

Magnolia School District



Wellness Implementation 2006-2007

Recommended by

Magnolia School District Wellness Planning Committee

June 29, 2006

Members:

Barbara Quintana, Magnolia School District Board of Trustees
Jasmine LaBurn, Parent and PTA Board Member from Walt Disney School
Argie Plunkett, Parent and PTA President from Mattie Lou Maxwell School
Bobbie Fraser, Teacher on Special Assignment
James Plunkett, age 10 Student from Mattie Lou Maxwell School
Eric Plunkett, age 8 Student from Mattie Lou Maxwell School
Mia Plunkett, age 5 student from Mattie Lou Maxwell School
Susan Sealy, Director of Food Services
Kristin Lasher, Administrator of Continuous School Improvement

WELLNESS ACTIVITIES FOR MAGNOLIA SCHOOLS



Purpose:

To promote wellness of Magnolia School District students and employees;

To coordinate districtwide efforts to combat childhood obesity and related illnesses;

To improve the health of the next generation of Californians.

Goals:

- Offer a school environment where children learn good health habits and engage in physical activities that build wellness.
- Engage parent support to encourage activities that promote student health.
- Enhance awareness of childhood obesity to mobilize resources and establish support structures.

Major Components:

- Develop recommendations to ensure that nutrition and physical activity guidelines are implemented to provide students with the skills, opportunities and encouragement to adopt healthy lifestyles.
- Conduct physical education programs for all students that meet or exceed state requirements.
- Provide instructional activities that help all students learn healthy eating, fitness, and living habits.
- Remove student access to activities during the school day that offer food and beverages that are unhealthy.
- Require schools to annually provide information about wellness to parents, which may include an explanation of the possible health effects of body mass index, nutrition and physical activity.
- Involve a district advisory committee (District Program Advisory Committee – DPAC) of staff and parents to review and evaluate the effectiveness of school programs for nutrition and physical activity, involving input from students, Board of Trustees, administration and members of the community. The Wellness Planning Committee will meet as needed to provide input.
- Review school level wellness programs and activities at School Site Council meeting to ensure implementation guidelines are being met.





Role of the advisory committee

The District Program Advisory Committee, DPAC, will serve as the school nutrition and physical activity advisory committee, along with the Wellness Planning Committee and individual School Site Councils, to:

- (A) Help raise awareness of the importance of nutrition and physical activity; and
- (B) Assist in the development of local policies that address issues and goals, including, but not limited to, the following:
 - a. Assisting with the implementation of nutrition and physical activity standards developed by the committee with the approval of the Department of Education and the State Board of Health;
 - b. Integrating nutrition and physical activity into the overall curriculum;
 - c. Ensuring that professional development for staff includes nutrition and physical activity issues;
 - d. Ensuring that students receive nutrition education and engage in healthful levels of vigorous physical activity;
 - e. Improving the quality of physical education curricula and increasing training of physical education teachers;
 - f. Enforcing existing physical education requirements; and
 - g. Pursuing contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of *foods of minimal nutritional value*.

Committee membership composition

Members from school district governing boards
School administrators
Food service personnel
School nurses
Teachers
Parents
Students
Community members