

Goal 3: Holistic Health and Wellness

Goal Statement: Promote the wellness of students in PreK - 12 by recognizing the correlation between their daily experiences and their mental and physical health.

Objective 1: Create experiences across the curriculum and in the classroom that encourage and motivate health and wellness.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. Incorporate monthly mini lessons into K-5 physical education classes on the importance of reducing stress and anxiety through healthy alternatives.	<ul style="list-style-type: none"> ● Asst. Superintendent ● Administrators ● Elementary PE teachers 	<ul style="list-style-type: none"> ● Modifications to existing curriculum to include yoga instruction, deep breathing and other various healthy stress relievers ● Professional development ● Workshops / Webinars 	2016-2017	<ul style="list-style-type: none"> ● Lesson plans ● Teaching planned lessons
2. Develop a unit of study for all health classes, grades 6-12, that integrate strategies for dealing with / reducing stress and anxiety through healthy alternatives.	<ul style="list-style-type: none"> ● Asst. Superintendent ● Administrators ● Secondary PE teachers 	<ul style="list-style-type: none"> ● Budget for curriculum writing 	2016-2017	<ul style="list-style-type: none"> ● Curriculum revised ● Lesson plans ● Teaching planned lessons
3. Encourage the development of School Wellness Committees to identify and plan for health and wellness activities.	<ul style="list-style-type: none"> ● Principals ● Staff members 	<ul style="list-style-type: none"> ● Community resources 	2017-2018	<ul style="list-style-type: none"> ● Staff Participation ● Meeting outcomes
4. Continue to design units of study around health and wellness based on student needs, interests, and content standards so that students have choices in their learning and pursue content that is meaningful to their real-world experiences.	<ul style="list-style-type: none"> ● Asst. Superintendent ● Administrators ● Teachers 	<ul style="list-style-type: none"> ● Modifications to existing curriculum ● Professional development ● Workshops / Webinars 	2017-2018	<ul style="list-style-type: none"> ● Curriculum revised ● Lesson plans ● Classroom observations