

Buckeye Local Schools District Health and Wellness 2008-2009 ACTION PLAN

Nutrition Goal: The district will continue to analyze current food offerings, develop/identify alternative food choices where appropriate, develop strategies for instituting nutritional changes where needed, and continue implementation of changes, resulting in healthier food options on the school campus.

Objectives

1. Evaluate current food offerings for nutritional content and design a plan for implementation of nutrition changes as well as marketing/placement of items for sale.
2. Develop list/menu of acceptable food offerings for the cafeteria, fundraising, classroom parties, food vending machines
3. Develop data to support nutritional wellness changes and objectives
4. Provide grab-n-go breakfast options in all buildings
5. Provide healthy beverage sales on school campus.
 - *100% of beverages served to students on campus will include only water, 100% Juice with no added sweeteners, up to 120 cal./8oz, and with at least 10% of the recommended daily value for three or more vitamins and minerals. High school may have flavored water and also a sport drink located only in the athletic area. In addition, low-fat or fat free regular and flavored milk with up to 150 calories/8 ounces will be served in the cafeteria.
 - Remove coffee machine from H.S. Cafeteria
 - Educate Students regarding the negative effects of energy drinks
6. Assess option of allowing water bottles during the school day in all buildings.
7. Research Curriculum to help teacher/staff to educate students about healthy food choices.
 - *50% of Classroom teachers will incorporate learning activities regarding health and wellness that teach students concepts of health and wellness.

Physical Education Goal - 50% of staff and students will participate in physical initiatives and 100% of staff will be educated regarding the benefits of physical activity outside of the physical education program

Objectives

1. Increase opportunities for staff interaction and improve staff physical, mental, and emotional wellbeing
2. Provide health screenings and related information for all staff
* **Staff Health and Wellness Fair October 17, 2008**
3. Increase opportunities for students to experience physical activity throughout the week and year round.
*Educate Teachers and staff on the benefits of correlating brief physical activity with appropriate student attention span to maximize student learning. Building team will provide incentives to promote daily physical activity, among students (i.e fitness challenges, sports, walking/activity clubs, open gym, recess).
4. Increase continuing education opportunities for physical education staff.
Enhance PE/Health curriculum K-12
*Provide materials and education opportunities related to implementing age appropriate physical fitness curriculum for students.
5. Explore possibility of "corporate" membership to area recreation centers for all staff

Goal: Students will be educated in HIV/STD Pregnancy Prevention within the Health Education Curriculum

Objective

1. Evaluate most current material taught throughout the district
* Conduct an analysis of to ensure that material is current and ongoing throughout the grade levels taught