

County/Sponsor: Springfield-Green Spring Elementary **Contact Person:** C. Nicole Morris

Action Work Plan for School Year 2018-2019 Issue Area:

- (Check One) Nutrition Promotion and Education Nutrition Guidelines
 Physical Activity Other School-Based Activities to Promote Student Wellness

(Areas of focus may include, but are not limited to: Strengthening Local Wellness Councils & Policy, Public Notification, Fundraising, Breakfast Strategies, Scratch Cooking, Healthy Snacks, Farm to School, Share Tables, Feed to Achieve, Smarter Lunchrooms, School Gardens, After School Running Clubs)

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

Objective: To complete the following activities at 100%.

| Activities | Person Responsible | Timeline | Person (s) to Monitor Progress |
|----------------------------|--------------------|----------------------------|--------------------------------|
| Health CSOs | PE teacher | throughout the school year | Principal |
| Handwashing presentation | School nurse | Fall 2018 | Principal, school nurse |
| Dental health presentation | School nurse | Fall 2018 | Principal, school nurse |
| Red Ribbon Week activities | Guidance counselor | October 2018 | Principal, guidance counselor |

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Objective: To complete the following activities at 100%.

| Activities | Person Responsible | Timeline | Person (s) to Monitor Progress |
|----------------------|-----------------------------------|--------------|--------------------------------|
| Pumpkin Race | PE Teacher | October 2018 | Principal |
| Fitness Gram | PE Teacher | Spring 2019 | Principal |
| Field Day Activities | PE Teacher and Classroom Teachers | Spring 2019 | Principal |
| Girls on the Run | GOTR coaches | Fall 2018 | Principal |

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

Objective: To complete the following activities to 100%.

| Activities | Person Responsible | Timeline | Person (s) to Monitor Progress |
|--|--------------------|----------|--------------------------------|
| Fruit and Vegetable grant - weekly fresh fruit and vegetable snacks | School cook | weekly | Principal |
| Movement integrated into curriculum - brain breaks with Go Noodle, Minds in Motion | Classroom teachers | daily | Principal |
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