

# **BUELLTON UNION SCHOOL DISTRICT**

## **WELLNESS PLAN: Statement of Goals and Objectives**

*(Revised March 2015)*

**VISION STATEMENT:** Working together as innovative leaders, we will improve the physical health and mental well-being of the students, teachers, staff and parents in our educational community.

### **GOALS AND OBJECTIVES**

#### **HEALTH EDUCATION**

**Goal:** To provide healthy lifestyle education to the students of the Buellton Union School District through classes and programs including: PE, science, the food service program, SPAN (Student Prevention Action Network), and Rachel's Challenge.

**What we do:**

- Teach Health standards in science and PE in 6<sup>th</sup> – 8<sup>th</sup> grades. (See template)

**Needs:**

- Following State standards for health education for grades K – 5 at Oak Valley:
  - Determine areas where more instruction is needed.
  - Implement instruction.
- Institute Parental Education component and encourage parental involvement.

**Measurability:**

Teachers and administration will complete chart noting how each of the six health content areas was addressed.

#### **PHYSICAL EDUCATION**

**Goal:** To provide physical activities and information that builds interest and proficiency in movement skills and encourages life-long fitness.

**What we do:**

- State standards for PE followed at grades K-8.
- Credentialed PE teachers instruct in grades 4-8.
- Physical Fitness Test given at grades 5 and 7.
- Weekly weight room participation and mile running completed at grades 6-8.
- Push-ups and sit-ups practiced weekly at grades 6-8.
- WorldFit Walk at Jonata.

**Needs:**

**Measurability:**

Measured by *Fitnessgram* in grades 5 and 7. Students will also learn to track their progress by time of mile run and number of push-ups and sit-ups they can perform.

### **FOOD SERVICES/NUTRITION**

**Goal:** To promote and offer healthy foods and beverages and to empower our educational community to make sound nutritional choices.

#### **What we do:**

- Offer low-fat and non-fat (unflavored) milk and water (with filtered water dispensers) as beverages for school lunch program.
- Eliminate flavored milk.
- Provide fresh kitchen-prepared meals, in accordance with State guidelines, that are appealing, attractive and healthy for children by fall 2013.
- Promote the availability of free or reduced price meals to all children who qualify based on application and approval.
- “Recess then lunch” meal program at Oak Valley
- Educate students, teachers, staff and parents about the benefits of using primarily healthy foods for snacks, rewards, celebrations and fundraisers.
- Redesign and renovate the school kitchens to accommodate the preparation and service of fresh foods, including hot meals in both school and a salad bar at Jonata Middle School by fall 2013.
- Pursue on an ongoing basis all opportunities to raise the necessary funds for the kitchen renovation projects, including but not limited to the application for grant funds (through the Orfalea Foundation and other funding sources) and the passage of a school bond measure.
- Develop an organic garden at Oak Valley that can provide a hands-on educational experience for the students and produce for the kitchens.

#### **Needs:**

- Upgrade electricity and equipment at Jonata for daily service at Jonata by August, 2015 for full implementation (5 days a week) of Solvang Café lunches at Jonata.
- Add the activity of School Registration Day to get more students to complete free and reduced lunch sign up by August, 2015.
- Explore nontraditional methods for serving school meals, such as classroom breakfast, by fall 2012 such as “Breakfast Cart in the Garden” by June, 2015.
- Create Wellness Committee Info-graphic that shows what the Wellness Committee has accomplished.
- Organize a farmer’s market In conjunction with the Buellton Parks and Recreation Department, on campus or nearby (Oak Park, side street) or use a Community Sustained Agriculture (CSA) local resource, where fresh fruits and vegetables are sold to students, parents, staff and the community.

### **EMOTIONAL WELL-BEING**

**Goal:** To promote the social and emotional well-being of our students in order to maximize their learning potential.

1. Provide a warm, friendly and concerned staff.

#### **What we do:**

- Personnel screening.

