

Jefferson

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Jefferson will promote physical activity at school and at special events.		X	X	X		X	<ul style="list-style-type: none"> ● All classes participate in a large motor time daily in the gym or on the playground. ● The activities in the gym are changed to promote the development of a variety of gross motor skills. ● The courtyard is open and available to all classes for an extra recess and promotes active play activities such as building, cycling, climbing, etc. ● PTA sponsors a Valentine's Dance where students are encouraged to dance with their family and friends. ● The PTA sponsors a "Jet Fest" every Spring. WDSRA is invited to attend and will set up an obstacle course for all to use
Jefferson will promote self-care, screenings, and healthy eating habits.	X	X	X	X	X	X	<ul style="list-style-type: none"> ● Through various unit studies on Community Helpers (dentists, doctors, etc), teachers incorporate lessons on

							<p>heart health, oral hygiene, healthy diets, hand washing, etc.</p> <ul style="list-style-type: none">● All classrooms have access to Calm Connect which is a virtual resource that promotes the teaching/use of mindfulness, breathing techniques, and calm movement imitation.● All students participate in hearing and vision screenings at Jefferson annually.● The PTA sponsors a “Jet Fest” every spring. Healthy snacks and drinks are served at this event.
--	--	--	--	--	--	--	--

Bower

CUSD 200 District Wellness Policy Monitoring Tool

Goals: To promote healthy habits among staff, students, & the Bower School community by organizing holistic wellness events, encouraging physical activity, & modeling positive lifestyle choices	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Staff		x	x	x		x	<ul style="list-style-type: none"> ● Staff vs 5th grade basketball game ● Exercise classes taught by Bower staff before and after school ● Weightloss challenge with a focus on healthy eating
Students	x	x	x	x	x	x	<ul style="list-style-type: none"> ● Run-a-thon each September ● Mileage Club- walking/running club for students during lunch recess ● Family Bingo Night in November

							<ul style="list-style-type: none"> ● STEM Night in April ● Fundraising for Christmas Sharing ● ML Family Night in February ● Field Day in April ● Vision and Hearing Screening ● Smile Squad Dental Truck visit ● Fire Dept Presentations in each grade level ● Walk or Bike to School Day (twice each year) ● Family BookFair fall/spring ● Fine Arts Concert ● Ice Cream Social and Art Fair ● Peer Buddies (Student support during APE)
Community	x	x	x	x	x	x	<ul style="list-style-type: none"> ● Family Bingo Night ● Staff vs 5th grade Basketball Game ● ML Family Night ● Monthly PTA Meetings ● Fall/Spring Evening Family Bookfair ● Fine Arts Concert ● Ice Cream Social and Art Fair

Emerson

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
<p>Emerson will promote physical activity events and healthy lifestyles for students and staff..</p> <p>Emerson will promote vision,</p>	x	x	<p>x</p> <p>x</p>	<p>x</p> <p>x</p>	x	x	<ul style="list-style-type: none"> ● Fall/Spring Running Club ● Field Days ● Bike/walk to school day ● Safety First Bike Helmet Assembly for 1st grade and 5th grade ● Roller Skating party ● Annual Run-A-Thon ● Lunchtime intramurals (4th-5th grade soccer, volleyball, floor hockey, basketball) ● Open gym night 3rd-5th graders ● DuPage County Health Department Mobile Dental Clinic. ● Dental assembly K-2 ● DuPage County Health Department vision and hearing screening

hearing, and dental health.							
Emerson will promote self-care and healthy eating habits.	x						<ul style="list-style-type: none"> ● Healthy habits in-service provided to students. Included brushing teeth, washing hair, taking a shower, eating nutritious meals, getting enough sleep and exercise, washing hands, and covering your cough.
Emerson will practice self-awareness exercises and positive mental health routines.			x	x		x	<ul style="list-style-type: none"> ● Staff meeting PD using work on enneagrams, breathing techniques, positive self-image ● Every class has been taught how to use a calming area, take breaks, breathing techniques

