



BSD#7 LRSP Strategic Objective ACTION PLAN: 2010-11

4.05 C&I Wellness Plans

Action Plan Projected Completion Date: On-going	Leader: Marilyn King Team Members: Laura St. John, Pepper Henryon, Chris Fisher, Katie Bark, Becca Spear, Bruce Colton, Parent Representatives, Jason Karls
---	--

Strategic Objective (SO): 4.05 Implement wellness action plans for students and staff by working to instill in each student and adult the desire to make responsible healthy choices.

Evaluation Plan: (Describe steps you'll take to determine if you've reached your strategic objective.)
 Action Steps are measurable based on deliverables.
 Annual report to the Superintendent and the School Board.

Best Practice Investigation: (What information is uncovered looking at best practice in relation to your strategic objective?)
 Information that demonstrates the practice helps to create healthier school settings and/or supports students in enhancing their health or supports academic achievement.

Action Steps What actions will be taken to achieve this SO? Include what staff may need to learn to accomplish this SO.	Who? Who will be responsible for what actions?	Timeframe What is a realistic timeframe for each action?
1. Screen Free Week 1. District will participate based on Community Screen-Free needs.	1. Wellness Advisory Committee	1. Spring, 2009 and on-going
2. Health Education/Nutrition Education 1. Include position statement about increasing healthy snacks for parties, etc. in parent handbooks 2. Address energy drink education	1. K-5 Principals	1. On-going
3. Provide tables with Health Information at every Back to School night	2. Bob Burrows; Wellness Advisory Committee	2. 2010-11 School Year
4. Include a lesson on whole wheat at all after school programs in year one, and continue with annual nutrition lessons and activities.	3. Principals; Health Enhancement teachers	3. 2008 and on-going
5. Provide training on structured recess for all after school program coordinators.	4. Megan Brenna, Bob Burrows	4. 2008 and on-going
	5. Megan Brenna	5. 2008 and on-going

<p>6. Implement structured recess in all after school programs. 7. Seek funding for Healthy Habits through PACs and implement program for interested schools.</p> <p>3. Expand Wellness Advisory Committee 1. Solicit new members (so that we have one person from each school) who are willing to participate in planning and implementation.</p> <p>4. Communicating School Wellness 1. Implement wellness webpage – www.bsd7.org/Wellness and update regularly by having it as a standing agenda item for each Wellness Advisory meeting 2. Submit educational newsletter articles to schools and post on Wellness page.</p> <p>5. Healthier US Challenge 1. Continue to provide support for programs at schools.</p> <p>6. Farm to School Program 1. Parent groups involved with Gallatin Farm to School Chapter work. 2. Food service program working towards local food procurement practices. 3. Nutrition education activities –Spring Farm Day with Duane Burkenpas. 4. Farm to School group invited to HE CLT; other curricular tie-ins.</p> <p>7. Safe Routes to School 1. Board resolution for International Walk to School month. 2. SRTS activities district-wide and on website. 3. District participation on SRTS Committee.</p>	<p>6. Megan Brenna 7. Individual school sites</p> <p>1. All</p> <p>1. All WAC members; Ken Hackler 2. WAC</p> <p>1. Principal, Parent Group, Bob Burrows and Sherri Pearson, MSU Team Nutrition Program</p> <p>1. Parent group members 2. Bob Burrows, Sherri Pearson 3. On-going 4. Sarah Hays</p> <p>1. Marilyn King 2. Robbye H., Chris F., Marilyn K., Principals 3. Marilyn K, Cathy Costakis, Chris F</p>	<p>6. 2008 and on-going 7. On-going</p> <p>1. On-going</p> <p>1. On-going 2. On-going</p> <p>1. On-going</p> <p>1. On-going 2. On-going 3. On-going 4. On-going</p> <p>1. Fall 2009 2. October 2009 3. On-going</p>
---	---	---

<p>4. Survey Monkey link on District website.</p> <p>8. Health Dept. Coordination/Health Programs for Students</p> <ol style="list-style-type: none"> 1. Coordinate with Health Department for all public health issues. 2. Employee vaccinations. 3. District student health/dental screenings <p>9. Increase physical activity throughout the instructional day outside of Health Enhancement class.</p> <ol style="list-style-type: none"> 1. Survey principals/HE teachers: What kinds of organized physical activity are occurring throughout the instructional day outside of Health Enhancement class? (e.g., Brain Gym, Walking Club, Walk Across America, yearly events) 2. Compile and post some options that are available on the website – education resources 3. Suggest as a flex day offering (Indian Games; School Moves; Mind and Body – 10 minute moves for in class) 4. Mind and Body will be modeled in Instructional Cabinet. <p>10. Curriculum</p> <ol style="list-style-type: none"> 1. Curriculum Improvement Process for Health Enhancement. 2. Use of HealthTeacher.com. 3. Continue to seek curricular tie-ins related to wellness. <p>11. AEDs</p> <ol style="list-style-type: none"> 1. Adopt AED policy and procedure for the devices that exist in the District. 	<p>4. Technology Services, City Committee</p> <ol style="list-style-type: none"> 1. Becca Spear, Marilyn King, 2. Bruce Colton 3. Becca Spear <ol style="list-style-type: none"> 1. Marilyn King/ MSU Nursing Student 2. Chris Fisher, WAC 3. HE CLT to PD Committee 4. Marilyn King; Katie Bark <ol style="list-style-type: none"> 1. Sarah Hays, Renee Westlake, H.E. CLT 2. Sarah Hays, Renee Westlake, H.E. teachers and other teachers as appropriate 3. Sarah Hays and CLTs <ol style="list-style-type: none"> 1. Marilyn King Becca Spear, BHS Staff 	<p>4. Fall 2009</p> <ol style="list-style-type: none"> 1. On-going 2. On-going 3. On-going <ol style="list-style-type: none"> 1. Spring, 2011 or as time permits 2. On-going 3. February, 2011 and on-going 4. On-going <ol style="list-style-type: none"> 1. 2009-2011 school years 2. 2009 and on-going 3. On-going <ol style="list-style-type: none"> 1. Fall, 2010
--	---	--

In a year, we hope to see the following progress on this strategic objective:

1. Completion and institutionalization of Action Items 1- 12