

Montera Middle School Oakland Unified School District Success Story



Montera Middle School in Oakland is located on 19 wooded acres in the Montclair area of Oakland. The diverse student population has come from nearly 60 schools in and outside of Oakland, including private, public and charter institutions. Montera's school faculty is diverse as well, of many backgrounds, ages and experiences. In 2011, Montera became a California Distinguished School, currently the only public (non-charter) middle school in Oakland to receive that distinction.

In December 2016, Montera passed Physical Activity and 100% Healthy Beverage wellness policies. Montera Middle School has succeeded in creating a workout space for staff in the Women and Men Lounges. They now have yoga mats, weights, and posters showing exercises, and advocates drinking water instead of sugary beverages! The staff now expect not having water and no sugary drinks at staff meetings and professional development workshops. Margaret Baker, PE teacher says, "The wellness policies contribute to an atmosphere of self-care among the adults on our campus, which of course encourages the youth in our care to do the same!" "We thank you so much!"