

BUELLTON UNION SCHOOL DISTRICT

WELLNESS PLAN: Statement of Goals and Objectives

1. **VISION STATEMENT:** Working together as innovative leaders, we will improve the physical health and mental well-being of the students, teachers, staff and parents in our educational community.

2. **GOALS AND OBJECTIVES:**
 - a. **HEALTH EDUCATION:**
 - (a) **Goal:** To provide healthy lifestyle education to the students of the Buellton Union School District through classes and programs including: PE, science, the food service program, DARE (Drug Abuse Resistance Education), SPAN (Student Prevention Action Network), Rachel's Challenge, and Project Wisdom.
 - (b) **Activities:**
 - a. Review State Content Standards and compare to what is currently being taught.
 - b. Determine areas where more instruction is needed.
 - c. Implement instruction.
 - d. Institute Parental Education component and encourage parental involvement.
 - (c) **Measurability:** Teachers and administration complete chart noting how each of the six health content areas was addressed.
 - (d) **Area for Improvement:** Following State standards for health education for grades K – 3 at Oak Valley.

 - b. **PHYSICAL EDUCATION:**
 - (a) **Goal:** To provide physical activities and information that builds interest and proficiency in movement skills and encourages life-long fitness.
 - (b) **Activities:**
 - (c) **Measurability:** Measured by fitnessgram in grades 5 and 7. Students will also learn to track their progress by time of mile run and number of push-ups and sit-ups they can perform.
 - (d) **Area for Improvement:** Following State standards for physical education for grades K – 3 at Oak Valley.

 - c. **FOOD SERVICES/NUTRITION:**
 - (a) **Goal:** To promote and offer healthy foods and beverages and to empower our educational community to make sound nutritional choices.
 1. **Objective:** To offer low-fat and non-fat (unflavored) milk and water (with filtered water dispensers) as beverages for school lunch program by fall 2012.
 2. **Objective:** To eliminate flavored milk prior to school year 2012-2013.

3. **Objective:** To provide fresh kitchen-prepared meals, in accordance with State guidelines, that are appealing, attractive and healthy for children by fall 2013.
4. **Objective:** To promote the availability of free or reduced price meals to all children who qualify based on application and approval by Fall 2013.
 - a. Measured By: An increase in the number of application forms submitted in the fall 2012.
5. **Objective:** To explore nontraditional methods for serving school meals, such as classroom breakfast, by fall 2012.
6. **Objective:** To pilot a new “recess then lunch” meal program by fall 2012.
 - a. Measured By: Teacher feedback indicating a difference in students’ school performance
7. **Objective:** To educate students, teachers, staff and parents about the benefits of using primarily healthy foods for snacks, rewards, celebrations and fundraisers by Fall 2012.
 - a. Measured By: Initiating an Orfalea “Chef’s Day;” showing the “Bag It” movie on recycling
8. **Objective:** To redesign and renovate the school kitchens to accommodate the preparation and service of fresh foods, including hot meals in both school and a salad bar at Jonata Middle School by fall 2013.
9. **Objective:** To pursue immediately and on an ongoing basis all opportunities to raise the necessary funds for the kitchen renovation projects, including but not limited to the application for grant funds (through the Orfalea Foundation and other funding sources) and the passage of a school bond measure.
10. **Objective:** To develop an organic garden which can provide a hands-on educational experience for the students and produce for the kitchens.
11. **Objective:** In conjunction with the Buellton Parks and Recreation Department, to organize a farmer’s market on campus or nearby (Oak Park, side street) or use a Community Sustained Agriculture (CSA) local resource, where fresh fruits and vegetables are sold to students, parents, staff and the community.

d. EMOTIONAL WELL-BEING:

- (a) **Goal:** To promote the social and emotional well-being of our students in order to maximize their learning potential.
- (b) **Important factors which can influence the emotional well-being of students include:**
 1. A warm, friendly and concerned staff.
 - a. **Currently implemented:**
 - i. Personnel screening

