

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 2: Provide multiple opportunities for students in PreK - 12 to engage in physical activities in order to improve their well-being, reduce stress, and positively impact their academic performance.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. Participate in state initiative: Safe Routes to School Program (SRTS).	<ul style="list-style-type: none"> ● Superintendent ● West Orange Police Department ● Director of Transportation ● Business Administrator 	<ul style="list-style-type: none"> ● SRTS program funding ● Time to meet and plan initiatives ● Submission of Safe Routes grant 	2016-2017	<ul style="list-style-type: none"> ● Increased percentage of students walking to school ● Pre and post survey ● Improved safety for routes to schools
2. Develop a movement initiative encouraging a brief session of physical activity / movement in K-5 classrooms and establish a district wide monthly fitness program.	<ul style="list-style-type: none"> ● Principals ● Elementary Teachers ● Supervisor of Health / PE 	<ul style="list-style-type: none"> ● Online resources (Go Noodle, etc.) ● Professional development ● Workshops / Webinars ● Curriculum 	2017-2018	<ul style="list-style-type: none"> ● Participation ● Student surveys and feedback
3. Institute "Workout Wednesdays". Students will be encouraged to exercise with their families outside of school to promote family health and wellness. This can also develop into a follow up classroom discussion by either their physical education teachers or classroom teachers.	<ul style="list-style-type: none"> ● Teachers ● Administrators 	<ul style="list-style-type: none"> ● Handouts ● Social media ● Lesson plans 	2017-2018	<ul style="list-style-type: none"> ● Participation ● Classroom surveys ● Smart applications to record physical activity via PE / Health classes in the high school.
4. Offer wellness activities during lunch block at WOHS for students.	<ul style="list-style-type: none"> ● Supervisor of Health / PE ● Principals ● Teachers 	<ul style="list-style-type: none"> ● Wellness activities ● Large facility ● Activity provider 	2017-2018	<ul style="list-style-type: none"> ● Wellness activity offerings ● Student participation logs ● Student survey and feedback
5. Research the feasibility of adding a K-12 intramural sports program.	<ul style="list-style-type: none"> ● Athletics Director ● Committee 	<ul style="list-style-type: none"> ● Interest surveys ● Cost analysis ● Collaboration with PAL / Mountaintop ● Field usage analysis 	2017-Ongoing	<ul style="list-style-type: none"> ● Intramural offerings for students K-12 ● Participation