

City Charter High School's Wellness Committee has chosen four action items for the 2020-2021 school year in the areas of Nutrition Education, Nutrition Promotion, and Wellness Activity/Promotion in conjunction with the results from the School Health Index Analysis. Due to inability to be in person a majority of the year, action items in the areas of Physical Activity and further Nutrition Promotion will be explored in the 2021-2022 school year. Our School Health Improvement Plan consists of the following items.

1. In the scope of CDC School Index Module #6: School Counseling, Psychological, and Social Services, the committee has chosen to improve efforts to prevent using tobacco/vaping by utilizing online training resources. Our School Safety office researched modern online aides for school curriculums and shared the results with the committee. Our Physical Education and Health staff reviewed the materials and chose areas that have been integrated into both of the ninth and eleventh grade health class curriculums.
2. In the scope of CDC School Index Module #10: Family Engagement, the committee has chosen to improve access to resources to assist families in seeking services. Our Wellness staff has compiled an updated list of resources for families in need. It has been streamlined and made easier to access on our website. Staff has been prompted to immediately refer any student in need to our wellness staff for assistance.
3. In the scope of CDC School Index Module #9: Employee Wellness and Health Promotion, the committee has chosen to create additional resources for staff to access more opportunities for self-care. In addition to the lists that also service our staff families in need, our Wellness team also sends EAP newsletters for more references, and our Physical Education team also sends fitness challenges in email blasts to encourage building-wide wellness. Our CEO Dr. Allen sent an email detailing all of these now-accessible resources.
4. In the scope of CDC School Index Module #5: School Health Services, the committee has chosen to improve student access to free dental care. The school nurse researched and compiled a list of free dental care outlets. Hard copies of this list are available in the Nurse's office and through the wellness staff. A link to the list is also now on the school website. Teachers will refer students to the nurse or wellness for details.

City Charter High School's Wellness Committee has chosen four action items for the 2021-2022 school year in the areas of Physical Activity, Nutrition Education, and Nutrition Promotion in conjunction with the results from the School Health Index Analysis. Our School Health Improvement Plan consists of the following items.

1. In the scope of CDC School Index Module #3: Physical Education and Other Activity Programs, the committee has chosen to improve student access to physical activities utilizing 4Plus Mondays for sports related clubs. Such clubs include basketball, outdoors, kickball, and boxing. Cooking club is being explored as an option for culinary and nutrition promotion.
2. In the scope of CDC School Index Module # 4: Nutrition Environment and Services, the committee has chosen a two part action for nutrition promotion. Part 1- Increase promotion of free breakfast through email and mailings. Café management has added additional breakfast promotional materials to mailings and menus. Part 2- Develop an advisory curriculum on understanding why breakfast is important.

Promotional materials have been added to tv's on each floor, and advisors have added breakfast reminders and encouragement to advisory periods.

3. In the scope of CDC School Index Module #5: School Health Services, the committee has chosen to improve communication of health education and promotion between the school and families. The Nurse will prepare a newsletter with health updates and information to accompany trimester mailings.
4. In the scope of CDC School Index Module #5: School Health Services, the committee has chosen to improve communication between school staff and school health services by adding an annual update to health services and basic re-training of medical referral procedures to the first all-staff meetings of the year.