



# CVESD Wellness Goals

Triennial (July 2017 – June 2020)



**LCAP Goal #1: The District will improve and increase access to services for students and families that support social, emotional, physical wellness, and school success.**

**LCAP Actions & Services: Monitor District-wide and school level implementation of Wellness Policy. Establish partnerships with universities and community-based organizations to provide additional services.**

Policy Area	Topic	Goals	Status	
Nutrition Education Standards for USDA Meals Nutrition Standards for Competitive and Other Foods & Beverages Physical Education and Physical Activity Wellness Promotion & Marketing Implementation, Evaluation, & Communication	Site Wellness Lead (SWL) Program	By August 2020, each school will identify a Site Wellness Lead	'17-'18	<ul style="list-style-type: none"> <li>BP 5030 (Wellness Policy) adopted including language that all sites will identify an SWL by August 2020</li> <li>25 out of 46 schools identified an SWL</li> </ul>
			'18-'19	<ul style="list-style-type: none"> <li>28 out of 46 schools identified an SWL</li> </ul>
			'19-'20	<ul style="list-style-type: none"> <li>36 out of 46 schools identified an SWL</li> </ul>
Wellness Promotion & Marketing	Staff Wellness	Develop a toolkit for sites to use to increase staff wellness measures	'17-'18	
			'18-'19	<ul style="list-style-type: none"> <li>Toolkit Subcommittee created</li> <li>Completed Wellness Toolkit</li> </ul>
			'19-'20	<ul style="list-style-type: none"> <li>Trained Site Wellness Leads on utilizing the toolkit</li> </ul>



				<ul style="list-style-type: none"> <li>Distributed toolkit to all sites</li> </ul>
Implementation, Evaluation, & Communication	CVESD Website	Update CVESD website	'17-'18	
			'18-'19	<ul style="list-style-type: none"> <li>Added Wellness Committee meeting dates to CVESD website</li> <li>Website Subcommittee created to recommend new structure and information to be placed on Wellness section of CVESD website</li> </ul>
			'19-'20	<ul style="list-style-type: none"> <li>Restructured Wellness section of CVESD website to streamline content</li> </ul>
Nutrition Education Physical Education and Physical Activity	BMI Project	Support for "orange" schools	'17-'18	<ul style="list-style-type: none"> <li>Heather Cruz requested meetings with all "orange" schools (principals, RT's) to discuss opportunities for support</li> <li>Set up quarterly visits to Los Altos, Rice, &amp; Rohr to observe classroom teachers conducting physical education</li> <li>Connected Feaster with Olivewood Gardens for nutrition education support</li> <li>Offered support of NEOP Specialist</li> </ul>
			'18-'19	
			'19-'20	
Wellness Promotion & Marketing	Wellness Champion Award	Develop/Implement Wellness Champion Award	'17-'18	
			'18-'19	<ul style="list-style-type: none"> <li>Developed nomination and evaluation form for award</li> <li>Received 10 nominations (individual and school)</li> <li>Selected and recognized 2 individuals and 1 school</li> </ul>
			'19-'20	<ul style="list-style-type: none"> <li>Developed online nomination form</li> <li>Received 63 nominations (individual and school)</li> <li>Selected and recognized 1 individual, 1 school, and 5 finalists</li> </ul>
		Wellness Policy Brochure	'17-'18	<ul style="list-style-type: none"> <li>Principals informed of changes at District Leadership Meeting</li> </ul>



Implementation, Evaluation, & Communication	Wellness Policy (BP 5030) Revision			<ul style="list-style-type: none"> <li>• Emailed principals copy of new policy</li> <li>• Created tri-fold brochure for parents</li> </ul>
			'18-'19	<ul style="list-style-type: none"> <li>• Conducted Healthy Schools Program Assessment (41 out of 46 schools)</li> <li>• Completed on-site observations of wellness policy implementation with Harder &amp; Associates</li> </ul>
			'19-'20	<ul style="list-style-type: none"> <li>• Strategies &amp; Recommendations List (for Healthy Campus, Nutrition, and Physical Activity) created and distributed to all sites</li> </ul>
Nutrition Education  Standards for USDA Meals  Nutrition Standards for Competitive and Other Foods and Beverages  Physical Education and Physical Activity	Early Childhood Education	Incorporate early childhood education into Wellness Policy	'17-'18	<ul style="list-style-type: none"> <li>• Revised Wellness Policy to include an early childhood component</li> <li>• Revised preschool parent handbook to align to Wellness Policy</li> <li>• Nutrition class "Escuelita del Futuro" for 3-5 year olds (ends June 2018)</li> </ul>
'18-'19				
'19-'20				