Hawthorne

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Raise school community awareness of making healthy food choices and staying active.	x	x	x	x		x	<p><u>1st Trimester:</u> DuPage County Health Department Vision and Hearing screening program, Run Club, fitness drills with the Wheaton North football team, Run-a-thon, handwashing presentation to each classroom by the school nurse; fall festival healthy treats for snack</p> <p><u>2nd Trimester:</u> Dad’s Gym Night, Think 1st assembly for grades 1 & 5 with helmet distribution & fitting for every 1st grade student</p> <p><u>3rd Trimester:</u> Run Club, Walk/Bike to School Day, Screen Free Week/Yoga, Field Day,</p> <p><u>Year-round Activities:</u> Breakfast program, Health Office website, bulletin boards in the Health Office and gym promoting wellness topics, dental, heart healthy, Sharing table with fruits and veggies at lunch, Backpack</p>

							program from Northern IL Food Bank. Extra recess
--	--	--	--	--	--	--	--

Johnson

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Johnson will promote physical activity events.		x	x	x			*Jaguar Jump and Run *Fitness Club twice per week 3rd-5th *Two Bike/Walk to school days *Field Days *Extra PE/recess time whenever possible

Johnson will promote vision, hearing, and dental health.			x				<p>DuPage County Health Department Mobile Dental Clinic</p> <p>DuPage County Health Department vision and hearing screening</p>
Johnson will promote self-care and healthy eating habits.	x						<p>Healthy habits in-service provided to students. Included brushing teeth, washing hair, taking a shower, eating nutritious meals, getting enough sleep and exercise, washing hands, and covering your cough.</p>

Lincoln

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
<p>Lincoln Elementary School physical education teachers will focus on incorporating health education in PE. The focus will be: Primary: Heart Health with a fitness day Intermediate: Good Food Choices - incorporating food journals</p>	x	x	x	x	x	X	<p>Schoolwide: Focal points include: Dental hygiene (DuPage Health Dept.) Healthy Food choices (w/Foodservice) Hygiene (Lincoln Nurses) Bicycle Safety (via Northwestern Medicine) Healthy Life Choices</p>

Provide an opportunity for a healthy breakfast to our students.	x		x	x	x		Implement the student breakfast program to allow students access to a healthy breakfast. Review reports from food service provider to ensure students that need breakfast have access.
Create and promote games that will focus on physical activity and are led by our physical education teachers.		x	x	x		x	Outline of events provided to staff and the community.

Longfellow

CUSD 200 District Wellness Policy Monitoring Tool

Goals: To promote healthy habits among staff, students, and the Longfellow School community by organizing holistic wellness events, encouraging physical activity, and modeling healthy lifestyle choices.	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Students, Staff and Parents	x	x	x	x	X	x	<p>School breakfast program continues to promote a healthy start for students. Healthy snacks and treats for parties. Monitor allergy needs of students</p> <p>Hand washing, respiratory etiquette, & allergy awareness presentations by school nurse to each classroom.</p> <p>Vision and Hearing Screening, Smile Squad Dental Clinic</p> <p>Buddy Classes to promote community an connection; Kindness Club promotes</p>

							<p>wellness and connection; Variety of clubs to promote relationships and wellness</p> <p>Mindfulness / Brain Breaks</p> <p>Fall / Winter-- Running Club during PE with building staff (runs throughout the year), PTA Runathon with staff and parents running with students, Walk to School Day, Veterans Day program with student involvement, Longfellow Thanksgiving Food Drive, intramurals during recess, Parents invited to Bowler Education Program</p> <p>Spring-- Ross MacNeil food drive, DDS visited 1st & 2nd grades to teach dental hygiene, DCHD Dental Clinic @ school, Running Club before and after school, Book Drive to support a school in Nepal, Field Day , Fine Arts Concert, Heart Adventure in PE, Student Shout Outs on Announcements, Read-A-Thon</p>
--	--	--	--	--	--	--	---

Lowell

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
<p>Raise school awareness of healthy eating and daily physical activity as important pieces in their health and wellness.</p> <p>Provide focus on healthy eating and physical</p>	x	x	x	x		x	<p><u>First Trimester:</u></p> <ul style="list-style-type: none"> -Walk to School Day -Laps for Lowell -Country mile run -Before school volleyball <p><u>Second Trimester:</u></p> <ul style="list-style-type: none"> -Before school hockey -Think 1st spinal safety assembly for 1st & 5th grades with bike helmets distributed to all 1st grade students -Heart adventure in PE class -Activity Challenge during winter break -Sensory hallway installed -Collected plastic lids for a Buddy Bench Veteran’s Day program with student involvement, <p><u>Third Trimester:</u></p> <ul style="list-style-type: none"> -Running Club to prepare for the - Mile Run at Wheaton College

