

USD 264 Wellness Operating Plan

USD 264 will create an environment that is conducive to and promotes individual and organizational health, wellness and productivity.

USD 264 has an established Health Council which is responsible for student and staff initiatives. This health council includes representatives from administration, classroom teachers, school counselors, school nurses and food service. In recent years the health council has conducted voluntary health screenings, implemented walking programs and held fitness and information based events. Moving forward we have defined our long range goals as the following:

Worksite Wellness:

1. Make environmental changes to enhance knowledge of and participation in health activities utilizing available resources
2. Increase employee awareness of health risks and risk management
3. Explore incentive opportunities based in benefit design
4. Continue to implement/increase regularity of health and fitness based programs

Addressing each goal in the short term we have identified the following objectives for each goal:

Goal #1- Establish and measure walking courses at each worksite. Design, purchase and display signage illustrating the previously mentioned walking courses and distances.

Goal #2- Conduct a staff survey to gain a better understanding of employee health risks and formulate an educational plan based upon survey findings.

Goal #3- Enter in to discussions with insurance providers regarding benefit design. Inquires will be guided by the results of the staff survey to target highest need areas.

Goal #4- Design and implement fitness and health initiatives such as walking programs, weight loss challenges and healthy eating campaigns.

Student Wellness:

1. Promote student and family physical activity outside of programmed hours
2. Create and implement district guidelines related to food and other allergies
3. Monitor and adjust nutrition program offerings based upon student consumption to ensure balanced meals are not only offered but consumed

4. Teach and promote character education and emotional wellness
5. Provide opportunities for participation in physical activity during the school day and school activities

Addressing each goal in the short term we have identified the following objectives for each goal:

Goal #1- Students will receive monthly calendars with nutrition and fitness ideas to take home for use with their families. The district will host a “Family Fun and Fitness Night” each year.

Goal #2- The district will author guidelines and provide training for staff. The district will distribute guidelines to parents. Classrooms with specific needs will receive additional support and training.

Goal #3- The food service staff will informally monitor meal consumption and report eating trends to the food service director. The food service director, working within established guidelines will adjust food offerings that increase student consumption of healthy foods.

Goal #4- Character education and emotional wellness will be taught in a regularly scheduled class by a school counselor in grades k-6. Character education and emotional wellness will be emphasized during school assemblies and school behavior incentive programs.

Goal #5- Provide a diverse range of physical education course offerings. Emphasize movement over competition in physical education classes. Provide motor movement opportunities within the traditional classroom setting. Promote participation in school sponsored activities to increase the number of participants.