

Elementary School Name: Jefferson

School Improvement Plan Growth Goals
2019-2020

Please note: These are sample goals to be used in conjunction with the binder. The Wellness Binder should hold the documentation (e.g., agendas, sign in sheets, etc.). Wellness Plans and corresponding documentation should be kept for three years.

District Intended Wellness Outcomes:

Increase the number of wellness strategies implemented district-wide by 2%.

School Wellness Goal Samples: (Please select at least one goal)

- Increase access to physical activity by offering 15 minutes of activity in addition to scheduled PE time during the school day. Students get a 15 minutes recess a day.

Strategy(ies) (add AQUESTT Tenets/AdvancEd after each strategy):

Nutrition Standards

- Compliance with required Smart Snack guidelines (no food sold from midnight to 30 minutes after dismissal that does not meet the Smart Snack requirement, food label entry into www.healthiergeneration.org/calculator to determine Smart Snack compliance)
- No food or beverages sold from midnight to 30 minutes after dismissal on a school day unless the food or beverage sold meets the requirement food label entry in www.healthiergeneration.org/calculator used to determine Smart Snack compliance

Nutrition Education:

- Provide reminders about the benefits of increasing water consumption. We have 2 water stations in our building that students and staff use to fill up their water bottles throughout the day.
- Offer fruit as an alternative to carbohydrate snacks as a treat or snack. We have the Fresh Fruit and Veggie program twice a week that the students get to try a different fruit and veggie.
- Provide recommended list of healthy snack choices to students, staff, parents, and administrators. We send home a nutrition connection newsletter and a menu's that provide recipes and healthy snack ideas for families.
- Discuss alternative food choices that will assist in enjoying celebrations without interfering with healthy eating. We have a no treat policy at Jefferson instead of treats the students have the option to purchase a game for the classroom.

Physical Activity:

- Provide extra gym/recess time as a reward for good attendance
- Offer recess before lunch
- Establish walking groups for staff and/or students. We offer a walking club for students and staff every morning from 815-830.
- PE Teacher provides instruction to school staff on games that include physical activity and can be used with students inside or outside in addition to PE time
- Allow students time for movement throughout the day (e.g., brain breaks)

School Based Activities that Relate to Nutrition and Physical Activity (i.e., General Wellness):

- Promote health and wellness messages in school communications (e.g., school newsletter, website, etc.)
- Avoid scheduling clubs or activities during lunch so students and staff members can enjoy a relaxing lunch

Success Criteria: <ul style="list-style-type: none">▪ Increase number of participants in the school's identified wellness activity▪ Increase number of wellness activities offered to students and/or staff members during the school year	Monitoring Progress: (Documentation should be kept in the Wellness Binder) <ul style="list-style-type: none">▪ Agendas, sign in sheets, and meeting minutes from school wellness committee meetings▪ Wellness Activity Documentation (e.g., number of staff members who participated in a staff meeting in discussion of a wellness topic.)
Monitor and Adjust: Monthly check	