<p>activity throughout the school year.</p>							<ul style="list-style-type: none"> -Screen-free Week with PTA sponsored dance party -Beautification Day - clean up of Lowell grounds -Dental Clinic & Smile Squad van for restorative care -Stuff the Truck event -In PE, 3rd, 4th and 5th graders are creating an exercise fitness video that the kids can use to work out over the summer -All-school dance <u>Year-round Activities:</u> -Brain breaks -10 minute morning meetings -Breakfast program -Hosted Northern Illinois Food Bank truck
---	--	--	--	--	--	--	---

Madison

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Madison will promote overall wellness and safety of students.	x	x	x	x			<ul style="list-style-type: none"> -Building-wide daily announcements for one week addressing health, safety and wellness -Information on proper handwashing sent to teachers to encourage their student to wash hands -Roller skating unit -4th grade given daily mindfulness tips to start their day -Health talk to 4th and 5th grade students
Madison will promote health and		x	x	x		x	<ul style="list-style-type: none"> -School-wide Run-A-Thon - Active game night for families -Raging waves activity incentive challenge - Madison basketball -Walking club for staff at the lunch hour

fitness inside and outside of school.								<ul style="list-style-type: none">-Promoted Wheaton spring color run 5k-Bike to school day-Go Green Club: students learn how to compost and recycle during the lunch hour-Go, Slow, No posters in the lunchroom promoting healthy eating
--	--	--	--	--	--	--	--	---

Pleasant Hill

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Pleasant Hill will provide healthy snacks at each of our holiday parties.	x		x	x	x	x	We shared with the PTA and room reps that healthy snacks needed to be provided at each of our parties. We were successful with reaching this goal. So far this year all of our rooms had healthy alternatives offered at each of our parties.
Pleasant Hill school will encourage children to be healthy and confident by offering different exercise, healthy living, and other health-related opportunities, including the following:	x	x	x	x	x	x	Mile Club (Trimester 1 & 3) - Students participated 2x each week. They have the choice to run, walk, skip, and/or gallop. Each time a student completed a lap they would document it on their Mile Marker card. When three miles were completed each student was awarded a toe token. Throughout

							<p>the year students improved their endurance and stamina.</p> <p>Additional activities/opportunities:</p> <ul style="list-style-type: none"> ● Girls on the run ● Grandparent/VIP Bowling in PE ● Germs lesson ● Handwashing lesson ● Health Education ● Wellness Week in PE ● Mindfulness/brain breaks ● Dental Van
Provide for a healthy breakfast to our students.							<p>Student breakfast program giving students access to a healthy breakfast, ensuring students that need breakfast have access.</p>

Sandburg

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Sandburg Elementary will promote students and families to be active and play together without using a screen by participating in National Screen Free Week in May of 2023.		x	x	x		x	<p>As a building we have planned the following activities during screen free week: Book Fair; Scavenger Hunt; Ice Cream Social; Fine Arts Night</p> <p>Each of these activities was well attended and students and parents were active participants.</p>
Sandburg Elementary promotes healthy dental hygiene and care by having a presentation by Smile Squad	x		x	x			<p>During the 2022-23 school year we had preventative educational presentations by Dental Dental for Kindergarten, 1st and 2nd grades. The Dupage county health department dental clinic came to assess student needs, clean teeth and recommend follow-up for treatment at the Health department.</p>

<p>grades K-5, providing access to dental screenings and dental treatment for the whole school through the Department of Public Health.</p>							
<p>Sandburg Elementary school educates students and parents on impacts of screen time regarding health and many other health and wellness topics.</p>	<p>x</p>	<p>x</p>	<p>x</p>	<p>x</p>	<p>x</p>	<p>x</p>	<p>Wellness tips through weekly school nurse wellness announcements and emails to parents.</p> <p>Bookmarks to all students with basic healthy recommendations and posters up the school focusing on health and wellness. PTA was recommended to have school snacks follow the myplate.gov recommendations.</p>

