

## Wellness Policy Survey

Districts receiving Federal money for school meals must have a Wellness Policy that includes guidelines and related policies to ensure our students, staff, and families are provided with tools to maintain whole body health and wellness. Some of the inter-related areas covered within the Wellness Policy include: Physical Education and Physical Activity, Positive School Climate, Health Education, Staff Wellness, Student Health Services, Nutrition, and School Gardens.

As we update our wellness policy, we have created a survey to help us identify what areas you feel should be addressed.

- 1.) The Governing Board recognizes the positive benefits of physical education and physical activity for student health and academic achievement. Along with promoting positive self image and the development of motor skills, what other areas of physical education would you like addressed within the Wellness Policy?

### RESPONSES:

- It is important to recognize the importance of sustained aerobic exercise. This means aerobic exercise, such as walking, for a minimum of 20-30 minutes, and the longer the better. I was taught that body fat does not start getting "burned", until 20 minutes of an elevated heart rate, etc. Also, aerobic health influences emotional and mental health.
- The importance of keeping busy with movement- walking, climbing etc. -health/nutrition
- Time to do it during the day. With all the other time requirements that go with all the other academic areas, PE is usually the odd man out.
- Diabetes, obesity, bmi, bulimia, anoroxia training more nutritional information guest speakers or if the director can come out and do presentations or subject matter experts.
- Access to P.E. specialists that rotate to schools throughout the district to help teach specific P.E. skills and activities to grade level students. Then, teachers can continue to practice these skills until the P.E. teacher visits again.
- healthy body weight
- The effect endorphins have on mood. The strengthening of the heart muscles, lungs, and entire body. The ability to handle stress better. Better sleep. Helps to control weight. The Harvard Letter says that regular exercise changes the brain to improve memory and thinking skills.
- Nutrition
- Good eating habits
- Proper technique and good sportmanship. Importance of hydration.
- Exposure to nature
- Confidence, and knowledge of how the body changes with exercises
- Nutrition education
- team sports
- equipment/materials for non-PE teacher
- Physical education curriculum for elementary students.
- Would like to see the students doing more physical activities such as baseball, basketball, kick ball, jogging.
- Good night sleep, 8 hours

- 2.) The Governing Board recognizes that students and staff have the right to a safe and supportive environment free from physical and psychological harm. Along with ensuring schools are free from bullying, discrimination, and sexual harassment, what resources or

framework should the district provide to students and staff to enhance social and emotional wellness between the home and school environment?

**RESPONSES:**

*-parent and staff communication*

*-Parenting classes*

*-time for assemblies or other activities to address these issues*

*-Continue with and extent the counseling services available to families. More information regarding emotional health and the affect on students.*

*-The staff should be provided with resources for promoting positive social behavior by the students, such as incentives or rewards. The students need to be taught that there are consequences, preferably positive, for their actions. Also, the students, particularly the older ones, need to be taught that informing a staff member that a student is being hurt, physically or emotionally, is not "snitching", but is doing the "right thing".*

*-Stress the importance of open communication- that a child can feel free to express themselves however that may be.*

*-Guest Speakers*

*-District wide training on things like CHAMPS.*

*-More communication to parents and parent involvement train parents it's a BIG problem at middle schools bullies need to be held accountable for their poor choices with parents provided some support or information*

*-practices of mindfulness (for staff and students) and self control (for students)*

*-A curriculum for positive behavior or character building that is universal for school sites.*

*-Parent training for helping students with homework*

*-Provide a friendly, kind interaction between students and staff and it should work both ways. The students should also know that it is correct to say hello if you come into contact with someone at school. Also, I think students should be schooled on the value of saying please and thank you.*

*-CHAMPS*

*-Informing parents of programs and services available to them in the community*

*-Different afterschool clubs that speak to our diverse backgrounds in our students and communities. Give each student a way to fit in and belong. Afterschool sports are awesome, but not all our students are into sports...finding other ways for each student to engage and belong I feel would be a great way to enhance social and emotional wellness.*

