

# Action Work Plan for School Year 2019-2020



## Issue Area: Nutrition Promotion and Education

### Goal/

**Objective: To strengthen student awareness to improve and take part in their own nutrition and wellness.**

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Breakfast in the Classroom	Classroom teacher	Throughout the year	Administrator
PK Family Style Breakfast and Lunch	PK Staff	Throughout the year	Administrator
Seconds at Lunch	Teacher on duty and cafeteria manager	Throughout the year	Administrator
School Garden	Classroom Teacher	Early Fall and Late Spring	Administrator
Share Table at Lunch	Teacher on duty and cafeteria manager	Throughout the year	Administrator

# Action Work Plan for School Year 2019-2020



Issue: Wellness

Goal/Objective: To strengthen parent involvement/awareness in the areas of their child's wellness

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Community Access to the playground and walking trail	Administrator	Throughout the year	Administrator
Vision and Hearing Screenings	School Nurse and Speech Therapist	Once in the Fall semester and throughout the year as needed	Administrator
BORN Learning Academy- Nutritious food, shopping, and preparation- Target Audience- Families of children Birth to Pre K age.	BORN Learning team/committee	Session 3- Date TBA (December)	Born Learning Committee/ Team
Required Dental and Physical Forms for Pre K	Administrator/ Nurse	Before entering school	Administrator/ Nurse

# Action Work Plan for School Year 2018-19

Issue: Exercise

Goal/Objective: To increase student physical activity awareness



Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Physical Education classes a minimum of 40 minutes 3 times per week	Administrator PE teacher	Throughout the year	Administrator
Physical activity and movement shall be integrated, when possible, throughout the day	Classroom teachers	Throughout the year	Administrator
Pumpkin Race	PE Teacher	Fall	Administrator
Girls On the Run	Club Members/ Sponsor	Spring	Club Members/ Sponsor
Walking Club	Club Members/ Sponsor	Throughout the year	Club members/ sponsor

# Action Work Plan for School Year 2018-19

Issue: Wellness

Goal/Objective: To increase students overall wellness awareness



Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Red Ribbon Week	Guidance Counselor	October	Administrator
Dental Health Presentations	School Nurse	Once per year	Administrator
Handwashing	School Nurse	Once per year	Administrator
Too Good for Drugs Program	Counselor	Unit of study in 3 <sup>rd</sup> and 5 <sup>th</sup> grades	Administrator
Kindness Initiative and Celebrate World Kindness Day	Administrator, Guidance Counsellor, and Classroom Teachers	Throughout the Fall and on Nov 13	Administrator, Guidance Counsellor, and Classroom Teachers
Partnership with Mountaineer Mental Health- School based Mental Health Services	Mental Health Professional Staff	Throughout the year	Administrator and MMH staff