

DO YOUR  
PART....

... GET  
INVOLVED

... MAKE A  
DIFFERENCE:

- Utilize healthy food or non-food items for fundraising
- Offer nutritious foods for student rewards
- Support the district's nutrition education policy by providing healthy snacks for classroom parties
- Hold class parties and celebrations after lunch
- Create & model a healthier lifestyle: eat better, drink more water, & get more exercise
- Get involved with the District Wellness Committee



# SVUSD

## Wellness Plan

**Vision:** The District supports the link between student health and learning and will provide a comprehensive program promoting healthy eating and physical activity for all students.

**Mission Statement:** The Superintendent or designee shall coordinate and align district efforts to support student wellness through: 1) health and physical education activities; 2) health, nutrition, psychological and counseling services; and 3) a safe and healthy school environment.

Here's what we've accomplished over the past five years:

### Health Education

- ◆ New Physical education curriculum (SPARK)
- ◆ Physical Education Professional Development for Elementary Teachers
- ◆ Schoolyard Habitat Grant and School Gardens

### Physical Education

- ◆ New & Improved Weight Room at Etna High School
- ◆ Walk and Bike to School Days
- ◆ Climbing Walls at Elementary Schools
- ◆ Elementary Field Trips including Hiking and Skiing
- ◆ Installed Physical Activity Courses at Etna and Fort Jones Elem.
- ◆ Fitness Fridays at Fort Jones Elementary
- ◆ Sponsored Partnerships for Events i.e. Turkey Trot, Marathon, and Sports Equipment Swap

### Health, Psychological and Counseling Services

- ◆ PBIS Training for Elementary Teachers (Behavior Intervention)
- ◆ Partnering with organizations for counseling (Remi Vista) and dental screenings (Anav)
- ◆ Hydration Station at FJES and plans for more units in other schools
- ◆ Stainless water bottles for all students and staff

### Nutrition Services

- ◆ Providing After School Meal
- ◆ Harvest of the Month
- ◆ Implemented New Nutritional Guidelines

### Safe & Healthy Schools

- ◆ Improved Fall Zones in playgrounds
- ◆ New Playground Equipment Elementary and Preschools