

BRIDGES Model Wellness Policy Comparison Results

Component	Description
Tool used for Model LSWP Comparison:	WellSAT 3.0 Comparison Tool
Areas of Strength:	1. Physical Activity – Addresses time per week of physical education instruction, recess for all elementary school students, physical activity breaks during school
	2. Social & Emotional School Climate—Bridges has established core values by using the Universal Monitoring TOOL from CoVitality as well as skills developed in the TOOLBOX Curriculum. Other areas of SEL: Conflict Resolution, Peace Bridge, Circles, and increased Counseling Services.
	3. Gardening program for grades k-3 and Naturalists program grades k-5 who incorporate nutrition education for grade 4/5. Field trips promoting nutrition through local farms in lower grades. Hygiene and hydration education in all grades.
Opportunities for Improvement	1. Nutrition Education -- Discuss with Curriculum & Safety committee about how to include skill-based nutrition education (i.e. how to read food labels or plan a menu). Develop campus-wide norms for campus or classroom celebrations.
	2. Employee Wellness – Consider offering afterschool physical programs for employees or encourage participation in program available via school benefits program. Teachers will be encouraged to implement weekly mindfulness strategies/exercises.
	3. Teachers will be encouraged to implement daily brain breaks incorporating physical activity. Consider using physical activity as a reward.
As a result of the comparison, was new language adopted in the LSWP?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible)	6.3 and 6.4 – Most added language was to include actions already taken at BRDIGES, but not addressed in the policy.
Describe next steps for strengthening your LSWP	1. Review opportunities for improvement with Curriculum and Health and Safety committees. 2. Review expectations to incorporate Mindfulness, Brain Breaks, and Celebration Guidelines.