

DISTRICT WELLNESS PLAN

POINT ARENA JOINT UNION HIGH SCHOOL DISTRICT

ARENA UNION ELEMENTARY SCHOOL DISTRICT

The Point Arena Schools District Governing Board is committed to providing a safe and healthy environment for students and staff, and will endeavor to collaborate with all stakeholders to accomplish the following:

1. Family, School and Community Involvement
Goal: The goal of family, school and community within a coordinated approach is to create a total school environment that promotes student health and supports academic achievement through effective partnerships among families, schools and communities.
Actions: <ul style="list-style-type: none"> • Review the wellness plan with School Site Council, ELAC, NAEAC, mental health support staff, outside agencies, food services manager, school nurse, site staff and school board at least biannually. • Review site policies regarding classroom parties, celebrations, etc. with staff and parents annually. • Review school menus and nutrition content with Food Services Manager annually. • Share school menus with parents via principal’s newsletter, school websites and daily bulletins. • Coordinate with Healthy Families Outreach Worker to maximize the number of eligible students receiving Medi-Cal services, free/reduced price meals and assistance from CalFresh (California food stamps program). • In cooperation with Americorp and <i>Project Sanctuary</i>, investigate domestic violence remedies to support students and their families.

2. Nutrition
Goal: The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure adoption of school policies which provide adequate opportunities to be able to encourage and support healthy eating by students.
Actions: <ul style="list-style-type: none"> • Only bottled water may be sold in school vending machines. Food items may not be sold. • Food and beverages sold during the school day (high school only) shall minimally meet California regulations. • Special celebrations involving food items will not occur more than four times per year, and food alternatives will be available for students who have known food restrictions.

- School lunches adhere to all mandated standards, and lunch servers will actively monitor student choices to include fresh fruits and vegetables.
- Nutrition is addressed both formally and informally in classroom settings as appropriate for the age of the students.
- Students will have access to free, safe drinking water at all district facilities.

3. Physical Activity	
Goal:	The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.
Actions:	<ul style="list-style-type: none"> • K-8 students have two recesses per day; one in the morning, and one at lunch. • High school students have two breaks per day where they may be outdoors. • Students have periodic student activities that involve games and play as organized by staff. • Students in middle and high school have access to organized after school athletic teams. • The importance and benefits of regular physical activity are addressed both formally and informally in classroom settings as appropriate for the age of the students. • School sites will investigate providing lunchtime activities such as <i>Zumba</i>, <i>Yoga</i> and organized intramural sports.

4. Physical Education	
Goal:	To provide students with physical education using appropriate practices to assure that all students are able to learn and develop the skills, knowledge and attitudes necessary to be physically active now and as adults.
Actions:	<ul style="list-style-type: none"> • Students receive a planned, sequential physical education curriculum that is aligned to the California Standards for Physical Education and the President’s Physical Fitness standards. • Grades K-8 participate in an organized physical education class a minimum of 200 minutes every 2 weeks. • Grades 6-8 participate in an organized physical education class 45 minutes per day 4 days per week. • Grades 9-12 will have access to regular physical education classes for a minimum of 400 minutes every two weeks; students must take a minimum of 20 credits (4 semesters) of physical education. • The President’s Physical Fitness tests is given to the required grade level students annually (5th, 7th, 9th) and results discussed with students.

5. Health Education	
Goal:	The goal of a comprehensive health education curriculum within a coordinated school health approach is to provide opportunities for students to acquire life skills in order to attain personal, family, community, consumer and environmental health.
Actions:	<ul style="list-style-type: none"> • Students in Grade 9 receive a planned, sequential health education curriculum that addresses

the physical, mental, emotional and social dimensions of health; aligned to the California content standards for high school Health Education. High School students must pass Health to graduate.

- K-8 students are provided health lessons in the 7th grade science curriculum, study skills classes, and within cross-curricular lessons in ELA, history and physical education.
- High School and Middle School students receive instruction about HIV and related issues, drug, alcohol and tobacco abuse and human reproductive health within the required health curriculum.
- Parents are given the option to exempt their child from the portion of the health curriculum that addresses human sexuality and related topics.
- School sites will hold a Health Fair annually with assistance from Americorp workers.

6. Healthy and Safe Environment

Goal: The goal of a healthy and safe environment is to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that supports academic achievement and personal wellbeing.

Actions:

- Each school has a school safety plan that includes prevention, policies and procedures and tactical emergency response plans that focus on supporting healthy and safe environments.
- Each district site is monitored regularly for current safety standards and fire codes for grounds, structures, busses and equipment.
- School sites provide safety procedures and appropriate training for students, staff and parents that support personal safety and a violence/harassment-free environment (OSHA, child abuse, suicide prevention, bullying, lock-down, etc.).
- Each school provides at least the minimum number of required fire, earthquake and lockdown drills annually, and reviews and adjusts the process as necessary following each drill.
- High school athletes are required to participate in mandatory random drug testing per board policy.
- All district properties are tobacco-free.

7. Social and Emotional Well-being and Health Services

Goal: The goal of social and emotional well-being is to collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student physical and mental health.

Actions:

- Schools use the RTI Blended model for addressing the needs of at-risk students.
- K-8 students receive social skills training and small group emotional or issue-specific support as needed provided by a pupil personnel services counselor, on-campus Marriage Family Therapist and Mendocino County Youth Project (MCYP) Youth Workers.
- High School students receive individual and/or family counseling and small group support as needed by an on-campus, licensed Marriage Family Therapist (MFT) and MCYP Youth Workers.
- Students have access to a collaboratively managed Teen Center, to include medical attention, prevention classes and small group counseling.
- Students have access to academic intervention through organized intervention classes, study

skills courses and/or Academic Tutorial.

- In coordination with MCYP and site counselors, school sites provide instruction regarding the board adopted bullying policies and resources available if a student or staff member is feeling bullied.
- School sites have comprehensive discipline plans that provide guidance and consequences for students who are exhibiting behaviors that could impact the safety of other students and/or staff.
- All student athletes are required to participate in a mandatory random drug testing program.
- The high school offers a Peer Counseling class and peer conflict mediation program, and will pursue adding a cross-aged peer mentoring program with K-8 students.
- All 9th graders receive the Freshman Survivor curriculum via the campus MFT and MCYP.
- A part-time school nurse provides required services related to vision and hearing testing, immunizations, hygiene education, informal health issues counseling, staff TB testing, CPR/Epi-pen certification and IEP services.
- Schools will periodically provide motivational assemblies and guest speakers.

8. Staff Wellness

Goal: The goal of staff wellness is to promote the physical, emotional and mental health of employees as well as to prevent disease and disability by providing opportunities for staff to learn and practice skills to make personal decisions about health-enhancing daily habits.

Actions:

- The District actively participates in Staywell and related activities, and employs a Staywell Health Advocate as liaison between the Staywell Committee and all staff.
- Employees are encouraged to complete a Blue Shield wellness assessment annually.
- The Staywell Advocate coordinates all Blue Shield-sponsored preventative health incentive programs (Daily Challenge, Walkadoo, etc.) and provides information related to the benefits of exercise, stress management and nutrition via a quarterly newsletter.
- Employees may have access to gym and weight room facilities for personal fitness use.
- After-school classes for employees in *Zumba* and Yoga may be offered.
- Employees will be encouraged to talk about stress-related issues with peers and/or administrators.
- Staff will have access to free, safe drinking water at all district facilities.

Board Adopted: October 16, 2013

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