Washington - Spring 2023

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Washington will promote dental health for our elementary students in conjunction with the DuPage County Health Department (DCHD) and their Smile Squad.			x	x		x	<p>-Scheduled free cleaning/sealants and dental work through DCHD/Smile Squad.</p> <p>-38 students were seen by dentists via DCHD Smile Squad; PTA volunteers provided assistance with this initiative.</p>
Washington will encourage healthy snacking in the classroom and educate families and students on the importance of good nutrition, and its effect on learning.	x		x		x		<p>-Teachers encouraged students to bring in healthy snacks through letters home.</p> <p>-The breakfast program continued at Washington. Staff encouraged attendance, and encouraged students to take all items provided, so they could eat some later in the day for a healthy snack.</p> <p>-Healthy snacks were provided in the health office for students who are unable to bring one from home.</p>

							<p>-No candy was distributed by students at holiday parties or with Valentine’s Day cards.</p> <p>-Nutrition was taught in physical education classes, and the PE teacher visited the lunchroom to encourage the eating of fruits and vegetables.</p>
Washington will promote physical activity.	x	x	x	x		x	<p>-Physical education teachers provide students with a variety of ways to be active throughout the school year including individual fitness activities and group/team games. Students learn the various ways that physical activity keeps their bodies healthy, including the Healthy Heart unit.</p> <p>-The PTA’s largest fundraiser was Knights on the Run, which is a running/jogging/walking activity. A large number of staff run/jog/walk with the students.</p> <p>-The PTA spring events, Field Day and Wash-a-pa-looza, included a variety of engaging physical activities and a partnership with the Wheaton Sport Center.</p> <p>-The Kids in Motion after-school running club for 4th & 5th graders meets two days a week in the spring and trains for the Cosley Run for the Animals 5K, which they will run together. 27 students participated.</p>
Washington will promote the overall wellness and safety of students.							<p>-Staff provided lessons on topics including: hand-washing, 4th & 5th grade hygiene/family living, Second Step problem solving, ALICE, and Erin’s Law.</p>

							<ul style="list-style-type: none">● Wheaton Fire Department visited and provided a lesson on fire safety to 1st graders.● Staff teach self-regulation through classroom brain breaks, breathing techniques, and use of the Zones of Regulation as needed.● Staff provided a growth mindset game club for 3rd graders to help students build resilience. 30-students participated.● LLC director provided instruction to students in grades 3-5 on digital citizenship and online safety. Principal sent communication about the importance of parent supervision of online activity/texting to 5th grade parents.● Team building activities occurred at the classroom level and by grade level, including a 4th grade field trip to the Lincoln Marsh team building course and 5th grade outdoor education.
--	--	--	--	--	--	--	---

Whittier

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Whittier students will engage in both emotional and physical health learning activities in and out of school.	X	x	x	x		x	<ul style="list-style-type: none"> -Romp and Roar PTA event that focuses on physical activity -SEL team is revamping and redesigning SEL building wide activities. Renewed focus on mindset, neurodivergent learners, collaboration, community and self-confidence -Healthy snacks for students during the day -Bike to school day in conjunction with Wheaton Police . Includes focus on helmets and their safety benefits -Screen free week activities organized in conjunction with PTA focusing on wellness, fun and community -New IM Math curriculum builds students' collaboration, sharing their voice and confidence in sharing ideas.

							<ul style="list-style-type: none"> -Discussions with PE department on focusing on fitness, building healthy habits as part of PE activities -Increased sensory stations and resources within the building -Dental Clinic in March 2023
Whittier will integrate school wellness expectations into our SEL program.			x	X		X	<ul style="list-style-type: none"> -SEL team is revamping and redesigning SEL building wide activities. Renewed focus on mindset, neurodivergent learners, collaboration, community and self-confidence -Focus on supporting autism awareness. -Discussions within classrooms with students related to learning differences -Staff t-shirts on SEL topics to help build awareness and staff togetherness -Focus within staff meetings on maintaining positive building culture and staff self-care -Creation of SEL focused statements that staff made and are posted on walls in hallways.

