



## LRSP Status Report – June 2011

### 4.05 C&I Wellness Plans SR 2011

#### **Strategic Objective (SO):**

4.05 Implement wellness action plans for students and staff by working to instill in each student and adult the desire to make responsible healthy choices.

**Department/School:** Curriculum and Instruction

**Leader:** Marilyn King, Assistant Superintendent

#### **Team Members:**

Laura St. John; Wellness Advisory Committee

#### **In a year, we hope to see the following progress on this strategic objective:**

Completion and institutionalization of Action Items 1 - 10.

#### **PROGRESS SUMMARY**

As it does every year, the District participated in Screen Free Week. Laura St. John represented the District in the Screen Free Planning Committee and the Board adopted a resolution to support Screen Free Week. The events were advertised on the District web page.

On an annual basis, a position statement regarding healthy snacks is included in parent handbooks. This has been institutionalized. It meets with limited success. Energy drinks are restricted K-12.

The following have been institutionalized: inclusion of a lesson on whole wheat at all after school programs in year one and annual nutrition lessons and activities; training on structured recess for all after school program coordinators and the implementation of structured recess in all after school programs.

The Wellness Advisory Committee solicits new members continues on an ongoing basis. We continue to work on communication avenues via the wellness webpage and school newsletters.

An OPI Audit of our School Food program was highly successful.

Food Service supports the schools that have qualified for Healthier US Challenge. No other new schools wish to qualify and no existing schools are asking to recertify at this time

The District is participating in Farm to School Program.

On an semi-annual basis, the District participates in Walk to School and Bike to School activities. Planning for the 2011-12 school year occurred this year. On an annual basis, the

Board adopts a resolution for International Walk to School month. SRTS activities are communicated district-wide and on website.

The District coordinated with the Health Department for all public health issues on an on-going basis. Employee vaccinations are available at the wellness fair every year. District student dental screenings were done through a community collaboration and vision screenings in the schools have occurred.

We continue to increase physical activity throughout the instructional day outside of Health Enhancement class. Brain Gym training was provided for all middle schools. Classes across the district are walking more, e.g., 10 minutes of first period class, with excellent results throughout the day.