

# Live Well Allegheny Pledge



West Allegheny School District is committed to creating a community of learners who value wellness, specifically nutrition, fitness, and personal safety. A number of activities and strategies have been implemented in our district for a number of years while other practices are being planned for implementation this year.

Our District has established a number of practices within the cafeteria, into the curriculum, on athletic teams, and around our schools and community. Our district wellness team includes community members, teachers, food service employees and administrators. We meet consistently throughout the year to discuss and plan wellness initiatives. Just in the past year, we have initiated many new wrinkles into our wellness plan. Here's a look at a number of different initiatives that are focused on improving wellness for students and staff:

## **District – Staff – Comprehensive Healthy Schools Program**

### **Fitbit Initiative**

The District partnered with Fitbit to offer all staff the opportunity to purchase a Fitbit at a reduced cost. Fitbit is a powerful tool that helps gauge fitness indicators such as exercise, sleep, heart rate, and nutrition. Overall, we sold approximately 150 Fitbits to our staff. The response from staff has been extremely positive.

### **Live Well Summer Fitness Challenge**

Our wellness committee designed a summer fitness challenge where staff members were encouraged to consistently exercise this summer and document these workouts. Workouts could consist of walking, running, biking, yoga, team sports, etc.

### **West Allegheny Biggest Loser**

All staff members in the District were invited to participate in a Biggest Loser Competition. We also added a fitness component to hopefully reach an even larger audience. The response from around the District was tremendous.

### **Wellness Fair (Live Well Allegheny Event)**

The Wellness team is planning a wellness fair with vendors from across the region. Our food service provider, the Nutrition Group will be sponsoring a free and healthy lunch option for staff, and we have invited a variety of wellness options that include chiropractors, nutritionists, personal trainers, American Heart Association, and other relevant members of the wellness community. This event is planned for January 15, 2016, and we're hoping for a tremendous turnout.

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## Community Partnerships

### American Heart Association

Our District has created a partnership with the American Heart Association. Our students and staff will participate in activities and fundraisers across each school in order to raise awareness for heart disease and promote activities that promote healthy hearts.

### Food Service

Our District has partnered with the Nutrition Group in order to provide healthy breakfast and lunch options for all students. We promote and serve fruit and vegetables at each meal along with healthy 2% milk options. As we transitioned food service providers, we have been thoroughly pleased with the Nutrition Group's commitment to providing healthy options for all students. Educating our students through health and physical education classes is an important component to our student's growth and selection process in the cafeteria.

### Pittsburgh Marathon Challenge

Each school and District Office created a relay team for the Pittsburgh Marathon. This friendly competition pushed staff members to train for a portion of the marathon while representing West Allegheny.

### West Allegheny Education Foundation 5K

The District is planning the first annual 5K that will be held on October 10, 2015. The event is sponsored by our Education Foundation and benefits students while promoting fitness. We are encouraging students, families, staff members, and community to run or walk the event. Our hope is that this event will become a yearly staple of the District's wellness initiative and align with health and wellness curriculum throughout the District.

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## Student-Centered Wellness

### School-Related Wellness Initiatives

- Physical Education Classes/Swimming
  - Elementary Schools – 2 days of the 6 day rotation
  - Middle School – scheduled for every student, every other day
  - High School – mandatory for all students, specialized classes (yoga, fitness, team sports)
- Physical Conditioning Classes at High School – offered to all students
- Wellness Walks – conducted at elementary schools periodically throughout the school year
- Track Days – Spring (3<sup>rd</sup> – 5<sup>th</sup> grade students)
- Relay for Life (District-Wide)
- Fun in the Sun (K-2<sup>nd</sup> grade students)
- MS Turkey Trot (Staff/Student Walk combined with food drive)
- Girls on the Run (offered to 3<sup>rd</sup>-5<sup>th</sup> grade girls)
- Daily Recess – all elementary schools, every day