



County/Sponsor: Hampshire County Schools

Contact Person: Amy Haines

SCHOOL: Romney Middle

ACTION WORK PLAN FOR SCHOOL YEAR 2022-2023

Issue Area: (Check One) Nutrition Promotion and Education Nutrition Guidelines

Physical Activity Other School-Based Activities to Promote Student Wellness

GOAL: To continue improving student's overall wellness and fitness.

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. Ayers	8-22-22 thru 6-10-23	Mr. Watson & Ms. McCartney
To offer students a "Grab and Go" lunch option 2 days per week.	Mrs. Ayers	8-22-22 thru 6-10-23	Mr. Watson & Ms. McCartney
Incorporate physical activity into any classroom instruction whenever feasible.	All staff	8-22-22 thru 6-10-23	Mr. Watson & Ms. McCartney



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 Physical Activity Other School-Based Activities to Promote Student Wellness

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.	8-22-2022 thru 6-1-2023	Mr. Watson & Ms. McCartney