

Developing and Implementing a School Wellness Plan at Buttonwillow School through
Community Partnerships

A Proposal Submitted to the Graduate Student Center
California State University, Bakersfield

By

Abel Morelos, MPA Student

Department of Public Policy and Administration, California State University, Bakersfield

Faculty Mentor, Jinping Sun, PhD

TITLE OF THE PROJECT

Developing and Implementing a School Wellness Plan at Buttonwillow School through Community Partnerships

PROJECT DESCRIPTION AND PROPOSED ACTIVITY

Project Description:

Regular SWC meetings will also cover updates on progress on implementing the school wellness program action plan.

EXPECTED OUTCOMES & DELIVERABLES:

Outcomes: My community engagement at Buttonwillow School will contribute to the development and implementation of a school wellness committee and school wellness plan. Collaborations made with KCSOS, CSUB Kinesiology, KFHC, parents, and students will increase physical activity, and other healthy behaviors in the community. Per my internship position's role, the projected outcomes will also include:

Clarity and cohesion from SWC by creating vision, goals & steps to a healthier school environment (objective 1)

Increasing student physical activity by 10% (objective 2)

Teachers will engage students using meditation, breathing exercises, short walks, and yoga (objective 3)

The school garden will be a learning tool to engage students in nutrition education (objective 4)

Families will be more engaged and knowledgeable of health and wellness (objective 5)

Families will have increased access to unique physical activities at BUSD (objective 6)

Deliverables: My community engagement at Buttonwillow School will contribute to the establishment a school wellness plan. This project will also help me better understand focus in developing a thesis paper for the Masters of Public Administration program. Approval from all community partners involved is given

References

Enrollment by Ethnicity and Grade 2016-17. (n.d.) Retrieved from

<http://dq.cde.ca.gov/dataquest/dqcensus/EnrEthGrd.aspx?cde=15633706009278&agglevele=school&year=201617>

Vital Signs. (2015, May 05). Retrieved from

<https://www.cdc.gov/vitalsigns/hispanichealth/index.html>