Wiesbrook

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Provide opportunities for active community supported events- 1-Continue Tiger Trot as a positive, active, community supported event, assembly for all students 2-Tough Tigers-PTA Fundraiser Obstacle Course		x	x	x		x	Monitor engagement/participation Most students and families will participate in the Tiger Trot the first week of May All students participated through PE in the Tough Tiger obstacle course
Provide opportunities for active community sponsored events-Tiger Fit Club-meets weekly on Friday for 6 weeks prior to the Tiger Trot.		x	x	x		x	Monitor engagement/participation Over 220 students participated in the Tiger Fit Club during the 6 Fridays in March/April.
Provide Lunchtime school wide instruction	x		x				

<p>regarding wellness: Attack of the White Blood Cells- includes viruses bacteria and what your white blood cells do</p> <p>Rotating lunch table top displays with nutrition info regarding fruits and veggie labels, cereal,</p> <p>Intermittent Lunch topics of the day-wellness games, family feud style,</p>							
--	--	--	--	--	--	--	--

Edison

CUSD 200 District Wellness Policy Monitoring Tool

Goals: To promote healthy habits among staff, students, and the Edison School community by organizing holistic wellness events, encouraging physical activity, and modeling healthy lifestyle choices.	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Staff	x	x	x	x	x	x	September: -PTA Fun Run - September 30 -Stop the Bleed Lunch & Learn 9/27 & 9/28 -Bike to School Day w/ smoothies - October 12 October: -Signs of Suicide Program (8th Grade) - October 4 & 5 -Bike to School Day w/ smoothies - October 12 -Take Your Parents to Lunch Day - October 14 -Buddy Marathon - October 3-31 November:

							<p>-Buddy Marathon/Charity Miles for Partnership for America to end Childhood Obesity (buddies alternate 1 mile per day for 26 days of the month)</p> <p>-Cantigny 5K</p> <p>December/January:</p> <p>-“Project Zero”-staff members weighed in on the last day of school before break, weighed in again on the first day back after break. The goal is to gain Zero pounds.</p> <p>-Gratitude Wall</p> <p>January:</p> <p>-Healthy Tips Posters for starting the year off well</p> <p>February/March:</p> <p>-Heart Health Month - Wear Red on Fridays</p> <p>-American Heart Association</p> <ul style="list-style-type: none"> ○ student challenge ○ Lunch & Learn for staff <p>-February 16- March 16 Whole 30 Challenge/Edison's Sugar Free Challenge</p> <p>Recipe Ideas</p> <p>-Bowl for Torch - 3 teams</p> <p>April:</p> <p>-12 Days Fitness - April 3-14</p> <p>May:</p> <p>-Secret Panther Appreciation Week - May 1-5</p> <p>-Bike to School Day - May 3 - office helpers</p>
--	--	--	--	--	--	--	---

							<p>create flier</p> <p>-Stepping into Summer (Team Walking Challenge) - May 8-21</p> <p>-Decrease Weekly Screen Time</p>
Students	x	x	x	x		x	<p>-Lunch recess for all grades for second half of lunch period</p> <p>September:</p> <p>-PTA Fun Run - September 30</p> <p>-Bike to School Day w/ smoothies - October 12</p> <p>October:</p> <p>-Signs of Suicide Program (8th Grade) - October 4 & 5</p> <p>-Bike to School Day w/ smoothies - October 12</p> <p>-Take Your Parents to Lunch Day - October 14</p> <p>November:</p> <p>-Cantigny 5K</p> <p>December/January:</p> <p>-Gratitude Wall</p> <p>January:</p> <p>-Healthy Tips Posters for starting the year off well</p> <p>February/March:</p> <p>-Heart Health Month - Wear Red on Fridays</p> <p>-American Heart Association</p>

							<ul style="list-style-type: none"> ○ student challenge <p>April: -National Exercise Day, April 18</p> <p>May: -Bike to School Day - May 3 - office helpers create flier</p> <p>-Decrease Weekly Screen Time</p>
Community	x	x	x	x		x	<p>October: -Participated in Make a Difference Day by donating non-perishable food items during the last 2 weeks of October (Stuff a Truck) -Take Your Parents To Lunch Day</p> <p>February: -American Heart Association</p> <ul style="list-style-type: none"> ○ student challenge ○ Lunch & Learn for staff <p>November: -Cantigny 5K</p>

Franklin

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Encourage wellness through healthy eating	x	x	x	x	x		HEALTH CLASS All three grade levels have dedicated instruction on nutrition and healthy eating. Connections are made to healthy immune systems, athletic performance, academic learning and mental health.
	x				x		Cafeteria has healthy eating guidelines posted throughout the service line

