

# **Banks School District Wellness Plan (Updated 9/21/2019)**

**Purpose:** The school wellness committee of the Banks School District is an action-oriented group that makes student and staff wellness a priority in the district. It makes the implementation of overall wellness and health-related priorities possible for district members and the community. The overall awareness of physical, emotional, and social wellness as a holistic approach is the sole purpose of the Banks School District Wellness Committee.

## **Group Agreements:**

- Support the district in developing a healthier school/district environment
- Assist with policy development and/or revision to support a healthy school environment
- Advocate for school health programs and policies within the broader school community
- Plan and implement programs for students and staff
- Evaluate program and policy efforts
- Tap into funding and leverage resources for student and staff wellness

## **Members:**

- Bobbi Woodruff -- Special Services Assistant and Parent
- Jeff Leo -- District Superintendent, Wellness Chair
- Darla Waite-Larkin -- Principal, Banks Elementary
- Joni Spencer -- Business Manager, Food Services Liaison
- Laycee Hyde -- Food Services Director Banks, Sodexo
- Jacob Pence -- Principal, Banks High School
- Lily Davis -- Student, Banks High School
- ????? -- Student, Banks Middle School
- Leann Gallien -- Assistant Principal and Student Support Specialist BES/BMS

## **The District Wellness Committee will address the following components:**

- Nutrition education and promotion activities
- Physical activity opportunities

- Nutrition standards for all foods and beverages available on each school campus during the school day that meet or exceed the USDA's requirements for school meals and competitive foods and beverages
- Marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus
- Other school-based activities that promote student wellness
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professions, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy. Regular reporting on content and implementation to the public
- Periodic measurement of school compliance with the local wellness policy and progress updates made available to the public
- Designation of a lead school official to ensure compliance with local wellness policy

### **Focal Areas:**

1. School Health and Safety Policies and Environment
  - a. Local wellness policies
  - b. All foods sold during the school day and the extended school day meet the USDA's standards
  - c. Prohibit using physical activity as punishment
  - d. Limiting food as reward or punishment
  - e. Positive school climate
  - f. Prevent harassment and bullying
    - i. Elementary -- Social Emotional Learning -- Zones of Regulation
    - ii. Middle School -- Culture of Kindness Lessons
    - iii. High School -- Health Class -- 9th and 12th Grade
2. Health Education
  - a. Required health education courses
  - b. Essential topics on physical activity
  - c. Essential topics on healthy eating
  - d. Professional development in health education
3. Physical Education and Other Physical Activity Programs
  - a. Multiple years of physical education
  - b. Physical education curriculum consistent with standards
  - c. Health-related fitness
  - d. Promote community physical activities

- e. Availability of before and after school physical activity opportunities
- 4. Nutrition Services
  - a. Breakfast and lunch programs
  - b. Variety of foods in school meals
  - c. Promote health food and beverage choices
  - d. Collaboration between nutrition services staff members and teachers
  - e. Clean, safe, and pleasant cafeteria
- 5. Health Services
  - a. Access to a district nurse
  - b. Identify and track students with chronic health conditions
  - c. Implement a referral system
  - d. School-based health services -- Forest Grove High School
    - i. Promoting with more flyers and posters
- 6. Counseling, Psychological, and Social Services
  - a. Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist
  - b. Collaborate with other school staff members
  - c. Identify and track students with emotional, behavioral and mental health needs
  - d. Establish referral system
- 7. Health Promotion for Students
  - a. Promoting positive management strategies
    - i. Stress and Anxiety
  - b. Wellness rooms at schools -- Students and Staff
  - c. Social media education -- Focus topics
- 8. Health Promotion for Staff
  - a. Health informational resources for staff members
  - b. Programs for staff members on physical activity/fitness
  - c. Modeling healthy eating and physical activity
  - d. Promote staff member participation
- 9. Family and Community Involvement
  - a. Family and community involvement in school decision making
  - b. Family access to school facilities
  - c. Communication with families
  - d. Parenting strategies
  - e. Family volunteers
  - f. School health updates for families
  - g. Community volunteers
  - h. Community-wide health promotion events

- i. Partnerships with community healthcare providers
- j. Agreements with community partners

### **Identify 4 to 5 Goals Per Year**

#### **2017-2018 Goals**

- 1) **Quarter One Goal -- Reorganize the District Wellness Committee and update district policies and plan.**
- 2) **Quarter Two Goal -- Produce three to four wellness newsletters for students, staff, and community. Newsletters will be produced by the graphic design class at Banks High School.**
- 3) **Quarter Three Goal -- Brave Run promotion -- Get as many students, staff, and community participants involved in preparing for and participating in the run/walk.**
- 4) **Quarter Four Goal -- Produce a summer wellness and activity newsletter.**

#### **2018-2019 Goals**

- 1) **Analyze the Wellness Center implementation at Banks Elementary School. Having other district staff and students visit the Wellness Center and gather ideas for a possible Wellness Center at each school in the district.**
- 2) **Continue newsletter in print for students, parents, and community members. We will expand communication through social media (facebook and instagram). We will develop a calendar for the 2018-19 school year with monthly topics and through social media, send out information for parents and students weekly.**
- 3) **Physical and emotional wellness activities for staff. We will pursue grant opportunities to promote staff wellness throughout the district.**
- 4) **School cafeterias “Freshen up the look” throughout the district through a partnership with Sodexo.**

#### **2019-2020 Goals**

- 1) **Analyze the Wellness Center implementation at Banks Elementary School. Having other district staff and students visit the Wellness Center and gather ideas for a possible Wellness Center at each school in the district. We are now ready to expand from the elementary and visit South Meadow M.S. and Century H.S. in the Hillsboro School District.**
- 2) **Continue newsletter in print for students, parents, and community members. We will expand communication through social media (facebook and instagram). We will develop a calendar for the 2019-20 school year**

**with monthly topics and through social media, send out information for parents and students weekly.**

- 3) Physical and emotional wellness activities for staff. We will pursue grant opportunities to promote staff wellness throughout the district. OEA Wellness Trust -- OEBC -- Also offer flu shots at the district for staff.**
- 4) School cafeterias “Freshen up the look” throughout the district through a partnership with Sodexo. Elementary has been completed. Now the MS and HS need a “fresh” look.**