Bath County School District Superintendent’s Wellness Team

Plan of Strategies and Activities

**2017-18 School Year**

Strategies/Activities

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Strategy/Activity** | **Responsible Person/s** | **Start Date** | **End Date** | **Estimated Costs** | **Funding**  **Source** | **I**  **IP**  **NI** |
|  |  |  |  |  |  |  |
| Principals at each school shall develop a Coordinated School Wellness Team and reported to Superintendent’s Wellness Team Chair. | Principal | August 15, 2018 | September 15, 2018 | $0 | None |  |
| Coordinated School Wellness Teams will meet quarterly. The teams will report at the Superintendent’s Wellness Team meetings of strategies and activities they are implementing in their schools toward meeting the Superintendent’s Wellness Team plan. | Chair of Coordinated School Wellness Teams | August 15, 2017 | June 30, 2018 | $0 | None |  |
| Each Coordinated School Wellness Team will update their Healthier Generation Report | Coordinated School Wellness Teams | August 15, 2017 | September 22, 2017 | $0 | None |  |
| Coordinated School Wellness Teams will review their breakfast and lunch schedules to make sure students have 10 minutes for breakfast and 20 minutes for lunch by the time they sit down to eat. (If this is not reached the team will need to develop a plan to present to Leadership team to work toward meeting this goal either this school year or for the18-19 school year.) | Coordinated School Wellness Teams | August 7, 2017 | May 30, 2018 | $0 | None |  |
| District and School Wellness Teams will review staff survey data of 16-17 school year to determine physical and nutrition activities for staff for the 17-18 school year. | District and School Wellness Teams | August 15, 2017 | June 30, 2018 | $0 | None |  |
| Each School Coordinated Wellness Team will provide and monitor physical activities for their staff after school and report to the Superintendent’s Wellness Team | Coordinated School Wellness Team | August 15, 2017 | June 30, 2018 | $0 | None |  |
| School Coordinated Wellness Teams will develop a plan to slowly introduce healthy snacks in their staff snack machines for purchase. They will report their plan at the Superintendent’s Wellness Team meetings | Coordinated School Wellness Team | August 15, 2017` | June 30, 2018 | $0 | None |  |
| School Coordinated Wellness Team will monitor and support school leadership in offering fruit and vegetables as snacks at staff meetings when making food available. | Coordinated School Wellness Team | August 15, 2017 | June 30, 2018 | $0 | None |  |
| Superintendents Wellness Team will research options and work to offer weight management sessions for staff | Superintendents Wellness Team | August 15, 2017 | June 30, 2018 | $0 | None |  |
| Coordinated School Wellness Teams will work with school nurses, FRYSC staff, and Health Departments to bring health assessments into schools for staff. Team will monitor and report to Superintendents Wellness Team | Coordinated Wellness Teams | August 15, 2017 | June 30, 2018 | $0 | None |  |
| Superintendent’s Wellness Team will work to raise awareness of resources and opportunities with our community partnerships and make them available to community and stakeholders. | Superintendent’s Wellness Team | August 15, 2017 | June 30, 2018 | $0` | None |  |
| Superintendent’s Wellness Team and Coordinated School Wellness Teams will research possible grant opportunities to bring in resources for nutrition and physical activities for staff, students and community. Grants will be applied for accordingly. | Superintendent’s Wellness Team and Coordinated School Wellness Teams | July 1, 2017 | June 30, 2018 | $0 | None |  |