Encourage wellness through healthy eating	x				x		<p>Basket of fruit/healthy snack in front office/nurse's office for students to take a healthy snack during the day if needed.</p> <p>Wellness Wednesday tips - weekly tip read to staff and students promoting a variety health and wellness information for all to apply</p>
Encourage school-wide increased fitness		x	x	x		x	<p>** Franklin Dodgeball event- school-wide participation. This event has implicit and explicit connections to SEL.</p> <p>Bike to School/Walk to School Days in October and May.</p> <p>Franklin has a flourishing intramural and co-curricular program. Cross Country and Track are "no-cut" sports and have strong enrollments of students at all three grade levels. Intramural activities and sports promoting fitness before and after school</p> <p>Franklin students and staff have been encouraged to participate in Wheaton Park District 5K events including the Fun Run and the Cosley Run for the animals.</p> <p>Franklin PE has dedicated instruction to regular cardiovascular fitness and uses heart monitors within daily instruction.</p>
		x	x	x		x	
			x	x			
		x	x	x		x	
		X	x	x		X	
			x	x		X	

Encourage SEL amongst staff			X	x			FMS teachers use daily SEL targets that supports social/emotional growth and academic learning
				X			PLC time is dedicated to SEL
Promote wellness policy by focusing on safety		X	X				Monthly bulletin boards in teacher workroom focusing on SEL for staff
			X	X		X	**Handouts given to staff promoting wellness (yoga, work stress, etc.)
			x	x		x	Franklin staff have participated in 23 “Monday Moment” scenarios dealing with school safety situations. Some of these situations were dedicated to self-help and self-awareness as they relate to topics like stress and self-harm.
							Franklin teachers were retrained in Stop the Bleed and ALICE over the course of the school year.

Hubble

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Promote Nutrition units in Health class	x				x		<p>6th grade has a presentation on Nutrition</p> <p>7th grade discusses it as a way to keep the immune system healthy and in response to diseases.</p> <p>8th grade discusses nutrition with mental health and the reproductive development</p>

Promote Nutrition information					x		Cafeteria has healthy eating guidelines posted throughout the service line. Free breakfast served to qualifying individuals
Hubble will promote vision, hearing, and dental health			x				DuPage County Health Department Mobile Dental Clinic. DuPage County Health Department vision and hearing screening

Promote Community/ School Extra Curricular Activities		x	x	x		x	<p>Northside vs. Southside “Enhanced Intramural” soccer tournament. Dodgeball tournament involving staff , students and community. “Streak” exercise challenge for student and staff to exercise 15 minutes daily from Thanksgiving through Christmas break</p> <p>Student survey will give us feedback on what students are participating in at Hubble Middle School.</p>
Promote School Intramurals		x	x	x			<p>Offer a variety of before/after school sport and fitness related activities through intramurals. These are open to all grade levels and genders.</p> <p>Announcements are posted on the TV’s in the cafeteria.</p>
Promote Use of Polar Heart Rate Monitors		x	x	x			<p>Through the use of Polar Heart Rate Monitor technology, we are able to identify where a student’s activity level falls within the target heart range benchmarks.</p>

Monroe Middle School

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Promote Student Fitness Testing and Cardiovascular Days	x	x		x	x		Cardiovascular endurance training for students. Fitness testing to measure cardiovascular endurance, strength, and flexibility.
Promote Community / School Extra Curricular Activities		x	x	x		x	Northside vs. Southside Enhanced Intramural Soccer Tournament

Promote Use of Polar Heart Rate Monitors		x	x	x			Through the use of Polar Heart Rate Monitor technology, we are able to identify where a student's activity level falls within the target heart range benchmarks.
Implement Nutrition Education into the Physical Education Curriculum	x				x		Identifying and describing ways to reduce health risks common to adolescents. Also, identify positive health practices and relevant health care to help reduce health risks.
Implement health and safety awareness in the Essentials Program			x				Teach about dangers of substance use.
Yearly vision and hearing screenings							Free dental screenings and sealants for students that qualify financially.
Yearly Dental Van							

--	--	--	--	--	--	--	--

Wheaton North

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Enhance communication with staff regarding links between social emotional wellbeing and readiness to manage behavior			X	X		X	<p>Monitoring student participation rates for extracurriculars and activities</p> <p>Addressing discipline within the model of High Expectations & High Levels of Support</p> <p>Updating staff with regular intervals for patterns of student needs and impact of support</p>

