

Plan to Improve School Nutrition and Physical Activity November, 2011

Our school district has joined the Healthy Schools Program through the Alliance for a Healthier Generation. We will utilize their resources to enhance our wellness efforts to help fight childhood obesity through providing healthier food choices and keeping our students physically active. (healthiergeneration.org)

We submitted our inventory online and created a School Action Plan utilizing the Healthy Schools online tools. Our schools will be working towards Bronze recognition through the following School Action Items outlined in our plan. As each school makes progress, the items will be marked complete and our inventory will be updated automatically.

Elementary

Criterion #205, School Meals K-12

At least one fruit other than 100% juice is offered at breakfast. Fruit may be fresh, canned or frozen in fruit juice or light syrup.

Assigned teammate: Becky Barnett

Criterion #209, School Meals K-12

Half of all grains at breakfast and half of all grains at lunch must be whole grains.

Assigned teammate: Becky Barnett

Criterion #502, Employee Wellness, K-12

A school employee wellness needs or interest assessment has been conducted yearly with staff.

Assigned teammate: Belinda Stivers

Middle and High School

Criterion #205, School Meals K-12

At least one fruit other than 100% juice is offered at breakfast. Fruit may be fresh, canned or frozen in fruit juice or light syrup.

Assigned teammate: Becky Barnett

Criterion #414, Health Education, K-12

All students are assessed in health education and results are reported on the report card every term that health education is required.

Assigned teammate: Paul McDowell

Criterion #502, Employee Wellness, K-12

A school employee wellness needs or interest assessment has been conducted yearly with staff.

Assigned teammate: Belinda Stivers