- Staff conducts phone calls home for student recognition.
  - Student of the week program at Jonata —Principal’s luncheon at Oak Valley
  - Staff meets & greets students daily
2. Provide a clear and reasonable code of conduct.

**What we do:**

- Code of conduct spelled out in the student progressive handbook including: formal detentions, Best Practices (Oak Leaf) Program, Renaissance Assemblies and Student of the Week.

**Needs:**

3. Provide behavioral interventions.

**What we do:**

- Individual behavioral interventions through our counselor and psychologist
- Provide CPI (de-escalation) Training for staff.

**Needs:**

- Look into a three-tier Response to Intervention (RTI) approach to behavioral issues
- Implement more staff training regarding behavioral interventions
- Implement more training on and enforcement of technology etiquette
- Emotional interventions

4. Social interventions

**What we do:**

- Social stories via speech pathologist and school psychologist
- Rachel’s Challenge/Friends of Rachel (FOR) Club to encourage kindness and helping others.
- Increased individual counseling opportunities
- Provide *The Zone* through Buellton Rec. as a safe after school place for middle school students.
- Continued implementation of Middle School Athletics programs.

**Needs:**

5. Emotional interventions

**What we do:**

- Teacher, principal, counselor, and psychologist group and individual counseling.
- Provide *The Zone* through Buellton Rec. as a safe after school place for middle school students.

**Needs:**

- Body image/body acceptance program
- Healthy weight loss/eating problems
- Self-esteem issues

6. Academic support and interventions

**What we do:**

- Response to Intervention
- Math Minutes
- After-school homework club and tutorials

- Detention
- Study Corner at Jonata
- Study Club at OV with High School interns
- Rocket Math?
- Math Re-teaching at Jonata
- YMCA after-school program

**Needs:**

7. Peer mediation and conflict resolution

**What we do:**

- Rachel's Challenge at Jonata
- Museum of Tolerance field trip
- Bully-Proof by Brian Jordan of South Coast Karate

**Needs:**

- Peer mediation at Oak Valley
- Teachers teaching conflict resolution in classrooms
- Bully awareness and bully-proofing.
- Cyber-bullying education.

8. School attendance

**What we do:**

- Localized school attendance by Coordinator of Information and secretaries
- Home visits
- Formal Valley (School Attendance Review Board) SARB

**Needs:**

9. Non-school environments

**What we do:**

- Psychologist and counselor
- The Zone
- Home visits (by principal or law enforcement officer)
- Student Study Process (SST)
- People Helping People: office at Jonata
- YMCA after-school program at Oak Valley

**Needs:**

- Parenting education program
- Teacher nights

10. Relationship and sex education

**What we do:**

- 5<sup>th</sup> grade Human Growth and Development
- Health education in middle school

- Positive Prevention: HIV/AIDS instruction in 7<sup>th</sup> or 8<sup>th</sup> grade

11. Resistance to illegal substance

**What we do:**

- K-4 Too Good for Drugs Program
- Drug-Free Club at Jonata
- Red Ribbon Week
- People Helping People: Student Prevention Action Network

**Needs:**

12. Gender awareness

**What we do:**

- 5<sup>th</sup> grade Human Growth and Development
- Health education in middle school PE

**Needs:**

Need a diversity awareness and sensitivity program

## **HEALTHY LIFESTYLE CHOICES**

**Goal:** To educate our school community on the available resources to help them make healthy lifestyle choices.

**What we do:**

- Support and encourage Tobacco Use Prevention Education.
- Support and encourage Red Ribbon Week and community support programs such as SPAN.
- Encourage parents to take the Parent's Pledge against underage drinking, partnering with the Santa Ynez Valley Coalition to Promote Drug-Free Youth.
- Put on annual Food Day
- Maintain Water Hydration Station

**Needs:**

- Promote the "no TV/no video games" week
- Educate parents, staff and students on the need for adequate sleep.

**Measurability:** At the end of the school year, the Wellness Committee will review what has and has not been completed.