



# BSD#7 LRSP Strategic Objective ACTION PLAN: 4.03 CI Safety & Wellness 2011-12

**Strategic Objective (SO):** 4.03 Promote safety and wellness for students and staff to support responsible, healthy choices.

**Topic of Strategic Objective (SO) e.g., Math, PEAKS, etc.:** General-C&I

**Leader:** Asst. Supt., Prevention Coord.

**Team Members:** District Wellness Committee

**Action Plan Projected Completion Date:** 2013-14

**Evaluation Plan:** Describe steps you will take to determine if you have reached this 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 this 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.

<p style="text-align: center;"><b>Action Steps</b></p> <p style="text-align: center;">What actions will be taken to achieve this SO? Include what staff may need to learn to accomplish this SO.</p>	<p style="text-align: center;"><b>Who</b></p> <p style="text-align: center;">Who will be responsible for what actions?</p>	<p style="text-align: center;"><b>Timeframe</b></p> <p style="text-align: center;">What is a realistic timeframe for each action?</p>
<p>Ongoing</p> <p>Screen-Free Week participation.</p> <p>Position statement about healthy snacks for parties/birthday celebrations.</p> <p>Restriction of energy drinks – K-12.</p> <p>Solicitation of new members.</p> <p>Continue to support Healthier US Challenge at interested schools.</p> <p>Coordinate with Health Department for all public health issues.</p> <p>Employee vaccinations.</p> <p>District student health/dental screenings</p> <p>Farm to School Program</p> <p>Safe Routes to School</p> <p>1. Health Education/Nutrition Education</p> <p>1. Provide tables with Health Information at open house events.</p> <p>2. Encourage Healthy Habits program at schools.</p> <p>2. Communicating School Wellness</p> <p>1. Continue implementation of wellness webpage – <a href="http://www.bsd7.org/Wellness">www.bsd7.org/Wellness</a> and update regularly by having it as a standing agenda item for each Wellness Advisory meeting</p> <p>2. Submit educational newsletter articles to schools and post on Wellness page.</p>	<p>1. WAC members</p> <p>2. WAC members</p>	<p>These action steps will all take place during the 2011-12 and 2012-13 school years, with the exception of 1(1) and 4(2), which are dependent on volunteers</p>

<p>3. Make presentations to PACS and other groups. 4. Promote families eating together. Investigate possible programs that the WAC could support.</p> <p>3. Food Service/Nutrition Investigate the restriction of chocolate milk in elementary schools. Supply healthy food (low-fat and organic) vending machines, starting with BHS. Provide education to parent and student groups regarding snack carts. Utilize FCS group to pursue nutrition education. Institute a fresh fruit and vegetable education program at Whittier.</p> <p>4. Increase physical activity throughout the instructional day outside of Health Enhancement class. 1. Continue to support activity throughout the instructional day. 2. Teacher testimonials on the 10 minute walking programs and other physical activity that occurs during the day.</p> <p>5. Curriculum 1. Expand implementation of HealthTeacher.com.</p> <p>6. Driver Safety Promote safe driving habits to 6-12 students.</p> <p>7. Mental Wellness/ATOD Issues Analyze data/conduct needs assessment (use district discipline data, YRBS information). Hold follow-up discussions related to Bob Stutzman's visit.</p> <p>8. Health/District Nursing 1. Asthma Grant 2. Increase the # of staff trained in CPR and First Aid. 3. Create a statement about the importance of immunizations. 4. Increase parent education about required immunizations.</p>	<p>3. Food Service</p> <p>4. WAC members</p> <p>5. Instructional Coaches; HE Coordinator</p> <p>6. Laura St. John</p> <p>7. WAC members</p> <p>8. District Nurse</p>	
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**Progress expected by the end of the year:** Completion of Action Items 1- 8.