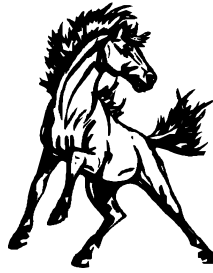


# Allen East Local Schools

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*Heather Patterson, Elementary Principal*  
*Jarrod Wehri, Middle School Principal*  
*Keith Baumgartner, High School Principal*

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## Wellness Policy 3 year Update 3 Year Goals

1. The goal is to provide each child with a nutritious meal (breakfast and lunch) regardless of the child's or parents ability to pay. No child will have hunger as an impediment to their learning opportunities at Allen East.
2. All children will be given the opportunity to have physical activity during the day with the elementary having a minimum of 20 minutes or recess a day. All children will have the opportunity to experience physical education and participate in physical activities in extra-curricular events such as marching band and sports.
3. All children in grades Pk-12 will have access to mental health services at Allen East.
4. Health education will be embedded in lessons in grades Pk-8. Health education be implemented in middle school and high school as stand-alone courses.
5. Staff will act as role models for all children by being involved in the employee wellness program established and ran by the Allen County Health Plan.
6. Allen East will maintain a program to provide food to children on the weekends who cannot to have sufficient meals.
7. Allen East will complete all necessary screenings of children (hearing, vision, vaccinations) to maintain a healthy student population.
8. Allen East will offer employees a chance to obtain the annual flu, pneumonia and other vaccinations throughout the year.
9. Allen East will offer an annual blood screening, blood pressure check and BMI testing for all employees on an annual basis.
10. Allen East will work Allen County to provide preventive dental care to students who cannot afford dental services.
11. Allen East will provide an Employee Assistance Program to help staff with mental health services.
12. Allen East will work with the Allen County Health Department, Environmental Protection Agency, Local law enforcement, Local Fire Departments, County Emergency Management, Ohio Department of Transportation and the Department of Homeland Security to provide the children of Allen East a safe environment to learn.

13. All teachers will be trained on CPR, blood borne pathogens, child abuse, sex trafficking, diabetes, dating violence and trauma informed training to help all the children on Allen East.

Goal	Time table to Complete	Progress
#1	Immediately Board Policy was changed to allow children to borrow. Nurse set up a program to provide food to any student that is hungry. Social workers, secretaries, school nurse and food service director monitor kids daily.	Implemented fall 2018
#2	All students in grades Pk-5 have over 20 minutes recess a day and physical education on a weekly basis. All middle school children have physical education. Only goal missing is high school students getting physical education.	Implemented fall 2018. Over the next 2 years a plan will be developed to get more high school students involved in PE.
#3	Two social workers have been hired over the past 3 years. There is still a need for more mental health services. Allen East is working on a plan to add a career/college advisor to relieve some duties from the social workers.	Implemented 2016. New hire will relieve social worker fall 2019.
#4	Health education is currently embedded in Pk-8. Within 2 years the goal is to have a stand-alone health class for middle school and add more health electives to the high school.	Fully Implemented by fall of 2021
#5	Allen East employees involved in the wellness program. Goal is to have 80% participation rate	Spring of 2022
#6	Allen East works with a non-profit for meals to Monday program	Ongoing
#7	Allen East is current with all screenings and vaccinations. Goal is to reduce the number of waivers by 20%.	Fall 2021
#8	Employee vaccinations	Fall of 2018
#9	Employee screenings	Fall of 2018
#10	Dental care for children on poverty	Spring 2019
#11	EAP	Spring 2019
#12	Safety Plans updated and coordinated	Fall of 2018
#13	Staff annual trainings	Fall 2018

Director of Wellness Program Mel Rentschler Superintendent