly identifiable signs indicating a garden location/potential garden location at each school site
7. Provide education regarding the many benefits for having garden spaces

### Key Metrics/Outcomes:

1. Food production from gardens: Garden survey
2. Staff surveys regarding green sustainable practices
3. Students at all school sites sorting and recycling at lunch time.
4. Waste audits: reducing waste???
5. Lowering waste bills?

## **Mental Health/Social Emotional**

### Goals:

1. Support social emotional learning at secondary sites
2. Expand site-based therapy services
3. Deepen and expand Restorative Practice implementation at all sites

### Activities/Actions:

1. Support social emotional curriculum considerations at middle schools in 18-19
2. Explore opportunities to expand site-based therapy services (ex. social worker interns)
3. Restorative practice leads, social workers, and restorative practice TSA support Tier 2 and 3 restorative practices at additional school sites
4. Suicide prevention professional development for social workers/school psychologists
5. Provide site crisis prevention

### Key Metrics/Outcomes:

1. Improved attendance rates
2. Decrease number of office referrals/suspensions
3. Increase student access to counseling services

## **Health Education**

**High School:** All students take a semester long health class in ninth grade.

**Middle School and Elementary School:** Health education at these grade levels is sporadic at best. Little consistent health education occurs at these grade levels.

**Goal:** Explore additional opportunities and materials to begin providing more comprehensive health education at the elementary and middle schools

**Health and Wellness Goals:**

Explore and expand community partnerships in order to improve and support student wellness.

Explore options to fund a health and wellness specialist.