

E Eastmont School District #206 Relationships, Relevance, Rigor, and Results **District Physical Fitness, Wellness, & Health Report for 20-21**

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	112	Yes	none
Grant	175	112	Yes	none
Kenroy	175	112	Yes	none
Lee	175	112	Yes	none
Rock Island	175	112	Yes	none
Clovis Point	40	100	Yes	Juice/Water
Sterling	40	100	Yes	Juice/Water
Junior High	NA	125	Yes	Juice/Water
High School	NA	125	Yes	Juice/Water

Additional Physical Fitness, Wellness, and Health Activities

COVID-19 Impact – Virtual instruction for first six months of the school year at most levels. In person programs now focused on individual fitness.

Social Emotional Learning – Intentional utilization of instructional materials at all grade levels.

Elementary – *Sanford Harmony, Purposeful People.*

Secondary – *Character Strong.*

District Goal/Strategy/Activity	Progress to Date/Available Data
Increase student participation in extracurricular activities. (2000D)	The PBIS incentive program for Middle School students has ended due to no longer receiving community funding and the decision to not fill the District position when the staff member left the District. Extra-curricular intramural athletics program created for 6-8th grade students due to COVID-19 impacts.
Health and physical fitness will follow a District curriculum K-12 that reflects National Best Practices. (Policy 6701)	K-12 PE/Health Adoption: Studied available PE/Health Curriculum, created District standards for equipment, increased consistency of instruction across the District. Review of sexual health standards and instructional materials currently in process.
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.