

County: Webster County

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

## Action Work Plan for School Year 2016-2017

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 through June	School Administrator and Food Service Director
Request breakfast promotion plans from principals	Tammy Holcomb, Director of Child Nutrition	October	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 – June	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 through June	School Administrator
Apply for grants to help with increasing breakfast participation.	School Administrator/ Director of Child Nutrition	Throughout the year	Tammy Holcomb, Director of Child Nutrition

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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 through June	School Administrator
Hand washing classroom presentations in primary grades	Classroom Teacher	Once, Annually At Each School	School Administrator
Health Fair/Cardiac Screening	FRN/HOSA/Camden Clinic/WVU Medical Team	Once, Annually At Each School	PERC/School Nurse
Red Ribbon Week Activities	Classroom Teachers	October	Guidance Counselors

Vision and Hearing Screenings of newly enrolled students, PK, K, 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 – June	School Administrators
Dental Screening	Dr. Perrine	October –June	School Nurse
Creating Trauma Sensitive Schools	School Counselors	October-Feb	School Counselors
Promote Fresh Fruit and Vegetable Program and activities	Program Workers	All Year	Child Nutrition Director

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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 – June	Supt. Scott Cochran
Choose a council member to record and report minutes for each meeting.	Tammy Holcomb and the Council	October – June	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 – June	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 through June	Wellness Committee school contact person at each school
Promote "Minds in Motion" 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 through June	School Technology Person and School Administrator
Physical Education Classes minimum of 30 minutes according to Policy	School Administrators and PE Teachers	August through June	School Administrator

Fitness Gram for all students	PE Teacher	Annually at each school	School Administrator
Promote Recess before Lunch	School Administrators	Daily	School Administrators