



# 2016-2017 Mercer County Schools' Wellness Plan

County Sponsor: Amanda Aliff

## Action Work Plan for School Year 2016-2017

Issue Area: Nutrition Promotion and Education

Contact Person: Krista Kessinger

Goal: To provide a broad-based approach for nutrition education at all levels

Objective: To increase nutrition knowledge and promote healthy food choices

<b>Activities</b>	<b>Person Responsible</b>	<b>Timeline</b>	<b>Person to Monitor Progress</b>
Send a monthly Nutrition Newsletter to all schools for use by teachers as an educational tool	Krista Kessinger (child nutrition)	2016-2017	Krista Kessinger
Post healthy choice menu components in school cafeteria daily	Krista Kessinger (child nutrition)	2016-2017	Krista Kessinger
Make nutritional details of school breakfast and lunch available to students and teachers	Krista Kessinger (child nutrition)	2016-2017	Krista Kessinger
Maintain child nutrition website with a variety of activities for all grade levels	Krista Kessinger (child nutrition)	2016-2017	Krista Kessinger
Post a nutrition word of the week and definition in school cafeterias	Krista Kessinger (child nutrition)	2016-2017	Krista Kessinger

## Action Work Plan for School Year 2016-2017

Offer nutrition education to all (child nutrition)grade levels	Jill Pucket (West Virginia Extension Service)	2016-2017	Brenda Pruett
Healthy Concessions	Brenda Pruett (West Virginia Extension Service)	2016-2017	Brenda Pruett

## Action Work Plan for School Year 2016-2017

Issue Area: Physical Activity

Contact Person: Matt Bailey

Goal: To promote physical activity for all students and staff

Objective: All elementary schools shall schedule daily recess for students and encourage students in active play. All schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

Activities	Person Responsible	Timeline	Person to Monitor Progress
PEIA Pathways to Wellness <ul style="list-style-type: none"> <li>• Wellness program for staff</li> <li>• Lifestyle coaching</li> <li>• Fitness assessment</li> </ul> Work it Out	Worksite Wellness Coordinator	2016-2017	Angela Watkins
Let's Move	Worksite Wellness Coordinator at the Elementary and Middle School Levels	2016-2017	Matt Bailey
Jump Rope for Heart	Worksite Wellness Coordinator	2016-2017	Matt Bailey
Hoop for Heart	Worksite Wellness Coordinator	2016-2017	Matt Bailey
Walking at Lunch	Worksite Wellness Coordinator	2016-2017	Matt Bailey
Minds in Motion	Trained Teachers	2016-2017	Matt Bailey
Intramurals at Lunches	Worksite Wellness Coordinator	2016-2017	Matt Bailey

## Action Work Plan for School Year 2016-2017

Issue Area: Other School-Based Activities to Promote Student Wellness

Contact Person:

Goal: To promote activities that benefit the whole person

Objective: All students and staff will have educational opportunities promoting wellness

<b>Activities</b>	<b>Person Responsible</b>	<b>Timeline</b>	<b>Person to Monitor Progress</b>
Health Rocks/Drug Awareness	Brenda Pruett and Nila Cobb	2016-2017	Brenda Pruett
Health Ambassadors- Teens trained to provide health programs for elementary children	Brenda Pruett and Nila Cobb	Spring 2017	Brenda Pruett
Provide opportunities to teach students about mental health awareness, such as anti-bullying	Each individual school along with the MCBOE and Southern Highlands	2016-2017	Amanda Aliff
Offer Health Fairs at two high schools	Tonya Osborne	December and March	Tonya Osborne
Monitor Pre-K registration for current shot records, well child checks, and	Pre-K Schools and CASE	2016-2017	Stefanie Kopp

## Action Work Plan for School Year 2016-2017

physical and dental checks			
Offer Training for Pre-K teacher for movement	P.E. Teachers	2016-2017	Stefanie Kopp
Provide CPR Kits and Training	Health teachers and students from the osteopathic school	2016-2017	Angela Groseclose
Alcohol/Drug Prevention <ul style="list-style-type: none"> <li>• SADD Chapters</li> <li>• Drug trend education for parents</li> <li>• Tobacco Prevention education</li> </ul>	Derek Wilson  Travis Helmondollar  Greg Puckett	2016-2017	Community Connections
Dental Assisting program will visit area elementary schools to promote good oral hygiene, tobacco awareness, and nutrition	Dental Assisting Program	2016-2017	Angela Griffith
Dental Assiting program will provide screenings and sealants as part of oral disease prevention	Dental Assisting Program	Spring 2017	Angela Griffith

## Action Work Plan for School Year 2016-2017

project			
Suicide Prevention	Secondary schools and MCBOE	2016-2017	Angela Groseclose
Parenting education at four elementary schools	Crystal Leedy School Social Worker	2016-2017	Crystal Leedy Jennifer Farmer
Crisis Intervention Resources			
PHAT – CASE Promoting health among teens		2017	
Fed-up video	Schools and MCBOE	2016	Angela Groseclose
Trauma Informed Schools Training	Amanda Aliff	February 2017	Amanda Aliff
Vision and Cardiac Screenings	School Nurses	2016-2017	Tonya Osborne
Flu Shots for Mercer County Schools' Staff	School Nurses	2016-2017	Amanda Aliff
Keep Mercer Clean Initiative	Angela Groseclose	2016-2017	Angela Groseclose