

Policy Component: Other School-Based Activities Designed to Promote Student Wellness

Sample Goals and Activities

Goal #1 **School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.**

Activities:

- 1.1 Provide opportunities for school staff to be more physically active.
- 1.2 Encourage school staff to develop healthy eating habits.
- 1.3 Staff will promote healthy eating, and physical activity, and will serve as role models.

Goal #2 **Families and the school community will be involved in wellness activities.**

Activities:

- 2.1 Develop an on-site community vegetable garden.
- 2.2 Involve the community in gardening and landscaping on school grounds.
- 2.3 Hold community meals featuring a variety of ethnic foods.
- 2.4 Sponsor community service projects encouraging physical activity.

Goal #3 **School Health Services will promote and participate in wellness activities.**

Activities:

- 3.1 Conduct teaching activities in the classroom to promote student health and wellness.
- 3.2 Develop current lists of community health resources for students and families.

Sample Goals and Activities

GOAL #1

School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Activities:

- 1.1 Provide opportunities for school staff to be more physically active.
- 1.2 Encourage school staff to develop healthy eating habits.
- 1.3 Staff will promote healthy eating and physical activity, and will serve as role models.

GOAL #1 School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Activity 1.1 Provide opportunities for school staff to be more physically active.		In place by	Responsibility
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Start an after-school walking club. 2. Sponsor on-site fitness classes. 3. Encourage teachers to join students in active recess activities to model lifelong fitness. 	<ul style="list-style-type: none"> • Staff will participate in physical activity and develop lifelong fitness habits. • Teachers will serve as positive role models for physical activity to students. 	<ul style="list-style-type: none"> • Sign-in sheets for participants. • Participant log of walking distances, exercise programs, and individual goals. • Number of participants who complete personal goals. 	
Activity 1.2 Encourage school staff to develop healthy eating habits.		In place by	Responsibility
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Stock healthy foods in employee lounge and vending areas. 2. Start a “new food of the month” program (e.g. employees take turns bringing in new fresh foods to taste: star fruit, Japanese radishes, pomegranates, green cauliflowers, etc.). 3. Provide training to staff on current nutrition trends and fads. 	<ul style="list-style-type: none"> • Staff will increase their consumption of healthy foods. • Staff will be cognizant of nutrition trends that are legitimate and those which should be avoided. 	<ul style="list-style-type: none"> • Vending machine offerings. • Staff survey of eating habits and changes towards healthier eating choices. • Number of trainings offered. 	

GOAL #1 School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Activity 1.3 Staff will promote healthy eating and physical activity and will serve as role models.	In place by	Responsibility

Steps	Expected Outcomes	Monitoring
<ol style="list-style-type: none"> 1. Train staff how to serve as role models for successful implementation of wellness programs. 2. Sponsor workshops on stress management and personal wellness. 3. Develop a wellness leadership team that includes student and staff representatives in each school. 4. Conduct a staff needs assessment on school employee lifestyles and habits. 5. Develop a school employee wellness action plan to support personal physical activity and healthy eating. 6. Plan activities to promote school wellness such as wellness fairs, school wellness newsletters, walking clubs, healthy eating week, and fitness bulletin boards. 7. Maintain a responsive employee assistance program (EAP). 8. Sponsor on-site smoking cessation classes, tobacco prevention classes and support groups. 	<ul style="list-style-type: none"> • Staff will serve as role models to promote healthy eating and physical activity. • Increase staff members’ ability to manage stress and personal wellness. • School-based wellness leadership teams are created. • Dissemination of information to support school employees’ healthy lifestyles and habits. • School employee wellness action plans to support wellness are developed. • Staff will be more informed to promote school wellness. • Staff will discontinue use of tobacco products. 	<ul style="list-style-type: none"> • Number of trainings conducted. • Post-event surveys. • Name, position, and email of school wellness leadership teams. • Copy of the needs assessment tool used and a summary of the results. • Copy of employee wellness action plan. • Description of how the specific action plan components are being implemented. • Number and type of activities. • Number of staff members participating in workshops and support groups. • Number of staff members using EAPs. • Number of staff who discontinue use of tobacco products.

Sample Goals and Activities

GOAL #2

Families and the school community will be involved in wellness activities.

