

Revised October 19, 2017: Previous time was March 2016

Williamsburg Wellness Action Plan
Code 507.9
Appendix A

Goal 1: Establish Nutrition Guidelines for All Foods Available on Campus

Action Steps	Indicators of Success	People to Involve	Timeline
<p>Meals served through the National School Lunch and Breakfast program will:</p> <ul style="list-style-type: none"> • Meet at a minimum nutritional requirements established by state, and federal law. • Offer a variety of fruits and vegetables. • Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA) • Ensure that half of the grains are whole grain. 	<ul style="list-style-type: none"> • Food Service Director will plan and record menus in compliance with USDA recommendations. • Review of menus by Department of Education with suggestions and recommendations for menus • Install electronic identification and payment system in each building. • More healthy beverage and food choices will be available to students in the a la cart menu and cafeteria during the school day. 	<p>Food Service Director</p> <p>Food Service Director Department of Education</p> <p>Building Administrators Technology Coordinator Building Secretaries</p> <p>Food Service Director</p>	<p>Done</p> <p>Done</p> <p>Done</p> <p>Done</p>

<p>The school should share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria board menus, placards or other point-of-purchase materials.)</p> <p>Make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.</p> <p>All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines) during the school day will meet nutrition standards as required by state or federal law.</p>	<ul style="list-style-type: none"> • Parents will be encouraged to send healthy snack items for regular and birthday snacks. • Evaluate content of sports drinks for nutritional value; inform coaches, students, parents of results 	<p>Building Administrators Consumer Science Teacher Classroom teachers</p> <p>Building Administrators Consumer Science</p> <p>Health Classes Food Service Director Consumer Science</p>	<p>Goal for 2016-2017 school year</p> <p>Ongoing</p> <p>Done & Not Done</p>
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<p>All foods made available on campus adhere to food and security guidelines.</p>	<ul style="list-style-type: none"> ● All food service providers will receive HACCP training ● Ongoing professional development for food service workers ● Guidelines and requirements for food safety shared with all booster clubs ● All foods made available on campus comply with the state and local food safety and sanitation regulations. 	<p>Food Service Director Cafeteria workers</p> <p>Food Service Director Cafeteria Worker Superintendent</p> <p>Food Service Director Consumer Science</p> <p>Food Service Director</p>	<p>Done</p> <p>Done & Ongoing</p> <p>Not Done</p> <p>Done & Ongoing</p>
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Goal 2: Nutrition Education and Promotion

Action Steps	Indicators of Success	People to Involve	Timeline
<p>Review/revise health curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the K-12 Health, Consumer Science and Physical Education curriculum.</p> <p>Increase health curriculum incorporation into other curricular areas such as math, science, language arts, social sciences and elective areas.</p> <p>Increase student, parental and staff awareness of the importance of healthy eating and physical activity in their child's overall wellness.</p>	<ul style="list-style-type: none"> ● Elementary classroom teachers integrate nutrition education into science and health curriculum. ● Teachers encourage healthy eating ● Teachers encourage physical activity ● Increase student engagement in moderate to vigorous activity at least 50% of physical education class time. ● Addition of wellness link on district's web site referring students, staff, and parents to current health, nutrition and wellness web sites. 	<p>Health, Consumer Science, and</p> <p>Physical education teachers</p> <p>Administrators</p> <p>Tech Coordinator</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Done in some areas</p> <p>Not Done but a goal for our new website this coming school year</p>

<p>Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.</p>	<ul style="list-style-type: none"> ● Monthly health, nutrition and wellness updates on district web site. ● Nutrition, health, and wellness experts are invited to speak at class meetings during advisory time. ● Increase staff wellness activities 	<p>Consumer Science</p>	<p>Not Done, but a goal for our new site this coming school year</p>
<p>Increased communication to students regarding mental health resources.</p>	<ul style="list-style-type: none"> ● Mental health resources are posted near counselors office 	<p>Tech Coordinator Counselor Administrators</p> <p>Building staff Administrators</p> <p>Counselor Health Teacher Consumer Science</p>	<p>Has been done, but needs to be more consistent</p> <p>Achieved goal set in Feb of 15</p> <p>Done & Ongoing</p>
<p>Increased communication to students and parents regarding caloric balance between food intake and physical activity.</p>	<ul style="list-style-type: none"> ● Weight loss and management information is provided to students. 	<p>Counselor Health/Physical Education Teacher</p>	<p>Ongoing</p>

