

**Strategic Plan
2016 – 2021**

Goal 1: Enhance wellness and balance for staff and students

Objective 5: Nutrition, Fitness, Drugs and Alcohol - Enhance wellness, balance, and learning for students through education and best practices in the areas of nutrition, fitness, and resistance to the use of drugs and alcohol.

Major Tasks	Staff	Resources	Timeline	Indicators of Success	Notes on Progress
Review and revise Health and PE program with an emphasis on developmentally sound, student-centered, and life-long approaches to physical literacy that tie into other areas of the curriculum and of the school day. Consider new offerings such as hiking, walking, mountain biking, CPR, yoga.	Health/PE Supervisor, along with PHS and MS VP's		2016-2017		
Utilize the District and building-based Green Teams to liaison with food service and to suggest and implement new ideas regarding nutrition and fitness.			2016 and ongoing		
Continue to expand nutrition education and healthy practices to include the cafeteria and the school gardens. Work with NutriServe and the garden educators.			2016 and ongoing		
Re-evaluate lunch period at the high school. Consider lengthening time and/or offering "grab and go" options such as salads and smoothies in different sections of the building.	PHS Scheduling Committee		2016-2017		

<p>Have a food pantry, perhaps in the nurse's office in each building where students can go to get food if they are hungry.</p>	<p>Principals with nurses and counselors</p>		<p>2017-2018</p>		
<p>Offer healthy food choices after school at PHS for those staying late. Could be through food service company or other resource. Smoothies, energy bars, sandwiches.</p>			<p>2017-2018</p>		
<p>Continue cooking course at JW and consider expanding to the high school. Utilize guest chefs from the community to share new recipes and expand tasting experiences.</p>			<p>2018-2019</p>		
<p>Conduct regular drug and alcohol awareness workshops for staff and parents. Include information about specific drugs and also strategies for how to help or support students who are attempting to resist peer pressure or who may have a problem.</p>			<p>2017-2018</p>		
<p>Organize a workshop for parents of sixth graders on how to build a trusting relationship with a young adolescent. Include strategies for connecting and how to respond to various situations students may encounter. Emphasize that building a trusting relationship early when the stakes are relatively low yields dividends in the high school years when the issues can become more involved.</p>			<p>2017-2018</p>		