*-Youth leadership clubs (e.g. Hands Across the Campus)/ Inclusivity clubs / Structured bullying prevention programs (e.g. Olweus)*

*-How to speak up about problems happening*

*-Tips for healthy home packed lunches; tips and outreach for healthy beverages instead of juice and soda; recipes that are easy for children and parents to do together at home; regular outreach through social media*

*-educational psychology for kids who are finding they are blocked with their reading/math and feel trapped.*

*-I would like to have a brochure, or a list of crucial services when speaking to parents that we can give. Other than call child protective services, numbers to Casa Pacific, counseling for children through the city/ county, and the number or website where students can anonymously report something at school*

*-continue with anti-bully assemblies      -Counselors have been an amazing resource in this area.*

*-more interaction with staff at lunch and after school such as principal, counselor*

*-If they have any issues where they do not feel safe, where they can go*

*-cyber components added to bullying*

3.) The Governing Board recognizes that the success of the district students and programs hinges on effective personnel. Along with safe and supportive working conditions that are consistent with the collective bargaining agreements, what other areas would you like to see covered within the Wellness Policy?

#### **RESPONSES:**

*-making sure students are being respectful towards staff*

*-a wellness program for staff/faculty*

*-I would like to see the restoration of a meaningful incentive that rewards staff members, who do not use a large percentage of their "sick days", each year. "Sick days" are an essential benefit, that need to be used by staff members, when they are ill, or injured. Yet, assuming substitute teachers are paid \$110/day, if 10 "sick days" are used each year by a teacher, then the district is paying over \$1,000/year, for each of those teachers. More importantly, student achievement is impacted by teacher absences. If I remember correctly, the district used to provide a \$200 "wellness bonus", when a teacher used two, or less, "sick days" per year. This has been reduced (eliminated?) to less than \$50 per year.*

*-That ALL employees are EQUAL. No one employee is more important than another. We are all needed to make the school day a success.*

*-After School workshops*

*-Substitute teachers are hit and miss. I have encountered and heard of some personnel that are inappropriate with things they share with classes and behaviors are odd.*

*-Employee wellness programs or some sort of incentives. Health fair or provide nutritional information for employees instead of fad diets etc... support healthy lifestyle changes. Also have new water fountains so students and employees can fill their water bottles. Rdv school is lacking adequate water fountains. Please assist. Or provide a presentation at a staff meeting or provide information in our teachers lounge.*

*-More time for teachers to plan for effective instruction. :)*

*-I would like to see tai chi, yoga, and zumba classes offered on site. I'd also like to see massages available at a great price.*

*-Parent Participation*

*-Outlining different ways to get involved and share talents...examples of different outlets or ways to share and get involved. I feel this will allow those who want to get involved and share their talents and knowledge flexibility that will fit their schedules and life and promote more involvement.*

*-Opportunities for book studies on related topics | Access to Spanish language training for staff (e.g. in person classes on campus, Rosetta Stone, et cetera)*

*-Teacher health suggestions*

*-Insurance to support nutrition education, weight management and contributing factors to healthy lifestyles*

*-Educational Psychologist*

*-When we had 2 rival gangs fight outside of school, one group came in at Vista seeking help 8 yrs ago, B and Girls had to call police, difficult situation, I was caught in the middle and dealt with the rival parties. I was traumatized, and no immediate help was given to me. I feel that any teacher/ staff that goes through a major incident that involves law reinforcement, should be offered some kind of assistance that day or the next from our counselors. Or, even a paper that says that if you need to talk to someone about an incident, please contact John Smith at the DO to get help. I never knew I could do that until I broke down 3 days later. I think our site has a much more caring person than we had 8 years ago, but it would be nice to have this on paper.*

*-PE teachers and assigned PE time*

*-Nutritionist type of education.*

*-would like to see more support from the upper supervisors*

- 4.) The Governing Board recognizes the importance of providing its students and staff with healthy food and beverage options within appropriate meal schedules in an adequate cafeteria climate. Along with promoting RSD nutritional guidelines during classroom celebrations and competitive food sales, what other areas would you like to see nutrition promotion encouraged within our Wellness Policy?