Activities:

- 2.1 Develop an on-site community vegetable garden.
- 2.2 Involve the community in gardening and landscaping on school grounds.
- 2.3 Host community meals featuring a variety of ethnic foods.
- 2.4 Sponsor community service projects encouraging physical activity.

GOAL #2 Families and the school community will be involved in wellness activities.

Activity 2.1 Develop an on-site community vegetable garden.		In place by	Responsibility:
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Invite students, staff, and families to participate with the gardening. 2. Raise funds for gardening equipment, soil, and seeds. 3. Incorporate gardening into health, science, and physical education curricula. 	<ul style="list-style-type: none"> • Students, staff, and families will learn how to grow, harvest, and use fruits, vegetables, and herbs. • Funds will be raised to support gardens. • Families will include vegetables in their diets. 	<ul style="list-style-type: none"> • Gardening plan. • Funding secured. • Vegetables and gardening incorporated into curricula. 	
Activity 2.2 Involve the community in gardening and landscaping on school grounds.		In place by	Responsibility:
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Request donations from local hardware stores and garden centers for supplies. 2. Have families and community members participate in gardening and landscaping activities. 	<ul style="list-style-type: none"> • Community members will share in developing a living legacy for the school. 	<ul style="list-style-type: none"> • Landscaping plan. • Funding secured. • Daily logs of garden progress. 	
Activity 2.3 Host community meals featuring a variety of ethnic foods.		In place by	Responsibility:
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Invite families and staff to participate in meals. 2. Collaborate with PTO/PTA and school food service supervisors to promote and support meals. 	<ul style="list-style-type: none"> • The school family will share and celebrate their diverse cultures and the foods they prepare in their homes. 	<ul style="list-style-type: none"> • Holding meals. • List of foods offered. • List of participants. 	
Activity 2.4 Sponsor community service projects encouraging physical activity.		In place by	Responsibility:
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> 1. Hold fundraising walks or bicycle rides. 2. Sponsor community clean-ups. 3. Paint or create murals in community areas. 	<ul style="list-style-type: none"> • The community will share in projects to benefit the school, students, and their families' healthy lifestyles. 	<ul style="list-style-type: none"> • List of participants. • Individual logs of participants. • Amount of funding secured. 	

Sample Goals and Activities

GOAL #3

School Health Services will promote and participate in wellness activities.

Activities:

- 3.1 Conduct teaching activities in the classroom to promote student health and wellness.
- 3.2 Develop current lists of community health resources for students and families.

GOAL #3 School Health Services will promote and participate in wellness activities.

Activity 3.1 Conduct teaching activities in the classroom to promote student health and wellness.		In place by	Responsibility
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> School health staff will meet with instructional staff to develop classroom presentations about wellness. School health staff conducts classroom presentations on health, nutrition, communicable diseases, and wellness. 	<ul style="list-style-type: none"> School health services will become more visible to the student population. Increased awareness of wellness issues. 	<ul style="list-style-type: none"> Classroom presentations developed. Classroom presentations conducted. 	
Activity 3.2 Develop current lists of community health resources for students and families.		In place by	Responsibility
Steps	Expected Outcomes	Monitoring	
<ol style="list-style-type: none"> Develop list of local health care service such as, dental, mental health, and social services. Provide list to students, parents, and school staff. 	<ul style="list-style-type: none"> A list of health care services will be developed. Students and their families will have greater access to health services. 	<ul style="list-style-type: none"> Guides developed. Number and type of referrals issued. 	

Goals and Activities

WORKSHEET

GOAL: #1

Activity

- 1.1
- 1.2
- 1.3
- 1.4

GOAL: #2

Activity

- 2.1
- 2.2
- 2.3
- 2.4

GOAL: #3

Activity

- 3.1
- 3.2
- 3.3
- 3.4

GOAL: #4

Activity

- 4.1
- 4.2
- 4.3
- 4.4

Steps - Outcomes - Monitoring

WORKSHEET

<u>GOAL:</u>				
<u>Activity</u>			In place by	Responsibility
Steps		Expected Outcomes	Monitoring	
1.		•	•	
2.		•	•	
3.		•	•	
4.		•	•	
5.				
6.				