

Abbotsford School District

Abbotsford School District wrote their district wellness policy in the 2005-2006 school year, and was looking for ways to implement their policy. The mini-grant allowed Abbotsford Elementary to create visuals in the lunchroom, send their PE teacher to a wellness conference, and bring in an educational performance (Opera of Health) for the entire 4K-12 student body. The presentation was offered to the community in the evening, and was a perfect way to create a greater community awareness of the district wellness policy. The school district consists of over 15% Hispanic students and over 50% qualified for free and reduced school meals, which has driven the district to take a proactive approach to wellness in the community.

Abbotsford had four 4 objectives for their projects. The district matched the mini-grant money to implement these objectives.

1. Obtain more visual aids for the school. High school students painted the MyPyramid on the cafeteria wall. The mural is a constant reminder to eat healthy foods, and the school/county nurse taught lessons to 4K-5 grade students using the mural and MyPyramid food guides. Additional visual aids are budgeted to promote healthy eating habits.
2. The elementary PE teacher attended a conference in Madison titled "Promoting Childhood Fitness." This conference is sponsored by the Pediatric Fitness and Sports Medicine Programs at UW Hospitals and Clinics.
3. The Abbotsford School District held their first ever Health/Wellness Week on March 5-9, 2007. All teachers in the district had to include some aspect of Health/Wellness into their lesson that week.
4. The Health/Wellness Week culminated with a school performance titled "Opera of Health." The entire 4K-12 student body attended this performance. The performance stressed proper eating and exercise. To educate the community and help connect the community to the wellness policy, the Opera of Health was presented for an evening show also.

The WisLine Webinars were valuable resources to the Abbotsford district wellness team. The wellness team learned that they could provide greater direction and support to staff members to implement wellness policy activities. As a result of the Webinars, the district provided each teacher with a copy of the wellness policy, and an overview of the policy during a staff in-service day. Abbotsford School District will continue their Health/Wellness Week in 2008. Plans include greater community involvement, and additional staff wellness activities.