III. School Wellness Committees

FBPS	School Wellness	DIS
Jennifer Meade*	Principal	Jennifer Meade*
Kari White	Assistant Principal	Alicia White
Andy Lawson	PE Teacher	Andy Lawson
Katie Dockery	Class Teacher	Karen Hartsock
х	Class Teacher	Lindsey Stapleton
Rachel Ross	Parent	Christy Farmer
Brittany Fletcher	Parent	Cheryl Babb
х	Student	Will Farmer
х	Student	Damane Napier
Derrick France	Community	х

^{*} Site Coordinator—Jennifer Fletcher Meade, Principal FBPS and DIS

FBPS committee meeting – Thursday 21 September 7:45-8:15 am

DIS- committee meeting- Friday 22 September 7:45-8:20 am

IV. Goals

A. Nutrition Education

1. nurse 2x month pe classes FBPS and DIS	
2. nurse 2x month pe classes FPBS and DIS	
3. nurse 2x month pe classes FBPS and DIS	
4. nurse 2x month pe classes FBPS and DIS	
5. nurse 2x month pe classes FBPS and DIS	
6. nurse 2x month pe classes FBPS and DIS	
7. PE teacher and school nurse licensure	
8. percent participation average for August, September	
FBPSAugust breakfast 72.5 % lunch 83.8 %supper 74.6%	
FBPS- September breakfast 74.2 %lunch 87.8supper 78.3%	
DIS—August breakfast 79.1 % lunch 87.6 %supper 88.6%	

DIS—September Breakfast 76.3%lunch 85.1%supper 87.7 %		
9. FBPS and DIS secretary enroll each schoolbegin participation in activities		
10. Sept breakfast, Thanksgiving, Easter lunch- invite parents, etc.		
Other FBPS and DIS 4 H monthly program on nutrition- Scott Extension		
Other FBPS Welmont Hand Washing program		
Other- FBPS and DIS Parent Nutrition Classes offered for parents— Lee Co Extension		

B. Physical Activity

- 1. Twin Springs Little League- football and cheer leading, baseball, softball, t ball. Scott County Park-Rec League activities-Volleyball, Basketball, Tennis, Golf. 3:16 sports First Baptist Church Weber City-soccer, flag football, basketball, and adult volleyball and basketball. Jr titans- (TSHS)- basketball
- 2. FBPS and DIS—yes encouraged
- 3. FBPS and DIS- yes encouraged

Other ---150 minutes weekly required FBPS and DIS 30 min pe and 25 min recess daily total weekly 275 minutes

Other- FBPS and DIS-teacher created breaks during instructional time- brain breaks

Other- DIS-grade 4-7 fitness tests pre and post- VDOE—incentive program for most improvement and top scores.

Other- DIS students /staff morning walking after breakfast in prescribes area where supervision can be done by DIS teachers

Other-FBPS and DIS staff were sent "Is Your Staff Physically Active" information VDH and challenged to participate in program—incentives to be provided to the school with the most participation and the highest participant at each school

C. Other School- Based Activities

- 1. FBPS and DIS fresh Fruit and Veg Grant
- 2 .FBPS and DIS
- 3. FBPS 30 min breakfast, 25 min lunches, 20 min suppers---- DIS 30 min breakfast, 25 min lunches, 20 min suppers
- 4. FBPS CEP --- DIS CEP and 365-- 0 cost for all students for all meals
- 5. FBPS and DIS-VDOE fitness challenge Other—FBPS and DIS staff were sent "Is Your Staff Physically Active" information VDH and challenged to participate in program—incentives to be provided to the school with the most participation and the highest participant at each school.
- 6. FBPS and DIS-VDOE fitness challenge Other—FBPS and DIS staff were sent "Is Your Staff Physically Active" information VDH and challenged to participate in program—incentives to be provided to the school with the most participation and the highest participant at each school.
- 7. FBPS and DIS nurse screenings
- 8. FBPS and DIS-nurses coordinate
- 9. FBPS and DIS nurses coordinate

10. FBPS and DIS nurses coordinate
11. FBPS and DIS nurses coordinate
12. FBPS and DIS nurses coordinate
13. FBPS and DIS nurses 2x month pe classes
14. FBPS and DIS staffs on line records module, 2 per school active 1 st AED, CPR certifications, license
renewals beginning in 2018/ Divisional policy 2 full time per school First Aid/CPR/ AED certifications.
VDOE teacher licensure renewals first aid.
Other- Friday Food bags for all students –DIS 365 grant
Other- Friday Food bags for students in need- FBPS (12)- United Methodist Women
Other- pe teacher develop a themed- activity/exercise each month, student recognition for
participation ex. October- O-core-ber—focus on core development and strength
D. Nutrition Guidelines
1. FBPS and DIS centralized menus
2. FBPS and DIS follow Smart Snack Guidelines
3. FBPS and DIS yes especially consideration to students with any allergy of which we are made aware
4. FBPS and DIS yes
5. DIS- parent nutrition classes through 365 grant program 6 classes offered per year to parents, 2017
an incentive for participation is offered through a mini-grant to have 24 TSHS game passes and
concession vouchers for students IF parents participate in classes. Additionally, if parent attends 6
classes, cookware set is given.
6. FBPS fountain in hall adjacent to café DIS fountain in cafe
7.
8. FBPS and DIS no more than 30 events with "off-label" items—maintain log of these events
Other-
Other-

E. Community Engagement

1.

Other-Dungannon Community Grant if attained will provide equipment such as pedometers for students to use at school and various community programs /activities. Information will be made available to DIS and FBPS students/parents.

Other-DIS morning walking after breakfast- parents will be invited to join students monthly in walking and eating breakfast.

F. Monitoring and Evaluation

1. FBPS and DIS committees will meet in fall and spring to develop school wellness plan and goals	
Other-	
Other-	