<p>Promote wellness with regard to specific physical health prevention efforts & additional mental health interventions</p> <p>*Focus on Safety</p>	X	X	X	X			<p>Large variety of brochures available in the Health Office regarding healthy lifestyle choices.</p> <p>Stop the Bleed taught to staff and RTE classes.</p> <p>Second Semester: Smile Squad to visit March 22, 2023. Return visit for follow up care. Dental care available to any interested student.</p> <p>ALL YEAR: Promote health/wellness through Billboard and Announcements/Falcon Weekly i.e. Great American Smokeout, Premature Births, Global Diabetes Da, Flu Awareness.</p> <p>School Resource Office updates & partnership ideas shared in Falcon Focus family newsletter</p> <p>Increasing supports provided through structured student groups,</p>
---	---	---	---	---	--	--	---

							facilitated by trained Student Services staff
Promote Lifelong Health and Wellbeing for staff and students	X	X	X	X	X		<p>Healthy topics on health office bulletin boards in health office daily</p> <p>Students encouraged to participate in physical and club activities available through school</p> <p>Blood Drive . Results from Vitalant regarding hypertension and cholesterol of donors.</p> <p>Staff Wellness Program sponsored by the PE department</p> <p>Staffwide Social Events organized & highly attended (bowling, football game viewing, basketball game viewing, Cougars game, family movie night,etc.)</p> <p>Women of Wheaton North staff social group</p>

							Summary: Continuing to encourage healthy habits with both staff and students
--	--	--	--	--	--	--	--

Wheaton-Warrenville South

CUSD 200 District Wellness Policy Monitoring Tool

Goals:	Nutrition Education and Promotion Goals	Physical Education and Activity Goals	Health and Wellness Activities	Promoting Community Wellness and Public Involvement	Nutrition Guidelines for Food Sold or Served on School Property	Community Input	Monitoring (measurement, evaluation and progress)
Continue to address student health and wellness in both physical and emotional domains.	<p>Frosh PE Nutrition unit focuses on “design your plate”</p> <p>Jr. PE Nutrition unit focuses on body composition and risk factors for diseases</p>	<p>Tiger Fit “choice” days where students select their activity for the day to meet personal health goals</p> <p>Jr. PE Create a fitness plan to adjust strength and body composition</p>	<p>Health curriculum incorporated latest data/research on vaping into the substance unit</p> <p>CDH-program focusing on brain development and the impact of substances (opiate, alcohol,</p>	<p>PE department host safety fair with local police departments focusing on driving safety</p> <p>Health classes create a presentation addressing anxiety, addiction, family life issues in adolescents,</p>	<p>Assessment of food choices for lunches</p> <p>Guide students through lunch line to discuss healthy choices</p> <p>Vending machines offer limited healthy choices</p>	<p>Hope wins & Serenity House speakers</p> <p>Community speakers talk about addictions</p> <p>Stop the bleed for lay responders to limit life threatening bleeding</p>	<p>Both Student Services & PE staff continue to examine data including discipline referrals and hospitalization statistics along with last year’s IL Youth Survey data to incorporate updated information or provide focus on target areas.</p> <p>Weekly social emotional support groups</p> <p>Pre & post surveys to gather input from</p>

			<p>marijuana) with new inclusion of vaping</p> <p>(Roger Breisch) Depression & Anxiety awareness Suicide Prevention 10th in PE</p> <p>SOS 9th, 11th, 12th</p> <p>9th - Stress Management presentation 11th - Bouncing back from Adversity presentation 12th - Healthy Relationships presentation</p>	<p>researching resources in the community</p> <p>Christmas sharing</p>	<p>during the school day</p>	<p>Mini bike safety quiz for all students through Ride Illinois</p> <p>Community outreach with service providers</p> <p>Partnering with Wheaton Youth Outreach WYFS provides in school therapeutic support and resources.</p>	<p>students in regard to wellness program</p> <p>Blood Drive, Results from LifeSource regarding hypertension and cholesterol of donors. - Science Dept. <i>Summary: Continuing to encourage healthy habits with both staff and students</i></p>
--	--	--	---	--	------------------------------	---	--

--	--	--	--	--	--	--	--