

# Action Work Plan for School Year 2017-2018

Issue Area:



**Strengthening Local Wellness Councils**

(Circle/Underline One)

Healthy Snacks

**Eating at School is Cool**

Let's Party Let's Play

**Fruitful Fundraising**

Rewarding Success

**Goal:** Hampshire High School students will participate in activities that promote nutritional education, physical activity and overall student wellness.

**Objective:** Students at Hampshire High School will learn about and participate in activities that promote nutritional education, physical activity and overall student wellness for a minimum of 6 times during the 2017-2018 school year.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
1. PE Classes-each student will have to take at least 1 physical education class while at HHS-generally during his/her freshman year.	PE Teacher/Guidance Counselors	August 2017	DiAnna Liller, Guidance Counselors
2. Participation in Athletics-students have the option to participate in a wide variety of athletics including: football, baseball, soccer, cross country, volley ball, basketball, track, wrestling, etc. These activities help to keep students physically fit.	Coaches	August 2017- June 2018	DiAnna Liller, Coaches of various sports
3. Student health information reviewed with teachers as needed for students in specific classrooms.	Casey Mowrey	August 2017	Casey Mowrey, DiAnna Liller
4. Interclass sports competition at the end of each grading period with grade levels playing each other and the winner grade playing against the faculty.	Administration and PE Teachers	Oct 2017 Dec 2017 March 2018 May 2018	DiAnna Liller, Megan Fuller, Ori Pancione

5. Health Care Classes meet daily to develop student knowledge of a healthy life style.	All Health Teachers	Aug 2017 to June 2018	Darren Grace, Scott Lowery, Greg Nething
6. Nurse stationed at HHS for 5 days per week. To assist students with health care needs.	Casey Mowrey	August 2017- June 2018	Casey Mowrey, DiAnna Liller
7. HOSA Students hold 3 Blood Drives per year to assist the American Red Cross	Kristie Long	Nov 2017 Feb 2018 Apr 2018	Kristie Long, Ori Pancione
8. All students will be offered 2 <sup>nd</sup> Chance Breakfast daily which will be eaten at the beginning of Advisory	All teachers with 1 <sup>st</sup> period classes.	August 2017- May 2018	All Faculty and Staff of HHS
9. Flu Shots offered to staff and students each year in October.	Casey Mowrey	October 2017	Casey Mowrey
10. Students are able to sign up for Weight Training and Team Sports	Darren Grace and Scott Lowery	August 2017 to May 2018	Darren Grace, Scott Lowery and Administration