

Goal 3: Other school-based activities will be provided to promote wellness, fitness and nutrition among students, parents, families, and all district staff.

Action Plan Strategies	Persons Implementing	Timeline for Completion
YMCA/Wellness Fun Run	Wellness Committee & YMCA	April 17, 2010
Plan and provide parent nights to promote health and fitness.	Physical Education Teachers	On-going 09-10
After school program	After school director and tutors	On-going 09-10
Provide healthful “model” snacks at parent nights in all buildings.	Service Manager, Principals, Teachers, & Food	On-going 09-10
Standardize enforcement of existing smoke-free campus and grounds policies.	Principals, Superintendent, School Resource Officer	On-going 09-10
Provide height/weight to parents and families beginning with Kindergarten-fourth grade through SIS.	P.E. Teachers/Nurses	On-going 09-10
Continue health fairs in all buildings.	P.E. Teachers/Nurses	Oct. 5, 2009 H.S. Oct. 7 & 8 BMS Nov. 20, 2009 NW Feb. 9, 2010 BT Feb. 22, 2010 EW Mar. 1, 2010 SE
Biggest Loser Contests	Wellness Committee & Nurses	2009-2010 Oct. 9-Nov. 20 Jan. 8-Mar. 18
Partner with Fitzgibbon Hospital Health Fair	Fitzgibbon Hospital Staff, Wellness Committee, & School Staff Volunteers	March 20, 2010
Wellness Cookbook	Wellness Committee & School Staff	Spring 2010