

# **E** Eastmont School District #206 Relationships, Relevance, Rigor, and Results **District Physical Fitness, Wellness & Health Report for 19-20**

## Board Policy 6701

As per Board Policy 6701 Wellness Policy:

*District administrators for Elementary and Secondary Education will monitor compliance and provide an annual report to the Board on District physical fitness, wellness, and health activities.*

Schools	Total Recess Minutes per Week	Total PE Minutes per Week	Lead-free water readily accessible	Food Items Sold on Campus
Cascade	175	100	Yes	none
Grant	175	100	Yes	none
Kenroy	175	100	Yes	none
Lee	175	100	Yes	none
Rock Island	175	100	Yes	none
Clovis Point	40	100	Yes	Juice/Water
Sterling	40	100	Yes	Juice/Water
Junior High	NA	250	Yes	Juice/Water
High School	NA	250	Yes	Juice/Water

### **Additional Physical Fitness, Wellness, and Health Activities**

WSU Nutrition Program, Girls on the Run, Dental Screenings, Health Screenings, Monthly Fun Run, Monthly Fitness Calendars, Quarterly PE Newsletters, Health and Fitness Clubs, Nutrition "Gotcha" Activities.

District Goal/Strategy/Activity	Progress to Date/Available Data
Increase student participation on extra-curricular activities. (2000D)	Implemented a PBIS Student Wellness Incentive program, which uses incentives to encourage students to practice in mental and physical wellness activities. Piloted for 7 <sup>th</sup> grade and expanded to include 5 <sup>th</sup> & 6 <sup>th</sup> grades.
Health and physical fitness will follow a District curriculum K-12 that reflects National Best Practices. (Policy 6701)	PE and Health Adoption process has facilitated review of current programs, increased alignment with State and National Standards, and increased collaboration and consistency across the District.
Health and physical fitness instruction will be provided by a certificated teacher or a paraeducator working under the direction of a certified teacher. (Policy 6701)	District staff will assess, monitor, and assist schools to assure appropriate and accepted wellness activities are being taught during and after reconfiguration.