

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
<p>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.</p>
<p>Actions:</p> <ul style="list-style-type: none"> • Review the Wellness Plan with School Site Councils, DELAC, NAEAC, mental health support staff, outside agencies, Mendonoma Health Alliance (MHA), food services manager, school nurse, site staff and school board at least annually. • 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 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 Project Sanctuary, investigate domestic violence remedies to support students and their families. • Coordinate with MHA when families are experiencing health or family crisis that cause a disruption in their student’s learning environment. Examples: <ul style="list-style-type: none"> ➤ Financial crisis that causes the student to be unfocused due to a lack of food or appropriate clothing. ➤ A health crisis that causes a student to be chronically absent. ➤ If a teacher or staff member notices that a student or a student’s parent(s) are struggling to manage a chronic health issue. • In cooperation with Sonoma County Indian Health Project (SCIHP), offer Mental Health Services to Native youth at their satellite clinic.

2. Nutrition
<p>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.</p>
<p>Actions:</p> <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. • Fresh produce from School gardens and local farmers will be served as often as possible.

- Schoolwide 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. (individual teachers, at their discretion, may have classroom parties)
- 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.
- School counselor coordinates with MCOE for weekly food delivery for students in need during the school year and Mendonoma Health Alliance coordinates food delivery during the summer months which will include produce from local farms and markets.
- Smart Snacks (A La Carte food items sold outside of a reimbursable meal) are not sold at Arena Union Elementary.
- Smart Snacks (A La Carte food items sold outside of a reimbursable meal) are sold at Point Arena High. Smart Snacks are served during breakfast and lunch meal service times where a student may choose an a la carte item to purchase. All Smart Snacks meet the nutrition standards, and are a compliant food item. The district does not sell non-packaged, recipe smart snacks, or accompaniments. The Food Service Director reviews all Smart Snack items and service to ensure compliance with Federal and State requirements.

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:

- 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.
- Arena Elementary enforces their Electronic Device Policy which states: *Electronic media devices may not be seen, heard or used during instructional hours (7:50- 3:15) which includes: lunch, passing periods, during class and restroom breaks. Electronic devices allowed when 1) instructed and granted permission by a teacher and 2) Using their device for educational purposes.*
- School sites will investigate providing coordinated lunchtime activities.
- Install an obstacle course for Middle School students. Seek funding from Arena Site Council and Arena Boosters Club. District will match funds.

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:

- 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; all Freshmen are required to take PE/Health and students must additionally take a minimum of 10 credits (2 semesters) of physical education and/or High School Team sports (2.5 credits for each completed season on a team).
- The President's Physical Fitness tests are given to students in 5th, 7th and 9th grades annually in the Spring 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:

- Students in Grade 9 receive a planned, sequential health education curriculum (Fitness for Life) 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.
- On an annual basis, MHA can integrate with school site to offer two types of health education:
 - infectious diseases (the types, how they are spread and how to remain safe).
 - Substance abuse (effect on the mind, body and quality of life and resources for addiction treatment).
- Parents are given the option to exempt their child from the portion of the health curriculum that addresses human sexuality and related topics.
- MHA will host the annual all-schools Health Fair and invite community health organizations and providers. Information on Lyme disease will be included.

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 support 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, Circles training, restorative resources, 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 students participating in extracurricular activities are required to participate in mandatory random drug testing per board policy.
- All district properties are tobacco, alcohol, drug 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 *Response To Intervention (RTI)* and *Positive Behavior Interventions and Supports (PBIS)* 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 a SCIHP mental health provider for Native students.
- 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 a SCIHP mental health provider at the Tribal Clinic for Native students (transportation to clinic can be arranged).
- 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 After School Tutoring.
- 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 high school students in extracurricular activities are required to participate in a mandatory random drug testing program.
- 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 (Mendocino County Schools Districts Health Plan), which includes Staywell Representatives as liaisons between the Staywell Committee and all staff.
- Employees are encouraged to complete a Blue Shield wellness assessment annually.
- The Staywell Reps provides information related to the benefits of exercise, stress management and nutrition via a quarterly newsletter.
- Blue Shield health coverage includes Tele-doc services.
- Employees may have access to gym and weight room facilities for personal fitness use.
- 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.
- MHA will provide semi-annual cholesterol and blood pressure screenings to all District staff (beginning and end of school year). These free screenings will give staff a snapshot surveillance of their overall health. Staff with results that are considered out of range will be provided with health education materials, will receive assistance with establishing follow-up testing/care with a physician, and further support from MHA in self-management of any diagnosis.
- MHA may provide health education presentations/forums to all District staff during designated dates/times that are agreed upon by MHA and the District. Sessions will be 30-60 minutes long with an opportunity for Q & A.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#) (PDF), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

2. fax: 202-690-7442; or

3. email: program.intake@usda.gov

This institution is an equal opportunity provider.