**Local Wellness Assessment Plan**

**School: Bloomingdale Public Schools Date: November 2019**

| **Goal**  **What do we want to Accomplish** | **Action Steps**  **What activities need to happen** | **Timeline**  **Start Date** | **Measurement**  **How is progress measured?** | **Lead Person** | **Stakeholders**  **Who will be involved and/or impacted?** | **Complete?** |
| --- | --- | --- | --- | --- | --- | --- |
| 1. After obtaining food, students will have at least 20 minutes to eat lunch. | 1. Meet with principals about lunch period scheduling. 25 – 30 minute periods depending on school. 2. Evaluate lunch serving lines for efficiency 3. Follow up with principals in Spring of 2020 for SY 20/21 schedule | School 20/21 | Scheduling lunch periods of 20/21 will be a minimum of 30 minutes. | School Principals | Students, Principals, Food Service Staff, Food Service Director | Pullman Elementary: 30 minutes  Bloomingdale Elementary: 25 minutes  Bloomingdale MSHS: 30 minutes |
| 1. All School Food Sales outside of Cafeteria will follow State Smart Snack Policies | 1. Meet with principals to determine what and if food sales are done during the school day outside of the cafeteria. 2. Look at what sales are being completed and make sure they meet smart snack guidelines using the smart snack calculator 3. Making sure sales are not interfering with student’s time to eat NSLP meals. | School Year 19/20 | After reviewing school food sales make sure we have tracking of sales and that they meet state guidelines | Food Service Director | Students, Principals, Teachers, Food Service Director | Pullman Elementary: has additional sales approved on Smart Snack Calculator.  BES: Has additional sales approved on Smart Snack Calculator.  MSHS: Has vending items approved on smart snack calculator and school store is only allowed to operate 2 times a week for compliance. |
| 1. Elementary Schools must provide 20 minutes of active recess. Extra time every other day during lunch for HSMS to have active space to move around. | 1. Meet with Principals to make sure that we have scheduled a time for recess. 2. Make sure training is in place for Para prose to have students brought to designated areas in a timely manner. 3. Follow-up at the beginning of the semesters to discuss any complications. | School Year  19/20 | Recess Time for Elementary is on the school schedule for set time. MSHS will allow certain class’s access to the gym after the first 20 minutes of lunch are completed. | Principals | Students, Para pro, Principals | Pullman Elementary: 25 minute recess  BES: 20 minute recess  MSHS: Allows one of the two grades in the cafeteria the option to go to the gym every other day after the first 20 minutes of lunch is completed. |
| 1. Students will have an opportunity to participate in extra-curricular activities from Elementary – 12th grade | 1. Meet with Athletic Director and community youth sports program director. 2. Make sure we have areas for activities to take place. 3. Open opportunities to grade appropriate students. 4. School Coaches will give guidance to youth sport coaches. | School Year  20/21 | MSHS will offer extracurricular sports for MS/HS during all three sport seasons.  Elementary Youth sports will be given the area to practice and hold events so they can have a youth program. | Athletic Director | Students, parents, school coaches, Athletic Director | Elementary Youth Sports coordinated with School: Fall Sports are Youth Football, Cheerleading, and Soccer K- 6. Winter Sports are Boys and Girls basketball K – 6, and Wrestling and Wrestling clinics K – 6. Spring Sports are T-Ball, Baseball, and Softball K – 6.  HSMS Sports at the school are as followed.  Fall: Volleyball 7 – 12, Football 7 – 12, Soccer 6 – 12, Cross Country 6 – 12, and Cheerleading 6 – 12, Marching Band 9 - 12. Winter Sports: Boys and Girls Basketball 7 – 12, Cheerleading 6 – 12, and Wrestling 7 – 12. Spring Sports are Track 6 – 12, Baseball 7 – 12, and Softball 7 – 12. |