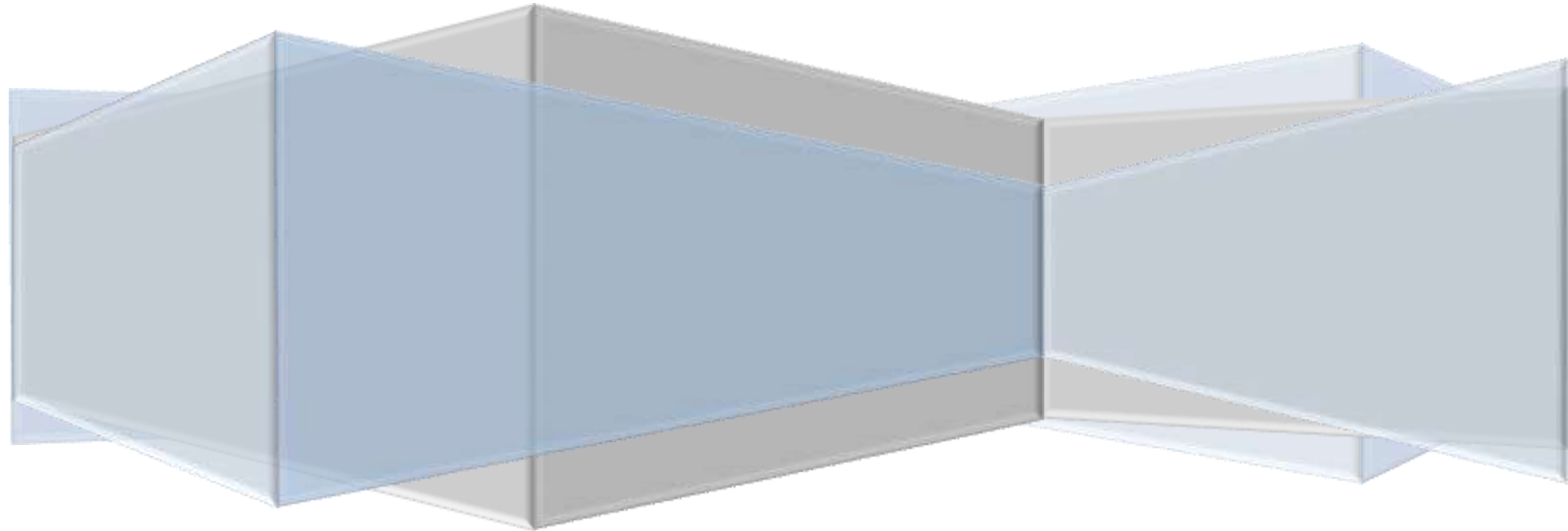


**ALEXANDER VALLEY UNION SCHOOL
DISTRICT**

School Wellness Plan



Alexander Valley Elementary School Wellness Plan

The Alexander Valley School District Board of Trustees recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity as outlined in the *Alexander Valley School LCAP Goal 3*.

LCAP Goal 3

In a joint partnership with parents and staff, students will remain engaged, present, and healthy in their day to day learning at school which will lead to an overall increase in student wellness, physical fitness, and attendance.

This Alexander Valley School Wellness Plan was created with mindful contributions from the following staff members: AVS Food Services Lead, AVS Physical Education Lead, Garden & Nutrition Lead, Alliance Health and Wellness Community Team Lead, Certificated Teacher, and District Administrator Lead.

The School Wellness Committee is advisory committee that meets at least quarterly to review plan implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness plan will be reviewed annually, and recommendations for changes will be discussed.

The plan has six major components which include Physical Education, Physical Activities, Health Education, Nutrition Education, Nutrition and Wellness Promotion in the School Environment, and Employee Wellness.

The plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

This School Wellness Plan also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, AVS shall strive to accomplish the following physical activity and nutrition education.

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.

