

# Health and Wellness Update

## Item #1

Under Nutrition Education, the Health and Wellness Committee's recommendation is to add "Schools shall make a connection between school garden and nutritional education."

## Item #2

Under Other School-based Learning Experiences, the Health and Wellness Committee's recommendation is to add "Schools will implement 5th and 7th grade comprehensive sexual education according to California mandate."

## Item #3

The Health and Wellness Committee's recommendation is to change the third bullet under Other School-based Learning Experiences to "Schools will use positive climate reinforcement (SWPBIS) to promote healthy lifestyles, character development, and citizenship, through a collaborative process."

## Item #4

The Health and Wellness Committee's recommendation is to change the third bullet under Requirement #5 to reflect current status to "Committee members will monitor and maintain established healthier food choices and practices in the district."

## Item #5: Next steps

The Health and Wellness Committee's recommendation is to meet with principals at beginning of 2016-2017 school year to review health and wellness plan, specifically regarding nutritional restrictions for food offered and sold at school sites.

## Physical Education Update

Item #6: Update on 7th grade physical fitness test and physical education minutes.

### 7<sup>th</sup> Grade Physical Fitness Test Results

	2013-2014	2014-2015
Aerobic Capacity Pass	74%	79%
Body Composition Pass	66%	71%
Abdominal Strength Pass	90%	92%
Trunk Strength Pass	93%	91%
Upper Body Strength Pass	76%	74%
Flexibility Pass	83%	84%
<b>Overall Pass</b>	<b>67%</b>	<b>73%</b>