<p>Increased awareness of social/emotional impact of weight management/control.</p>	<ul style="list-style-type: none">• Individual counseling for students in the social/emotional aspects of weight management/control.	<p>Health/Physical Education Teacher Counselor</p>	<p>Ongoing</p>
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Goal 3: Physical Activity

Action Steps	Indicators of Success	People to Involve	Timeline
<p>The school district will provide physical education activity with a minimum of 60 minutes a week for elementary students and 80 minutes a week for middle school and high school students.</p> <p><i>Rec. is for all students in grades K-12 for the entire school year.</i></p>	<ul style="list-style-type: none"> • The district currently offers these minimums. As funding allows, increase time in physical education. • Current physical education teachers are certified. 	Administration	Done
<p>K-5 students will have 30 minutes of physical activity per day. Middle and high school students will have 120 minutes of physical activity per week.</p>	<ul style="list-style-type: none"> • Students with disabilities are currently integrated into the regular physical education program. 	Physical education teachers	Done
<p>Physical education will be taught by a certified physical education teacher.</p>	<ul style="list-style-type: none"> • Physical education curriculum will be reviewed/revised. Assess level of physical activity in curriculum. 	Physical education teachers	Ongoing

<p>Physical education will include students with disabilities, students with special health care needs may be provided in alternative education settings.</p>	<ul style="list-style-type: none"> ● Lower elementary students are provided with a minimum of 45 minutes per day of recess. Upper elementary students are provided 30 minutes per day. 	<p>Administration Curriculum facilitators</p>	<p>Done</p>
<p>Review/revise physical education curriculum to ensure that students are engaged in moderate to vigorous physical activity at least 50 percent of the physical education class time.</p>	<ul style="list-style-type: none"> ● Staff selects alternative consequences. 	<p>Building Administrators</p>	<p>Done</p>
<p>The elementary schools will provide a minimum of 20 minutes of recess per day that is preferably outdoors and encourages moderate to vigorous physical activity verbally and through the provision of space and equipment while discourages extended periods of inactivity.</p>		<p>Building Administrators</p>	<p>Done</p>

Goal 4: Promote Student Wellness In Other School-Based Activities

Action Steps	Indicators of Success	People to Involve	Timeline
<p>The school will support parents' efforts to provide a healthy diet and daily physical activity for their child.</p>	<ul style="list-style-type: none"> ● Add nutrition link to Williamsburg's web site including nutrition tips. ● Encourage parents to pack healthy lunches. ● Provide parents a list of food that met the district's snack standards and ideas for healthy celebrations. ● Post informational newsletters on district bulletin board. ● Send wellness and health information to parents of athletes. 	<p>Technology Coordinator</p> <p>Classroom teachers</p> <p>Building Administrators</p>	<p>Not Done but goal with our new website for this coming school year</p> <p>Ongoing</p> <p>Not Done but goal for this year</p> <p>Not Done but goal for this year</p> <p>Not Done</p>

<p>The school will provide informational meetings for parents of athletes twice a year.</p>	<ul style="list-style-type: none"> • Schedule parent/coaches meetings to inform parents of wellness and healthy eating for students participating in sports activities. 	<p>Coaches Administration</p>	<p>Has happened, but needs to be more consistent</p>
<p>Increase opportunities for students to have physical activity during the school day beyond physical education.</p>	<ul style="list-style-type: none"> • Integrate physical activity into classroom lessons • Encourage teachers to provide short physical breaks between lessons or classes. 	<p>Physical Education teachers Classroom teachers</p>	<p>Ongoing Ongoing</p>
<p>Increase the number of healthy food and beverage selections at after school activities.</p>	<ul style="list-style-type: none"> • Encourage self-management skills for to maintain a physically active lifestyle and reduce sedentary activities. 	<p>Administration</p>	<p>Ongoing</p>
<p>Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.</p>	<ul style="list-style-type: none"> • Meet with booster club groups to encourage them to increase healthy food and beverage choices. 	<p>Administration Booster Clubs</p>	<p>Not Done</p>
	<ul style="list-style-type: none"> • Student groups will sell healthy food and drink snacks to athletes following the school day. • Building wellness competitions • District-wide promotions 	<p>Consumer Science Booster Groups Administration Staff</p>	<p>Not Done Achieved goal set in Feb of 15</p>

10  Tim Hoffman, Assistant 7-12 Principal and Wellness Committee Coordinator.