

**Action Plan for Wellness Goals
2017-2018
Nutrition Education**

Wellness Goal	Who Will Coordinate	Steps to Achieve Goal	Time Line
<p>1. Nutrition educational information will be posted on a bulletin board within each cafeteria at a minimum of four times a year.</p>	<p>SN Director and cafeteria staff</p>	<ol style="list-style-type: none"> 1. Purchase bulletin boards for every school cafeteria within the district. 2. Have maintenance install bulletin boards. 3. Select nutritional themes for topics. 4. Order supplies 5. Assign assistant managers of each cafeteria the task of bulletin board upkeep. 6. Distribute materials to each school. 7. Oversee boards being updated at least 4 times a year. 	<p>August 2017</p> <p>September- October 2017</p> <p>November 2017</p> <p>November 2017 January 2018 March 2018 May 2018</p>
<p>2. Nutrition education articles and information for parents and students will be available on the School Nutrition website and updated twice a year.</p>	<p>SN Director and SN Coordinator</p>	<ol style="list-style-type: none"> 1. Maintain school nutrition website, which is automatically updated throughout the year. 	<p>August 2017-May 2018</p>

**Action Plan for Wellness Goals
2017-2018
Physical Activity**

Wellness Goal	Who Will Coordinate	Steps to Achieve Goal	Time Line
<p>1. Teachers will be emailed examples of “how to” implement brain breaks consisting of short physical activities to do within the classroom four times a year.</p>	<p>Melisa West- EES Tracy Wells-Mt.View Melissa Long-GHS Holly Kiker-EPS Kelly Smith-CC Kayla West</p>	<ol style="list-style-type: none"> 1. Committee members will compile list/ideas. 2. Compile email per school level. 3. Appointed committee member will w-mail administrator with brain break ideas. 4. Administrator will email to staff. 	<p>October</p> <p>December</p> <p>February</p> <p>May</p>
<p>2. . The school district will insure that physical education classes meet the required time for each grade level, physical education elective classes are offered and that recess time is provided for all elementary school children.</p>	<p>Josh Fountain Ashley Waters</p>	<ol style="list-style-type: none"> 1. Coordinate with each school in the county about the required PE minutes for each grade level. 2. Request PE schedule and daily schedule from each school. 3. Compile documentation show PE minutes for All school and grade levels. 4. Report results to administration and make needed corrections for upcoming school year. 	<p>November</p> <p>December</p> <p>January</p> <p>February-May</p>

**Action Plan for Wellness Goals
2017-2018
Other Activities that Promote Wellness**

Wellness Goal	Who Will Coordinate	Steps to Achieve Goal	Time Line
<p>1. The school district will offer a CPR course that is free to employees once each year.</p>	<p>Tracy Wells Kelly Smith Cayla West</p>	<ol style="list-style-type: none"> 1. Offer sign up opportunity for employees to become CPR certified. 2. Coordinate and schedule CPR dates and time. 3. Offer CPR Courses 	<p>August</p> <p>August</p> <p>October/May</p>
<p>2. The school district will coordinate with the public health department to offer flu vaccines to all personnel once each year.</p>	<p>Tracy Wells Kelly Smith Cayla West</p>	<ol style="list-style-type: none"> 1. Coordinate times/dates with local health department. 2. Email all employees of available days to receive vaccines. 3. Health Department to come to each school to give vaccinations 	<p>September</p> <p>September</p> <p>October</p>