

ALVORD USD



LEADING THE CHARGE FOR WELLNESS

PRESENTED BY
ERIC HOLLIDAY
PATTI SUPPE
WELLNESS CO-CHAIRS

ALLIANCE FOR A
**HEALTHIER
GENERATION**



Healthy Schools Program

In partnership with

 KAISER PERMANENTE®

THRIVING SCHOOLS
a partnership for healthy students, staff & teachers

ALLIANCE RECOGNITION

9 Alvord schools
recognized as “The
Healthiest Schools in the
United States”



USA TODAY



GOLD AND SILVER AWARDS PRESENTATION WASHINGTON DC – SEPTEMBER 30TH



To earn an Alliance for a Healthier Generation Award, schools must demonstrate implementation of specific best practices in each of the following modules that address school health:

- School Health and Safety Policies and Environment
- Health Education
- Physical Education and Other Physical Activity Programs
- Nutrition Services
- Health Promotion for Staff
- Family and Community Involvement

ALVORD WELLNESS COUNCIL



ALVORD WELLNESS POLICY

Focus is on providing nutrition and physical education to our students

Guidance on healthier fundraising and classroom celebrations

Healthy behavior modeling is encouraged

Guides on classroom celebrations, fundraising, and quick references available now



ENGAGING PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



HEALTHIER FOOD OPTIONS IN SCHOOL



EMPLOYEE WELLNESS



SCHOOL GARDENS



FAMILY AND COMMUNITY OUTREACH



ALVORD WELLNESS COMMUNITY PARTNERS

Community Based Organizations

- Alvord Educational Foundation
- Alliance for a Healthier Generation
- Kaiser Permanente
- American Heart Association
- University of California Cooperative Extension
- CA Dairy Council
- Altura Credit Union
- Skillastics Program
- California Baptist University
- La Sierra University

Local Public Entities

- Riverside County Department of Public Health
- City of Riverside

Head of Local Government

- Riverside Mayor, Rusty Bailey

- LA Fitness
- Crunch Fitness
- Sky Zone
- Necessary Nutrition

BODY MASS INDEX (BMI)

Changes over 3 years with the Alliance for a Healthier Generation

2014

53.4% of AUSD students were within the healthy Fitness Zone on BMI.

2016

62.2% of our students were in HFZ on BMI

- 16.8% increase over 3 years



*"We applaud the Alvord achievements Your team is exemplary in all efforts to get **STUDENTS AND STAFF** eating better and moving more. **YOU prove it is possible to build healthy school environments.**"*

We need thousands more schools across the country like those in Alvord that are fully committed to promoting health and wellness, which is vital to improving students' academic success."

Dr. Howell Wechsler

CEO of the Alliance for a Healthier Generation

