

NSCISD 2016-2017 Wellness Plan Condensed Checklist

Activity	Person(s) Responsible	Completion Date	Notes
Lunch menus with nutritional information posted	Food Service Staff, DBO		Location:
Posters of healthy food choices posted	Food Service Staff, DBO		Locations:
Menus posted on District website	Food Service, SHAC, Website Coordinator, P		
Integration of nutrition into lessons/curriculum Pre-K through HS	Food Service, SHAC, T, P		
Nutritional information at community events disseminated	Food Service, SHAC, T, P		Events:
Advertisements of food products are Smart Snack compliant	Food Service, T, P		
Nutrition and healthy food choices integrated in athletic program lessons/curriculum	T, coaches, P		
SPARK and CATCH (or similar programs) utilized District-wide	PE T, P		
PD planning and training BOY for District staff, nurses, and food service personnel	DSP, P		
PK-8 students in PE/Athletics; HS students access to PE/Athletics and Electives	PE T, coaches, T, P		
Provide 150 minutes PE/week and an additional 10/day recess after lunch and 20/day with teacher	PE T, coaches, T, P		
Middle School students participate in PE/Athletics. 5 th /6 th graders are provided 15 minutes recess and 7 th /8 th provided recreation time	PE T, coaches, T, P		
PD offered that encourages physical movement in classroom	T, P		
School athletic facilities available before and after school	T, coaches		
Weight room open in summer	T, coaches		
ES gym open 7:00-7:20am	T, coaches		
Recreational facilities available for RISE program	T, coaches		
PD to encourage lifelong physical activity for employees	T, P		
Activities/opportunities for physical activities posted on website, Facebook, marquees, etc.	T, Website Coordinator, P		
Communication (flyers, notes, website) to parents informing of events that promote physical activity for the family	T, Website Coordinator, P		
School announcements for recreational facilities available after hours	P		
Signs announcing track availability for community	P, Maintenance Director		
Master schedule reflects 10 min for breakfast and 30 min for lunch	P		
School personnel monitor lunch	P		
SHAC sponsor wellness activities	SHAC, P		
Newsletter published monthly	SHAC, P		
Teacher Excellence Stipend used to encourage involvement	SHAC, P		
Health insurance provided utilized to encourage wellness through preventative services	HR Department, nurses		
Flu/health clinics held at school for staff	HR Department, nurses		

DBO = Director of Business Operations; SHAC = SHAC Committee; P = Principals; T= Teachers;
 DSP = Director of Special Programs