

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 3: Provide healthy food choices, eliminate processed snacks, and increase the offerings of whole fruits, vegetables and whole grains.

<i>Major Activities</i>	<i>Staff</i>	<i>Resources</i>	<i>Timeline</i>	<i>Indicators of Success</i>
1. Work with the district's food service provider to create and increase healthier choices of whole fruits and vegetables for breakfast and lunch.	<ul style="list-style-type: none"> ● Business Administrator ● Principals ● School Nurses ● Supervisor of Health / PE ● Food Service Provider 	<ul style="list-style-type: none"> ● Nutritionists ● Menu development ● Communication with parents / guardians ● Current research and data on nutrition and calorie consumption 	2016-2017	<ul style="list-style-type: none"> ● Data about students' diet ● Sales reports ● Student and parent surveys
2. Evaluate greenhouse / gardens initiative to determine district-wide implementation.	<ul style="list-style-type: none"> ● Principals ● Food Service Provider 	<ul style="list-style-type: none"> ● Nutritionists ● Grant opportunities 	2016-2021	<ul style="list-style-type: none"> ● Evaluation report and recommendations
3. Provide educational opportunities for parents to develop an understanding of physical wellness and nutritional well-being.	<ul style="list-style-type: none"> ● Food service provider ● Nutritionist ● Principals ● Supervisor of Health / PE 	<ul style="list-style-type: none"> ● Parent educational opportunities ● Handouts, pamphlets ● Professional development providers 	2016-2018	<ul style="list-style-type: none"> ● List / schedule of educational opportunities ● Record of parent participation ● Lesson Plans integrating physical wellness and nutritional well-being
4. Research grant opportunities to fund district initiatives in health and nutrition.	<ul style="list-style-type: none"> ● Food service provider ● Supervisor of Grants ● Supervisor of Health / PE 	<ul style="list-style-type: none"> ● Grant opportunities 	2016-2018	<ul style="list-style-type: none"> ● Grant applications ● Funding for district initiatives in health and nutrition