Activities and Evidence

1. AVS will follow the K-6 California Core Standards for Primary/Intermediate Physical Education by having each student participate in physical education class three times per week.
2. Lesson plans are established to reflect activities.
3. Assessing student's level of activity in grade 5 at least one time a year by using the Fitness Pacer Test.
4. Students will engage in the *Monday Miracle Mile* Activity on Monday's where students are encouraged try to beat their best time.
5. "26.2 & You" Running Club will continue to engage runners at all grade levels.

2. Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. AVS shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities and Evidence

1. Each student shall engage in light to vigorous activity on non-rainy days, during their structured 60 minutes of daily recess time. The school shall provide space and equipment to make the activity possible and appealing to the students. The arrangements must fit within the limits of our building and staff. Sports equipment shall be available for all students, as well as structured games led at times by supervision yard duty. Play structures shall be maintained with weekly safety checks and mulch sufficiently in place around fall zones.
2. When possible, physical activity will be integrated into learning activities, such as Take 10, Brain Breaks, Gonoodle.com, Just Dance, Kidz Bop, movement learning, yoga, exercise balls, etc.
3. Spring Run Club
4. Girls on the Run
5. Intermural Sports at Lunch
6. Run Club Recess
7. Lunchtime games
8. Extra credit for off school hours running
9. Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Activities and Evidence

1. 5th grade Health Free To Be Program, My Life Curriculum
 - Recognizing the importance of positive self-esteem
 - Identifying universal values that guide healthy decision making
 - Understanding how media can influence personal identity and decision making
 - Learning the characteristics of healthy and unhealthy relationships
 - Recognizing bullying and knowing how to get help
 - Recognizing risk behaviors and how to avoid them
 - Developing understanding of social media safety
2. Weekly Mindfulness Activities: emphasis on Pro-Kindness Empathy Building Tools
3. All Staff CPR certified- Summer of 2022
4. Garden-Food Literacy Program
5. New Greenhouse install Summer of 2018
6. New Student Recycling/Sustainability Center installed Summer 2019
7. Farm to Pantry Program
8. Modeling and promoting healthy eating practice
9. Kitchen offering seconds on healthy food delivered to student seating areas.
10. Parents have the opportunity to volunteer on various committees designed to inform AVS on health and wellness practices.
11. AVSPC supports wellness efforts through fundraisers, events, and financial support.
12. Parent Survey data on student climate and overall wellness of the school.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

Activities and Evidence

1. By following California Core Standards for Primary/Intermediate Health Education.
2. Garden and Nutrition Instructional minutes of 60 minutes per week in the outdoor learning center. Program centered around dietary planning, sustainability, and healthy living habits. Program also integrates Next Gen Science Standards and California History/Social Science Standards through Project Based Learning Modalities.
3. Planned (rotating) 4-week food school menu for the year.
4. Menus are posted on the school website, school mobile app, and sent home with students.

5. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. We are a campus free from food and beverage vending machines accessible to students and staff on school campus. Foods of minimal nutritional value shall not be sold to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally. Staff are encouraged to serve as nutrition role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

Activities and Evidence

1. Parents are encouraged to send healthy snacks and lunches for their children.
2. Soft drinks and caffeine enhanced drinks are not recommended to be consumed by students during the school day.
3. Visual aides are used in the hallways and cafeteria to promote nutrition and wellness.
4. Staff meetings scheduled throughout the school year to help identify additional items of evidence on best practices for student health and wellness.

6. Employee Wellness

Health and wellness shall be promoted to and promoted by district employees. The district shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well-being.

Activities and Evidence

1. CPR training has been historically offered every two to three years for staff.
2. Sunshine committee brings celebrations through staff "get together" opportunities off campus.
3. School Nurse provides blood pressure, weight monitor as needed per request.
4. Frequent staff meetings held with "Appreciations" as a stand in agenda item.
5. Staff are encouraged to maintain a nice balance between their work life with their home life.
6. Maintenance employee assisting with campus beautification
7. Over 25 volunteers at the school volunteering weekly with students.