**RESPONSES:**

*-at all school functions      -enforcing those guidelines in classroom celebrations and competitive food sales*

*-Continue with programs such as Harvest of the Month, school gardens and opportunities for students to learn about healthy food and nutrition.*

*-Instead of individual celebrations- maybe once a month have a celebration of all students who have a birthday in that month.*

*-Guest Speakers to discuss health benefits to the body*

*-While nutritional, providing the kids with healthy options they will eat. There is a lot of food that is thrown away because it is not appealing to kids.*

*-Kids throw away healthy fruit daily some sort of conversation about cost of food at grocery store. Or ways to have kids not throw away good food it's bad.*

*-Student's breakfasts are often sugary junk food.*

*-Cut the carb counts!!! It is unfathomable to me that we have a tamale that is worth 100 carbs. No one ever needs that many carbs!!*

*-Parent nights                      -Diversity in lunch menus. Variety of cuisines.*

*-I would like to see a cafe or bistro at the district office for us that don't have access to a cafeteria like employees at the school sites do or a catering truck that could provide both cold and hot healthy choices.*

*-Highlighting a fruit or vegetable of the month with students is a great way to celebrate healthy foods from our local farms*

*-I am not sure where this can go... but we still have parent from 5th grade setting.... wanting to still have their kids come to school with cupcakes all day for friends.*

*-prohibit the ice cream trucks from parking right outside the school selling candy and chips*

*-Locally grown fruits and vegetables.*

*-if we have one day to celebrate monthly birthdays instead of everyday parents bringing in outside food*

*-no Peanut products given by the school*

- 5.) The Governing Board recognizes that school gardens can provide an engaging, interactive, and hands-on learning environment for its students. Along with encouraging healthy eating and increased physical activity, what other benefits of school gardens would you like to see covered within our Wellness Policy?

**RESPONSES:**

*-responsibility of nurturing plants*

*-money for gardens*

*-cost-effectiveness*

*-Not sure at this time.*

*-I love school gardens!*

*-No gardens it takes TLC often and it's time consuming drought tolerant plants kids throw away fruit during lunch. Students need to have intramural during lunch or at beginning of school or after school. Kids want to move we need to provide opportunities and pay coaches more we have obesity epidemic oxnard school district pays their middle school coaches well.*

*-recognizing human impact on the earth in regard to a clean planet for a healthy future*

*-The implementation of school gardens at each site.*

*-We want to get our garden started*

*-Vegetables and Fruits.*

*-Promoting 5 Cs*

*-How to prepare healthy food with simple recipes*

*-Finding a way to sustain a garden in where the items grown can be used in our school's kitchens, I feel this will build pride and confidence in seeing what they have worked to grow be used to benefit all those around them. A real working farm to table garden would be awesome!*

*-For schools with younger students, school gardens that incorporate age appropriate play elements. (For examples, reference: Reggio Emilia Approach - Environment as Third Teacher)*

*-Plants that heal*

*-attracting wildlife*

*-adding to the environment... large awning for student in the back wing so they can sit and learn outside...away from the hot sun?*

*-a designated time/area for each class to enjoy the benefits of gardening*

*-A seasonal schedule for the gardens.*

- 6.) Would you be interested in being on our committee to help establish and update our Wellness Policy? The committee plans on meeting quarterly with a goal of having the

final Wellness Policy board approved and ready to be implemented by the beginning of the 2017-2018 school year.

- 7.) Are there any family members of students who you think would be interested in being on our committee to help establish and update our Wellness Policy?