



ISD 640 Wellness Plan 2015-2018

"Empowering learners to achieve their dreams..."

Overview:

ISD 640 recognizes that staff and students who are active, eat healthy, and engage in habits that promote positive emotional well-being have a higher likelihood of achieving their individual goals and dreams. To this end the district wellness plan has been developed to support and encourage individuals while providing opportunities to engage in healthy lifestyles.

Mission:

Provide an environment, activities, and support in areas that allow district stakeholders to engage in healthy lifestyles.

Priorities:

- School Health and Safety Policies and Environment
- Health Promotion for Staff
- Family and Community Involvement
- Physical Education and Other Physical Activity Programs

Goals:

- By Fall of 2018 a minimum of 75% of all fundraisers meet healthy eating guidelines
- By Fall of 2016 a minimum of 80% of faculty and staff engage in a structured wellness program
- By the Spring of 2018 a community wellness initiative will be created and implemented with a minimum of 50 participants
- By the SY 2016-2017 a school developed health fair that provides healthy living assessments and instruction will be part of winter workshop.

Wellness Committee:

The ISD 640 Wellness Committee is comprised of:

- | | | |
|--------------------------------|-------------------------|-----------------------|
| • District Superintendent | • Food Service Director | • Activities Director |
| • Community Education Director | | • 1 District Parent |

The Wellness Committee meets monthly, or as needed as determined by the committee chair. The Wellness Committee is charged with assessing the districts "wellness", determining opportunities for improvement, program development, and soliciting stakeholder input.

The Wellness Committee uses the School Health Index assessment tool determine program effectiveness as well as opportunities for improvement. The data results are used in the months of April and May do develop action plans for the upcoming school year. Assessment results as well as action plans are presented to the District School Board in May of each year.

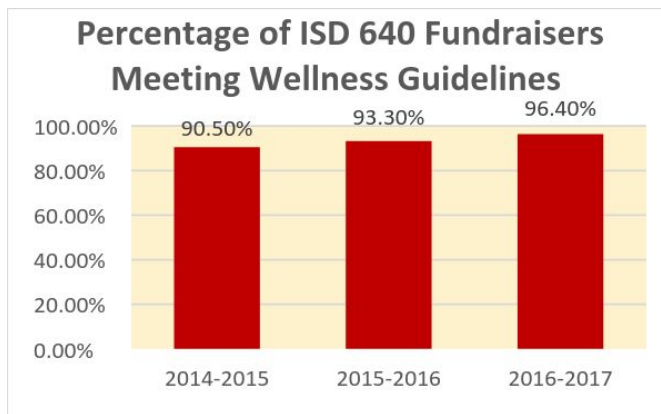
During the 2015-2018 assessment cycle Modules 1, 3, 7, and 8 will serve as priority modules as determined by the 2014-2015 self-assessment.



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Assessment Data:



- 1.
2. In 2016-2017 81.4% of faculty and staff participated in district structured wellness program.
3.
 - a. Over an 83 day period in December through February, an average of 16.43 community members per day participated in walking track and open gym activities.
 - b. Between the months of December and May monthly membership activity in the 640 Fitness Center ranged between 62 members and
4. A health fair that provided healthy living assessments and instruction took place as part of the 2016-2017 staff winter workshop.