

County: Webster County

Contact Person: Jeremy Pyle, Wellness Committee Chair; Tammy Holcomb, Wellness Committee Coordinator

Action Work Plan for School Year 2015-2016

Issue Area: (Check One)

Nutrition Promotion and Education

Nutrition Guidelines

Physical Activity

Other School-Based Activities to Promote Student Wellness

*(Areas of focus may include, but are not limited to: Strengthening Local Wellness Councils, **Breakfast Strategies**, Healthy Snacks, Let's Party Let's Play, Rewarding Success, Feed to Achieve)*

Goal: To strengthen teacher and student awareness of the health, nutrition, wellness, and academic benefits of a school wide breakfast initiative.

Objective: To increase the number of students eating school breakfast in all schools and to promote awareness of the importance of student health and wellness.

Activities	Person Responsible	Timeline	Person(s) to Monitor Progress
Students will be offered an alternative hot breakfast through grab and go, breakfast in the classroom, or breakfast after first	School Administrator/Cafeteria Manager	August 2015 through June 2016	School Administrator and Food Service Director
Request breakfast promotion plans from principals	Tammy Holcomb, Director of Child Nutrition	October 2015	Tammy Holcomb, Director of Child Nutrition
Adjust to popular menus, while maintaining variety and nutritional value, as per participation rates.	Tammy Holcomb, Director of Child Nutrition	November 2015 – June 2016	Tammy Holcomb, Director of Child Nutrition
Visual Display in the cafeteria to focus on Nutrition and Wellness	Cafeteria Manager, PE and Classroom Teachers	Monthly, throughout the year	School Administrator

Daily Posting of Breakfast and Lunch Menus using descriptive words such creamy oatmeal and smooth whipped potatoes.

Cafeteria Manager, Food Service Director

August, 2015 through June, 2016

School Administrator

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Goal: To strengthen teacher and student awareness of the health, nutrition, and wellness and the benefits of a county wide wellness initiative.

Objective: To promote awareness of the importance of teacher and student health and wellness.

Activities	Person Responsible	Timeline	Person(s) to Monitor Progress
Nutrition Education integrated into other subjects	Classroom Teachers	August 2015 through June 2016	School Administrator
Hand washing classroom presentations in primary grades	Classroom Teacher	Once, Annually At Each School	School Administrator
Cardiac Screening	WVU Medical Team	Once, Annually At Each School	School Nurse
Red Ribbon Week Activities	Classroom Teachers	October	Guidance Counselor

Vision and Hearing Screenings of newly enrolled students, PK, K, 1 st and other students upon referral	School Nurse	Once in the Fall Semester and as needed there after	School Nurse
Create a list of alternative nutritional snacks to provide to teachers and parents to guide school party celebrations	Food Service Director and Wellness Committee	During the first quarter of the school year	Food Service Director and Wellness Committee
Investigate improving mental health services available for students and families	School Administrators	October 2015 – June 2016	School Administrators

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Goal: Strengthen and document the continuous development of the Webster County Schools Wellness Council

Objective: To develop regular membership and meeting schedule.

Activities	Person Responsible	Timeline	Person(s) to Monitor Progress
Initiate and schedule regular quarterly county wellness team meetings.	Tammy Holcomb Coordinator of Wellness Committee	October 2015 – June 2016	Supt. Scott Cochran
Choose a council member to record and report minutes for each meeting.	Tammy Holcomb and the Council	October 2015 – June 2016	Supt. Scott Cochran
Schedule quarterly meetings on the regular principal's meeting date in order to include principal's in the council.	Tammy Holcomb, Coordinator of Wellness Committee.	October 2015 – June 2016	Supt. Scott Cochran

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Goal: To promote awareness of the benefits of physical activity at school and after school

Objective: To increase the number of students and families actively engaged in daily physical activities.

Activities	Person Responsible	Timeline	Person(s) to Monitor Progress
Promote and establish walking student and family or peer teams for lifelong physical activity	Parent Volunteers and Volunteer Staff Members and Wellness Committee	August 2015 through June 2016	Wellness Committee school contact person at each school
Promote "Jammin' Minute" and "Lets Move" programs in the classroom for additional student physical exercise throughout the school day.	Classroom Teachers	Daily throughout the school year	School Administrator and Classroom Teachers
Establish Wellness site on each school's website to publish school and community physical activity programs.	Technology person at each school	August 2015 through June 2016	School Technology Person and School Administrator
Physical Education Classes minimum of 30 minutes according to Policy	School Administrators and PE Teachers	August 2015 through June 2016	School Administrator

Fitness Gram for all students

PE Teacher

Annually at each
school

School Administrator