

**GOAL 3:** Wellness for students, families, and staff shall be promoted at suitable school events.

**Objective 1:** The District will provide recommendations and resources for wellness promotion at school events.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• The District will provide recommendations and resources for wellness promotion at school events and will posted on the SHAC webpage.</li> <li>• The District will provide recommendations for how to include wellness promotion at campus events when appropriate.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Current wellness promotion resources</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Wellness Promotion Resources</li> <li>• Recommendations for including wellness promotion at campus events</li> <li>• Web access</li> <li>• District Equipment (Heart Course, Blender Bike, DrumFit)</li> <li>• Student Wellness Coordinator</li> <li>• Examples of suitable events</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> </ul>

**Objective 2:** Campuses shall provide multiple opportunities throughout the school year where students and families can receive health and wellness information.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• The Campus Wellness Committee will work with school staff to determine what health and wellness information could be shared with students and families at different campus events.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff has access to health and wellness information</li> <li>• Health and wellness information</li> <li>• Health and wellness vendors and service information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> <li>• Staff attrition</li> </ul>

**Objective 3:** Campuses shall promote and encourage staff to engage in the wellness offerings provided by the District.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Campus will encourage staff to participate in at least one district staff</li> </ul>	<p>Baseline or benchmark data points:</p>

<p>health and wellness event per school year.</p> <ul style="list-style-type: none"> <li>• Campus will communicate to staff through flyers, e-mails and daily announcements, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Flyers</li> <li>• District staff wellness event information</li> <li>• Staff Wellness Promotions Coordinators</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> <li>• Staff attrition</li> </ul>
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**Objective 4:** The District will ensure that at each athletic event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one healthy food and beverage choice.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• Child Nutrition will provide a list of healthy foods and beverage choices to PTO/PTA and Booster Club Sponsors. The Child Nutrition Department will provide all district staff that sell concessions with a list of healthy foods and beverage choices.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Current list of what is sold at athletic events</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• List of healthy foods and beverages</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> </ul>

**Objective 5:** All classroom or campus celebrations will be encouraged to include at least one healthy choice item.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• The campus principal will encourage staff and parents to include at least one healthy choice food and/or beverage on the menu when planning classroom or campus celebrations.</li> <li>• Campus administrators will ensure that birthday and/or school celebrations will not occur in the cafeteria during meal serving time. Such events may only take place one hour before the start of lunch or one hour after the end of lunch.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> <li>• Current list of what foods and beverages typically included in classroom and campus celebrations</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• List of healthy snacks and beverages</li> <li>• District Website</li> </ul> <p>Obstacles:</p>

<ul style="list-style-type: none"><li>• Child Nutrition will provide a list of suggestions that are Smart Snack compliant on the district webpage.</li></ul>	<ul style="list-style-type: none"><li>• Access to resources</li></ul>
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