

Action Work Plan for School Year 2021-2022 Issue Area:

Strengthening Local Wellness Councils (Circle One)

Eating at School is Cool

Fruitful Fundraising



Healthy Snacks

Let's Party Let's Play

Rewarding Success

Goal: To continue an action plan to improve student fitness and wellness.

Objective: To continue incorporating activities that support the county action plan and increase students level of fitness.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Continue to offer students the "Grab and Go" breakfast option.	Mrs. Buckley	8-23-21 thru 6-1-22	Mr. Watson, Ms. McCartney & Mrs. Buckley
PE teachers to administrate the (HEAP)	Mrs. Myers & Mr. Vanmeter	8-23-21 thru 6-1-22	Mr. Watson & Ms. McCartney
Offer physical activities as a reward option on all PBS days.	All Staff	8-23-21 thru 6-1-22	Mr. Watson & Ms. McCartney
Incorporate physical activity into any classroom instruction whenever feasible.	All Staff	8-23-21 thru 6-1-22	Mr. Watson & Ms. McCartney

Action Work Plan for School Year 2021-2022 Issue Area:

Nutrition Promotion and Education

Nutrition Guidelines

(Circle One)

Physical Activity Other School-Based Activities to Promote Student Wellness

(Areas of focus may include, but are not limited to: Strengthening Local Wellness Councils, Fundraising, Breakfast Strategies, Healthy Snacks, Let's Party Let's Play, Rewarding Success, Feed to Achieve)

Goal: To provide students with an extra twenty minutes per day of physical activity.

Objective: To allow students to go outdoors and burn calories, practice emerging physical skills and experience the pure joy of movement.



Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Students will be provided a twenty minute interim during lunch each day. Weather permitting students will go outside for their physical activity. During inclement weather the gym and classrooms will be utilized.	All RMS teachers	8-23-21 thru 6-1-22	Mr. Watson & Ms. McCartney