

Wood County School's Wellness Action Plan

Action Work Plan for School Year 2022-23, 2023-24

Issue Area (Circle One): Nutrition Education **Nutrition Promotion** Physical Activity Other School-Based Activity

(Areas of focus may include, but are not limited to: Strengthening Local Wellness Councils, Eating at School is Cool, Fruitful Fundraising, Healthy Snacks, Let's Party Let's Play, Rewarding Success, Feed to Achieve)

Goal: Proper dietary habits contributing to a student's health status and academic performance shall include the provision of student access to healthy food choices in appropriate portion sizes.

Objective: Students will have access to two nutritious meals per day.

<i>Activities</i>	<i>Person Responsible</i>	<i>Timeline</i>	<i>Person (s) to Monitor Progress</i>
Schools will provide a minimum of two nutritious meals each day for all school children in West Virginia.	Child Nutrition Director	On-Going	Child Nutrition Director
Implementation and continuation of Back-pack programs in schools.	Teams, Administrators, School Staff, Community Partners	On-Going	Wellness Teams
To increase breakfast participation district wide through the ongoing universal free breakfast for all Wood County Board of Education students.	Principals	On-Going	Child Nutrition Director
Strengthen food pantry programs in the middle and high schools.	Administrators, Community Partners	On-Going	Wellness Teams

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Goal: The district aims to teach, model, encourage, and support healthy eating students.

Objective: Schools will provide nutrition education and engage in nutrition promotion that is linked with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, Outdoor leaning programs, and nutrition-related community services.

<i>Activities</i>	<i>Person Responsible</i>	<i>Timeline</i>	<i>Person (s) to Monitor Progress</i>
Lettuce Grow in Middle Schools	Hollie Best/Middle School Principals	Ongoing	Wellness Committee
Outdoor Learning	Julie Bertram/School Wellness Coordinator	Ongoing	Wellness Committee
Gardening Programs - Elementary	Elementary Principals	Ongoing	Wellness Committee
Farm to Schools	Hollie Best	Ongoing	Wellness Committee

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Goal: The District shall support student's physical and emotional needs.

Objective: To build and expand the capacity of schools to increase awareness of and support for the mental health issues of school-aged youth.

<u>Activities</u>	<u>Person Responsible</u>	<u>Timeline</u>	<u>Person (s) to Monitor Progress</u>
Develop Program of Student Support through YES/SAT Teams	Julie Bertram	On-going	Wellness Teams
Handle with Care	Principals	On-going	Wellness Teams
Adult Mentors for Students	Principals	On-going	Wellness Teams

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Goal: Patterns of meaningful physical activity connect to students' lives outside physical education

Objective: Encourage students to participate in physical activity and fitness related activities.

<u>Activities</u>	<u>Person Responsible</u>	<u>Timeline</u>	<u>Person (s) to Monitor Progress</u>
Athletic Shoe Program	Karen Northrup	On-Going	Wellness Team
Provide opportunities for intramural sports and physical activity clubs	Physical Education & Health Staff	On-Going	Jason Potts
In K-5 physical activity in the form of recess or informal physical activity will be provided for no fewer than 30 minutes daily for all students.	Elementary Principals	On-Going	Wellness Teams
Develop and utilize community resource guide that will provide a resource for students and staff in relationship to physical education and nutrition education.	Wellness Team	On-Going	Wellness Teams
To implement district wide movement events during the day. Mid-day, mid-week, and mid-month activities in all schools.	Principal	Ongoing	Wellness Teams
Project YOGA	Principal, Physical Education & Health Staff	Ongoing	Wellness Teams

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Goal: The district will support an integrated school, parent, and community approach to achieving student wellness through a dynamic, collaborative partnership of communication and accountability.

Objective: Involve parents, students, school food services personnel, health service personnel, school administrators, and board representatives in developing and implementation of the wellness policy.

<i>Activities</i>	<i>Person Responsible</i>	<i>Timeline</i>	<i>Person (s) to Monitor Progress</i>
Quarterly Wellness Council Meetings	H.Best/J. Bertram	On-going	Wellness Teams
Review School Wellness Policy Action Plan	Wellness Team	6/2018	Wellness Teams
Create School Wellness Committee	Principals	On-going	Wellness Teams
Develop and Stengthen School Wellness Club at High Schools	Principals	On-going	Wellness Teams
Involve parents, school food service personnel, school administrators, health services personnel and board representatives by compiling a list of representatives and sending invitations for participation on the District Wellness Committee.	Hollie Best	On-going	Wellness Teams
Update and expand the District Wellness Web Page presentation to parents/guardians, students, and staff.	Michael Erb	On-going	Wellness Teams
Wellness Wednesdays on Social Media to promote wellness activities and champions throughout the Wood County School District.	Michael Erb	On-going	Wellness Teams

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Goal: The District shall support the development of all students lifelong wellness and health.

Objective: Schools are encouraged to offer preventative programs and services that could impact students' health and safety and ultimately academic success.

<i><u>Activities</u></i>	<i><u>Person Responsible</u></i>	<i><u>Timeline</u></i>	<i><u>Person (s) to Monitor Progress</u></i>
MOVHD Oral Disease Prevention Program	MOVHD/Mary Beth Shea	Ongoing	J. Bertram
Lion's Club Vision Screening	Lions Club	Ongoing	J. Bertram
Mobile school based health service unit.	Julie Bertram	On-going	Wellness Teams
Safe School Training	Ashlee Beatty	On-going	Wellness Teams
Active Shooter Training	Don Brown	Ongoing	Wellness Teams
AED Program	Julie Bertram	Ongoing	Julie Bertram
Epi-Pens in Schools	Julie Bertram	Ongoing	Julie Bertram
Narcan	Julie Bertram	Ongoing	Julie Bertram
Personal Hygiene Kits	Principals/School Wellness Coordinator	Ongoing	Wellness Teams
Student Advisory Council	Principals/School Wellness Coordinator	Ongoing	Wellness Teams