

## **District Wellness Policy Action Plan 2019-20**

### **Highlights of Accomplishments for Year Two of a Three Year Plan**

**June 2020**

*The goal of this year was to focus on communication.*

During the 2019-20 school year, the District Health and Wellness Committee (DHWC):

- Worked on revising health and wellness website information. This process is still on-going. Subpages can be found for:
  - District Nursing Services
  - A link to District Food Services
  - Health Education
  - McKinney-Vento Homeless Education
  - Physical Education / Physical Activity
  - Safety
  - Wellness
- Held an educational session on vaping in the fall after heightened safety concerns for youth.
- Coordinated communication with the District Mental Health Task Force, providing input on social/emotional lessons embedded in the health education curriculum.
- Promoted Maine Employee Association Benefits Trust (MEABT) staff wellness events including:
  - The “Sign on Challenge” for the Onlife Employee Wellness Program
  - Promotion of the annual “Employee Blood Pressure Challenge” (will initiate this challenge again when it is safe to do so )
- Promoted the 5-2-1-0+8 Let’s Go message, supporting mini grant projects in the schools featuring:
  - Physical activity during indoor recess
  - Consumption of more water and less sugary beverages
  - Incentives for celebrations using healthy foods and physical activity
- Met with school PTO representatives to determine: what parents know about the Wellness Policy; what would be helpful information to share; and how PTOs and the DHWC can partner together. Some highlights from discussions were:
  - Most parents are not aware of the language in the District Wellness Policy
  - Consider having the PTOs message parents rather than the DHWC
  - Promote information on allergies, intolerances, and food sensitivities for anyone sending food into schools
  - Do a survey to see what % of parents would prefer non-sugary, or even no food brought into classrooms for celebrations.