

Wellness Implementation Plan

School Name: Thousand Oaks High School
Date: 2018-2019
Wellness Coordinator: Kristi Hronek, Assistant Principal of Student Activities

Wellness Policy Components

Nutrition Promotion

1. **Booster Reauthorization Meeting**

Date: Annual Meeting in August

Completed In Progress

Description: The Activities and Athletics Office hosts a Booster Reauthorization meeting annually within the first 10 days of school. All Booster Clubs must be represented by a President and Treasurer. During the meeting, important procedures for Booster Reauthorization, including fundraising, food sales, student donations, uniforms, bookkeeping, taxes are reviewed by the Assistant Principals of Athletics and Student Activities.

Activities/Steps: Contact all Booster organizations yearly to invite representatives to attend the mandatory meeting. Prior to the meeting, provide a Booster Handbook, sample forms, and child nutrition and health code policies for handling of food and food sales.

Measures/Accomplishments: Take attendance to ensure representatives from all Booster Clubs are present; monitor booster events throughout the year for compliance; review all requests to sell or provide food during the school day to ensure nutritional compliance; encourage nutritional compliance and food variety during night events.

2. **New and Returning Clubs Meeting**

Date: Annual Meeting in September

Completed In Progress

Description: The Activities Office and ASB hosts a yearly interest meeting on the third Friday of September, for new and returning clubs. During the meeting, clubs must send a representative and advisor to receive the yearly club handbook. The handbook contains information on rules and regulations including: club minutes, club fundraising, club budgets, and child nutrition.

Activities/Steps: ASB advertises for the first two weeks of school for new and returning clubs meeting for the third Friday of September. ASB Vice President, Clubs Commissioner, ASB Advisor, Activities Secretary, ASB Bookkeeper and Assistant Principal of Student Activities plan the meeting and review all materials for distribution to make necessary edits prior to distribution.

Measures/Accomplishments: Take attendance to ensure representatives from all new and returning clubs are present. Monitor progress on implementation of policies monthly at Student Senate Meetings.

3. **Campus Nutritional Posters/Flyers/Social Media**

Date: Ongoing throughout the year

Completed In Progress

Description: ASB, Link Crew, Lancers United (Student PTSA), PTSA will work together to promote positive nutrition and healthy eating. Posters and flyers will be posted or distributed throughout the year around campus. The groups will use a variety of mediums, including social media posts and traditional promotional material to help get the messages to the TOHS student and staff.

Activities/Steps: Create promotional materials that can be displayed around campus, included in newsletters or posted to social media to highlight healthy lifestyles and positive nutritional choices.

Measures/Accomplishments: The groups worked together during Red Ribbon Week in October to promote healthy choices including social/emotional health, nutrition, and positive lifestyle choices. Posts to social media and traditional promotional materials distributed/displayed no less than one time monthly for the school year.

4. Creation of a School Wellness Committee

Date: Ongoing throughout the year

Completed

In Progress

Description: Create a school-based committee that has representatives from the TOHS Peer Mentors, Student Senate, Athletics, Activities, Teachers and Child Nutrition that will work together to implement components of the Wellness Policy.

Activities/Steps: Work with the various groups to have student or adult representatives to be nominated to serve on the committee. Determine meeting dates and agendas for each of the minimum four meetings. The committee will also be responsible to create and implement the school wellness plan on an annual basis.

Measures/Accomplishments: The committee will be formed by the end of October 2018; future meeting dates will be determined at the initial meeting. Committee members will review Wellness Policy from the previous year and make adjustments, recommendations, or revisions for submission.

Physical Activity

1. Create and promote physical activity-based campus clubs

Date: August 2018 – October 2018.

Completed

In Progress

Description: Create and/or reapprove clubs with a focus on physical activity either during lunch or before/after school.

Activities/Steps: Allow for new and returning clubs to be established that encourage physical activity or have a physical activity requirement. Encourage students who have a passion for any type of physical activity to pursue the club application process.

Measures/Accomplishments: There are currently 16 clubs on campus with a physical activity component. The following clubs are new during the 2018-2019 school year: Hiking Club, Unified Sports, and Rock Climbing Club.

2. Promote faculty/staff exercise groups

Date: Ongoing throughout the year

Completed

In Progress

Description: Encourage faculty and staff to form exercise groups or participate in various exercise opportunities throughout the school day.

Activities/Steps: Encourage participation in exercise groups through email from teacher organizers to the faculty and staff.

Measures/Accomplishments: There are currently about 5-10 teachers who walk daily, or nearly daily, on the track during lunch. The teachers send invitation emails to all faculty and staff on a regular basis.

3. Encourage athletic participation

Date: Ongoing throughout the year

Completed

In Progress

Description: Continue developing quality athletic teams where students can regularly participate. Currently there are 33 athletic or activity based programs available for students to join. There are estimated 1400 students involved in sports or activity-based programs for the 2018-2019 school year.

Activities/Steps: Allow for new and returning students to participate in tryouts for athletic or activity based programs. Some programs, like track/field and cross country, are open to all students

Measures/Accomplishments: Compare the percentage of students involved in athletic or activity based participation rates for 2017-2018, 2018-2019, and 2019-2020 to measure increase or decrease in the percentages.

Social/Emotional

1. Campus Speaker to address student social/emotional concerns

Date: November 2018; Rescheduled to February 2019

Completed

In Progress

Description: TOHS PTSA hosts a yearly on campus speaker to address pressures of high school, social/emotional concerns, and similar topics for all students. This year's speaker was Joe Beckman.

Activity/Steps: Work with TOHS PTSA to select and contact potential speakers during the spring of the prior year to set up the yearly Fall Assembly. Organize the fall assembly through an approval of the date and double period 3 schedule change through Site Leadership Team. Organize seating for students and teachers by period 3 for the gym.

Measures/Accomplishments: Fall Assembly was scheduled but due to the Fire Closure, it was rescheduled for February 2019. Speaker addressed social emotional concerns for the entire student body.

2. Expansion of Peer Mentoring Program

Date: February 2019 – August 2019

Completed

In Progress

Description: Expand the current peer mentoring program to two sections for the 2019-2020 school year. Continue training students and developing programs within the peer mentoring classes that benefit students and address social emotional concerns.

Activity/Steps: Advanced Peer Mentoring class must be approved by Site Leadership Team and District SCAC. Students need to be enrolled in the program through course requests that begin in February 2018.

Measures/Accomplishments: There were enough students interested in continuing their training to add the Advanced Peer Mentoring section to next year's class schedule.

3. General Education Mental Health Support

Date: Ongoing throughout the school year

Completed

In Progress

Description: Expand the current general education mental health counseling to include additional mental health interns to support students.

Activity/Steps: Provide data to the Student Services that shows need for expansion of the general education mental health support providers.

Measures/Accomplishments: During the 2017-2018 school year, there were approximately 24 students who were able to rotate through and participate in counseling services. For 2018-2019 school year, an additional mental health intern was added allowing for more than 40 students to receive regular mental health support during the school day.