

# Wellness 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*



School: **Romney Elementary School**

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

Objective: **Students at RES will learn about and participate in activities that promote nutritional education, physical activity, and overall student wellness for a minimum of six times during the 2021-2022 school year.**

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Vision Screening (PK)	Kelly Sions	September 2021	Kelly Sions
Handwashing program with all PK, K, and 1 <sup>st</sup> grade students	Kelly Sions	October 2021	Kelly Sions, PK-1 <sup>st</sup> teachers and aides
Student health information reviewed with teachers as needed for students with specialized health needs	Kelly Sions	September 2021 (ongoing as new students enroll)	Kelly Sions, Debbie Belt, Nicole Morris, teachers
Height and weight screenings (PK)	Kelly Sions	September 2021	Kelly Sions
Nurse stationed at RES daily	Kelly Sions	Daily, throughout the year	Kelly Sions, Rhonda Dante, Nicole Morris
Dental Health program for lower elementary grades	Kelly Sions with local dentist office	January 2022	Kelly Sions
Growing Up classes for 5 <sup>th</sup> Grade	Kelly Sions, Rhonda Dante, Sarah Deshaies	May 2022	Kelly Sions, Rhonda Dante, Sarah Deshaies

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Objective: **Students at RES will participate in activities that provide opportunities for physical activity.**

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
All students in PK-5 <sup>th</sup> grade are offered recess daily for 30 minutes	Classroom teachers	Daily, throughout school year	Classroom teachers, Nicole Morris
Minds in Motion/Movement brain breaks/classroom walks	Classroom teachers	Daily, throughout the school year	Classroom teachers, Nicole Morris
PE program for students 3 days per week for 40 minutes	Corey Haines, Ed Hardinger	3/week, throughout the school year	PE teachers, Nicole Morris
Pumpkin Race conditioning for 4 <sup>th</sup> /5 <sup>th</sup> grades	Corey Haines, Ed Hardinger	September-October 2021	PE teachers
Presidential Physical Fitness Test	Corey Haines, Ed Hardinger	Spring 2022	PE teachers
PTO Field Day at the end of the year	PTO officers	May 2022	Nicole Morris, PTO, parent volunteers
Girls on the Run program for 3 <sup>rd</sup> -5 <sup>th</sup> grade girls	Nicole Morris, GOTR regional rep	Spring 2022	GOTR coach and program representative

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Objective: **Students at RES will participate in activities that promote nutritional education.**

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Breakfast in the classroom for all students every day	Cindy Parker	Daily, throughout school year	Cindy Parker, kitchen staff
Fresh Fruits and Vegetables Grant	Grant Coordinator	October 2021-May 2022	Nicole Morris, Amy Haines, grant coordinator
Farm to School	Shannon Ritchie, WVU Extension	Throughout school year	Classroom teachers (gardening); Shannon Ritchie with in-school activities
WVU Extension Nutrition Classes	Shannon Ritchie	Dedicated 6 week period	Nicole Morris, WVU Extension