

Descriptor Term:

Descriptor Code:
EFA-E

Reviewed Date:
03/15/2016
Issued:
10/21/2014

**Health and Wellness Plan Annual
Review/Evaluation**

The PCSD #16 Health and Wellness plan requires an annual evaluation to determine:

1. How well the plan has been implemented
2. The need for revision, additions or recommendations to the plan

1. Implementation of the Plan

Goals for Nutrition Education

Goals for Physical Activity and a Healthy School Environment

Baseline information is available on students and their level of fitness as measured by the Presidential Fitness/FITNESSGRAM assessment.

**PCSD #16
Spring
Wellness Data
Presidential Fitness/FITNESSGRAM Assessment
Percent of Advanced Students (passed all areas of fitness evaluations)**

Year/Grade	4th	5th	6th	7th	8th	9th
2020						
2019						
2018						
2017						
2016						
2015						

Percent of Proficient Students (passed three of four fitness evaluations)

Year/Grade	4th	5th	6th	7th	8th	9th
2017						
2016						
2015						
2014						

Goals for Food Choices at School and a Healthy School Environment

2. Revisions, Additions or Recommendations from 2012-13:

Recommendations include:

- The district PE staff will administer the Presidential Fitness fitness assessment in grades 4-9.
 - a. PE teachers must report the instrument being used and the fall and spring results to their principals and to the superintendent.
 - b. These data will be reported annually to the Board as part of the Health and Wellness Report.
 - c. These data must be kept on all students for use in determining an increase in individual fitness levels as well as for program improvement.