

# **White River Valley Supervisory Union Wellness Team**

## **2016-17 Goals and Implementation Plan**

### **1. Adopt new Wellness Policy across the SU**

Next Steps:

- Bruce Labs and Laurie Smith will introduce Wellness Policy to school boards and present it to SU Policy Committee. (April 2016)
- Individual school boards will consider the policy beginning in May. All 8 school boards are required to read the policy at three publicly warned meetings prior to adoption. (Summer 2016)

Measurements:

- Success will be measured by number of WRVSU schools who adopt the policy substantially unchanged by October 2016.

### **2. Promote water-drinking for all students**

Next Steps:

- Cynthia Powers and Laurie Smith will survey principals to gauge need for water bottle fillers on each school's water fountains. (Spring 2016)
- Cynthia and Laurie will order water bottles and carabiners for 4<sup>th</sup> graders at each school. Extras will be ordered so that all school nurses can distribute them at their discretion. (Spring 2016)
- Laurie Smith will create educational materials to distribute with water bottles at the beginning of next school year. (September 2016)
- Wellness team will organize distribution of water bottles. (Fall 2016)
- Depending on the measurement outcomes below, more water bottles may be ordered to distribute to additional students.

Measurements:

- Teacher surveys to determine whether students are bringing their water bottles to school and filling them at school fountains. (Winter 2016)
- Nurse surveys to determine if there has been a change in student health complaints related to dehydration. (Winter 2016)
- Long term, water consumption and obesity data from YRBS can be reviewed and compared with 2015 data to gauge behavior change.

### **3. Improve communication about school wellness resources and initiatives**

Next Steps:

- Wellness Team will discuss key topics to communicate and wellness initiatives to highlight for families. (Quarterly, through 2016-17 school year)

- Laurie Smith will write wellness update and distribute to each school to go in their newsletter. (Quarterly, through 2016-17 school year)

Measurements:

- Success will be measured by number of WRVSU schools who publish all 4 wellness updates in their newsletters (goal is 100%).

#### **4. Increase student activity level during recess periods.**

Next steps:

- If available, grant funds will be directed to active recess supplies (i.e. balls, jump ropes) for schools in need.
- This goal will be expanded in future Wellness Team discussions. (Fall 2016).

Measurements:

- Recess monitor reports about use of supplies.
- Decrease in discipline referrals during recess.