

Student



Amador County Public Schools

Presented by Sean Snider
Board of Trustees Meeting
Wednesday, March 13, 2019

Agenda

Wellness Committee

Nutrition Education and Wellness

Physical Activity and Wellness

Social Emotional Wellness

Next Steps

Questions and Answers

Wellness Committee

Revised Local School Wellness Policy approved by Board of Trustees on May 9, 2018

Wellness Committee is a representative stakeholder group serving as experts and two-way communication liaisons between many community agencies

Monthly Committee Meetings

Nutrition education and wellness

Partnership with UC Cal Fresh



- Harvest of the Month tastings
- Reinvigorating Garden at Jackson Elementary
- Teens as Teachers Program with Independence High
- Healthy Environment in Cafeterias with Posters
- Nutrition and P.E. Classes
- Summer Meal Program
- Free meals for all students at qualifying schools

Nutrition education and wellness

Partnership with Dairy Council of California

- Smarter Lunchroom Training for all Food Service Staff
- Implementing Smarter Lunchrooms Movement
- Distributing Nutrition Education Curriculum
- Highlighted ACUSD Wellness Policy at 2019 State of California SNAP-ED Local Implementing Agency Forum

Physical Activity and Wellness

All students receiving required physical education minutes

UC Cal Fresh Combined Nutrition and P.E. Classes

Recess before lunch

Stencils for playground activities

Social emotional wellness

5 School Counselors

Trauma Informed Practices / Youth Mental Health First Aid
Training

Participation in Amador County Behavioral Health Advisory
Board (ACBHAB)

Social emotional wellness

Founding partners of Resilient Amador - Adverse Childhood Experiences (ACES) Committee

Amador County Behavioral Health clinicians in select school sites

Nexus Youth and Family Services providing support to sites

Social emotional wellness

Monthly “School Based Mental Health Early Intervention Strategies” Meetings

- School referral flow-chart and forms
- List of Local providers
- Universal screening tools being reviewed
- Student Assistance Program (SAP) and Health Navigator plans for next year

Social Emotional wellness

- Training with Sanford Harmony Program
- Supplemental materials and approaches at all schools
- WEB, CHAMPS, and AVI D at junior high schools
- Link Crew at high schools



Staff



Amador County Public Schools

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Employee Wellness Activities



California Valley Trust Sponsored Activities

- 10,000 Step Health Challenge
- BINGO Health Challenge
- Biometric Screening



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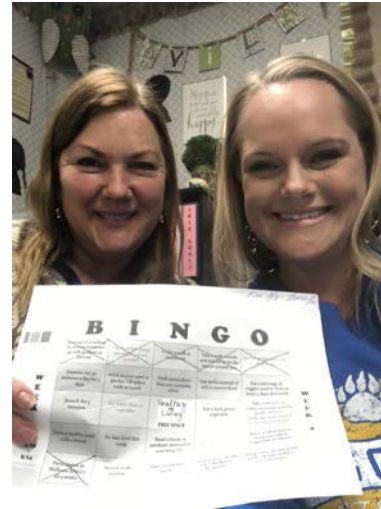
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Instead of emailing or calling someone, go talk to them in person	Make a new healthy recipe	Use a pedometer and track your steps for the week. (Achieve an average of 10,000 steps/day)	Get some fresh air if you're starting to feel stressed!	Don't add extra salt or sugar to any food/drink today
Exercise for 30 minutes	Eat the rainbow of fruits and vegetables	Get 8 hours of sleep	No sugary food for one (1) day	Drink eight glasses of eight ounces of water
Stretch for 5 minutes	Enjoy your dinner without any distractions. (Mindful Eating)	 FREE SPACE	Pack a healthy lunch	Eat your lunch outside and enjoy the sunshine
Floss your teeth each day this week	No fast food this week	Eat a healthy breakfast	Practice proper posture	Park in a spot furthest away from your destination
Smile at every person you see	Compliment someone	Have a soda free week	Avoid inflammatory food (including cultured) Processed Meats, Gluten, Additives, Trans-fats, Preservatives, Refined Sugars	Walk one (1) mile in a day

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California Value Trust

Workshops:

- Work Life Balance
- Making Healthy Lifestyle Choices
- Mindfulness
- Offered free of charge after school 1 - 1 ½ hours



Step Based Employee Recognition

- ACSA's "Employees Making a Difference" for classified employees
- "Positives" for staff members. Drawing for gift cards
- Staff appreciation week
- Frequent acknowledgement in emails, newsletters, staff meetings, weekly bulletin, and the ledger dispatch
- Staff gatherings
- Sunshine Fund



Step Based Employee Recognition

- Highlight a staff member “Feature”
- Spotlight on teacher board/ monthly
- Monthly potlucks/ principal provides lunch
- Breakfast for birthdays/ monthly



District Level Recognition

- Employee recognition for 10, 20 and 30 years of service at our annual beginning of the year kick-off
- Employee appreciation days/weeks
- Board resolutions recognizing employee groups
- Superintendent recognizes each employee's birthday with a birthday card.

Net Sets

- Retirement recognition
- Explore teacher and classified employee of the year