- ii. Phone calls home—student recognition
 - iii. Student of the week—Principal’s luncheon
 - iv. Project Wisdom
 - b. **Areas of improvement:**
 - i. Meet & greet students
- 2. **A clear and reasonable code of conduct.**
 - a. **Currently implemented:**
 - i. This is spelled out in the student progressive handbook as well as disciplinary notifications.
 - ii. Formal detentions
 - iii. Best Practices (Oak Leaf) Program
 - b. **Areas of improvement:**
- 3. **Behavioral interventions.**
 - a. **Currently implemented:**
 - i. Individual behavioral interventions through our counselor and psychologist.
 - ii. CPI (restraint without hurting) training for staff
 - iii. Seeing Success
 - iv. Project Wisdom
 - b. **Areas of improvement:**
 - i. Need a three-tier Response to Intervention (RTI) approach to behavioral issues
 - ii. Need more staff training regarding behavioral interventions
 - iii. Need more training on and enforcement of technology etiquette
- 4. **Social interventions.**
 - a. **Currently implemented:**
 - i. Social stories via speech & psychologist
 - ii. Rachel’s Challenge: peer mediation
 - iii. People Helping People PHP after-school program
 - iv. Individual counseling
 - v. The Zone
 - vi. Seeking Success
 - vii. Project Wisdom
 - viii. Sports program
 - b. **Areas of improvement:**
- 5. **Emotional interventions.**
 - a. **Currently implemented:**

- i. Teacher, principal, counselor and psychologist group and individual counseling
 - ii. People Helping People (PHP) after-school program
 - iii. Individual counseling
 - iv. The Zone
 - v. Seeking Wisdom
 - vi. Project Wisdom
 - b. Areas of improvement:**
 - i. Body image/body acceptance program
 - ii. Healthy weight loss/eating problems
 - iii. Self-esteem issues
- 6. Academic support and interventions.**
- a. Currently implemented:**
 - i. Read 180
 - ii. Response to Intervention
 - iii. Math Minutes
 - iv. After-school homework club and tutorials
 - v. Detention
 - vi. People Helping People (PHP) after-school program
 - vii. Study Corner
 - viii. Rocket Math
 - ix. Math Re-teaching (OV)
 - x. YMCA after-school program
 - b. Areas of improvement:**
 - i. Math Re-teaching (Jonata)
- 7. Peer mediation for conflict resolution.**
- a. Currently implemented:**
 - i. Peer mediation at Jonata
 - b. Areas of improvement:**
 - i. Peer mediation at Oak Valley
 - ii. Teachers teaching conflict resolution in classrooms
- 8. Bully awareness and bully-proofing.**
- a. Currently implemented:**
 - i. Rachel's Challenge at Jonata
 - ii. Museum of Tolerance field trip
 - iii. Seeking Success
 - iv. Project Wisdom
 - v. Bully-Proof by Brian Jordan of South Coast Karate
 - b. Areas of improvement:**
 - i. Cyber-bullying

9. School attendance.

a. Currently implemented:

- i. Localized school attendance by Coordinator of Information, secretaries, Community Resource Officer
- ii. Home visits

b. Areas of improvement:

- i. Need formal Valley (School Attendance Review Board) SARB

10. Non-school environments.

a. Currently implemented:

- i. Psychologist and counselor
- ii. Seeking Success
- iii. People Helping People after-school program
- iv. The Zone
- v. Home visits (by principal or law enforcement officer)
- vi. Student Study Process (SST)
- vii. People Helping People: office at Jonata
- viii. Home visits
- ix. YMCA after-school program

b. Areas of improvement:

- i. Need parenting education program
- ii. Teacher nights

11. Relationship and sex education.

a. Currently implemented:

- i. 5th grade Human Growth and Development
- ii. Health education in middle school
- iii. Positive Prevention: HIV/AIDS instruction in 7th or 8th grade

12. Resistance to illegal substance.

a. Currently implemented:

- i. DARE at 5th grade and "Keeping It Real" in middle school
- ii. K-4 Too Good for Drugs Program
- iii. Drug-Free Club at Jonata
- iv. Red Ribbon Week

b. Areas of improvement:

- i. People Helping People: Student Prevention Action Network (SPAN)

13. Gender awareness.

a. Currently implemented:

- i. 5th grade Human Growth and Development

ii. Health education in middle school PE

b. **Areas of improvement:**

i. Need a diversity awareness and sensitivity program

e. **HEALTHY LIFESTYLE CHOICES:**

(a) **Goal:** To educate our school community on the available resources to help them make healthy lifestyle choices.

(b) **Activities:**

1. We will support Tobacco Use Prevention Education.
2. We will support and encourage Red Ribbon Week and community support programs such as DARE and SPAN.
3. We will encourage parents to take the Parent's Pledge against underage drinking, partnering with the Santa Ynez Valley Coalition to Promote Drug-Free Youth.
4. We will promote the "no TV/no video games" week.
5. We will educate parents, staff and students on the need for adequate sleep.

(c) **Measurability:** At the end of the school year, the Wellness Committee will review what has and has not been completed.