

JOHNSTONVILLE SCHOOL STUDENT WELLNESS PLAN

School Site Council approval: April 13, 2023

Board approval: May 11, 2023

PROGRAMS	IMPLEMENTATION PRACTICE
<p style="text-align: center;">PHYSICAL HEALTH AND ACTIVITIES</p> <p>Daily Physical Activity Programs Hygiene Staff Fitness All School Fitness Programs</p>	<ul style="list-style-type: none"> * Physical Education instruction per (EC sections 51210 & 51223). * Grades K-8 Approximately 200 minutes for every ten school days (Elementary School requirements) * Staff to use the California State Board of Education "Physical Education Framework" guide to implementing physical education at each grade level. * Personal hygiene to be instructed during physical education. * Begin introduction at grade K with hand washing and graduate to overall oral and body cleansing/deodorant/etc. by eighth grade. * Staff should participate in physical activities hosted by the school and various grades. <p>Encourage and host walk/jog for health fundraisers</p>
<p style="text-align: center;">WELLNESS AND SUBSTANCE AWARENESS</p> <p>Substance Prevention Programs Student/Community Interaction Drug-Free Workplace Healthy Foods Options In Class Awareness</p>	<ul style="list-style-type: none"> * Antidrug/tobacco/Alcohol prevention education to be taught to all grades as follows and to be incorporated with other basic curricula such as creative writing, poetry, health statistics, graphs, charts, etc. * Write substance abuse prevention – Drug-Free School Statement into the facility use contract. * Johnstonville School is a Drug/Tobacco/Alcohol-Free Campus.
<p style="text-align: center;">HEALTH SERVICES</p> <p>Student/Community Interaction with the Menu Nutritional Education Programs Health & Hygiene On-Site Health Aid</p>	<ul style="list-style-type: none"> * A nutritionally balanced breakfast and lunch meal will be offered daily. * Parents are encouraged to provide only healthy snacks. * In-class snacks are encouraged to be nutritionally sound items only * Stakeholders are encouraged to replace food/candy rewards with low-cost gift items erasers, pencils, stickers, etc. * Encourage fundraisers limited to non-food items. * Students are encouraged to decorate the cafeteria with healthy snack posters. * Encourage healthy food alternatives at after-school activities. * Parent Teacher Organization to help support healthy nutrition. * Will avoid accessibility to non-nutritional programs and/or incentives. * Healthy food list to be provided to families. * Encourage healthy eating through the school newsletter, website, and extra-curricular activities. * Illness prevention and regular health instruction to be provided in each classroom. * Include instructions regarding the relationship between the environment and our health. * Blood-borne pathogen/HIV education presented in eighth grade.

HEALTH SERVICES (CONT.)	<ul style="list-style-type: none"> * A basic beginner's hygiene kit will be available for students. * Include hygiene instruction into seventh and eighth-grade P.E. class education at all grades - especially hand washing/illness prevention. * Hand sanitizers installed in the cafeteria. * Post flyers in all rooms, the cafeteria, and bathrooms on hand washing, sneezing, and germ prevention. * Provide proactive first aid and nurse services for injuries and preventive health education. * Nurse to provide or promote ongoing health screening, eye tests, hearing tests, dental screenings, and health education in the classroom. * Develop a partnership among the Johnstonville School District and public and private health agencies, such as Lassen County Public Health Department, Lassen Banner Hospital, and Northeastern Rural health clinics.
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SCHOOL ACTIVITIES/COMMUNITY EVENTS	STRATEGY	SUGGESTED TIME RANGES
Actively promote faculty, staff, parent/guardian & community awareness of the policy	<ul style="list-style-type: none"> * Develop notices to inform the community * Provide simple, one-page, bulleted handouts to give examples of healthy food alternatives * Publish information in school newsletters & web pages. 	Add notices in the newsletter about healthy eating/snacks
Reduce Class Parties to One per Month	<ul style="list-style-type: none"> * Inform parents about healthy food alternatives; * Develop lists of healthy foods for parents to bring. 	
Fundraising	Student Council, JSCA, 8 th grade, 6 th grade, Athletics	
Fitness Activities	<ul style="list-style-type: none"> * Increase faculty, staff, and community awareness of the benefits of fitness through newsletters & parent notices. * Increase opportunities for student aerobic exercise by emphasizing fitness activities such as jumping rope and running 	
Fully Comply with All Elements of the Wellness policy	All of the above	

Superintendent Report to the Board of Trustees on the Implementation of the Plan		Annually
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