

Braxton County Wellness Plan

Goal: Braxton County Schools will implement a wellness plan to include participation by all schools by 2015-16

Year 1 goals

Select school wellness representatives.

Schedule training with Alliance for a Healthier Generation. As a result of the training the following action steps will be implemented:

- A. The team will understand the Healthy Schools Program and its Framework
- B. A building level school wellness program will be developed
- C. The team will create a plan for completing the Healthy Schools Inventory
- D. Complete Healthy Schools Inventory

The county will seek funding from RESA for substitute costs so that group can participate in training. The county will seek funding through other sources for a wellness coordinator.

Year 2 goals

Schedule training with Alliance for Healthier Generation. As a result of the training the following action steps will be implemented:

- A. Identify action steps identified in Healthy Schools Inventory
- B. Seek specific technical assistance in developing action plan to address priority action steps
- C. Develop a customized action plan to provide students and staff with a healthier environment.
- D. Share ideas about resources available to assist each school in achieving goals set for the school.

Schedule training with the Alliance for a Healthier Generation. As a result of the training the following action steps will be implemented:

- A. Review Healthy Schools Inventory results and action plan to gauge progress and determine progress
- B. Share success and lessons learned across participating schools
- C. Celebrate efforts

Year 3 goals

Schedule training with the Alliance for a Healthier Generation. As a result of the training the following actions steps will be implemented:

- A. Update the Healthy Schools Inventory to review results and gauge progress
- B. Review and update Healthy Schools Plan
- C. Create strategies for overcoming barriers to ensure sustainability
- D. Share successes with community
- E. Create a vision for self sustaining School Wellness Council