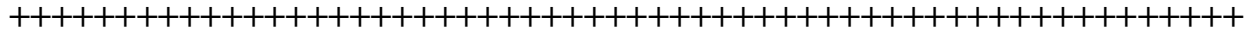


**The Oak Grove Elementary School  
2011-2012 Wellness Plan**



I. School Wellness Committee Organization

Administrator	Mrs. Aisha Howard
Health/Physical Education Teacher	Mr. J. C. Williams, Chair
Art Teacher	Mrs. J. Smith
Music Teacher	Mrs. Hieke
Counselor	Ms. Amelia Royster
Technology Teacher	Mrs. Martin
Media Teacher	Mrs. Herbert
Parent	Ms. DeVetta Holman-Nash
Oak Grove Student	Robert Anthony Nash
Cafeteria Manager	Ms. Green
School Nurse	Ms. Key
School Custodian	Mr. Moses
Community Stakeholder	Dr. David M. Foye
Community Stakeholder	TBA

II. Purpose of the Wellness Committee

In compliance with Durham Public Schools’ commitment to providing an environment that enhances the development of lifelong wellness practices and ensuring that all students are fit, healthy and ready to learn, the Oak Grove Elementary School’s Wellness Committee serves as a resource for implementing the Durham Public Schools policies and take actions to enhance the development of lifelong wellness practices of the Oak Grove Elementary School personnel and assist in helping to ensure their optimum health.

III. Long – Term Goals --- Students and Faculty

1. *Create and promote annual activities and opportunities that promote physical activity*

- a) Field Day
- b) Staff Wellness Walking Program and Fitness Classes (Eat Smart/Move More/Weigh Less)
- c) Parents Day
- d) Fall Festival
- e) Wellness Fair
- f) Jump Rope for Heart
- g) Daily morning exercise routine (5 min.)

Measurement: Physical activity is critical to an individual's healthy weight and healthy lifestyle, as well as to the individual's ability to focus in a classroom setting. To this end, physical activity will be incorporated into the aforementioned events.

2. *Physical activity*

- a) Each student will receive at least 150 minutes of physical education per week with a certified physical education teacher throughout the 185-day school year.
- b) Each student will receive a minimum of 30 minutes of moderate to vigorous physical activity. This requirement will be achieved through a regular physical education class and/or through activities such as recess, dance, classroom energizers, or other curriculum based physical education activity programs.
- c) Each student will participate in our daily morning exercise routine at 8:45 preceding the morning announcements for five minutes. This activity is led by our Physical Education Specialist using the intercom system.
- d) In accordance with state law and the Durham Public Schools policy on Use of School Facilities, provide community access to

the school's physical activity facility outside of the normal school day and encourage school personnel and community members to use.

e) After-School and extracurricular programs

Measurements: School Master Schedule, School Calendar, and Lesson Outlines/Plans

### 3. *Student Health and Nutrition*

a) Establish a School Health Advisory Committee (who integrates the interests of parents, teachers, administrators, and students to implement and improve nutrition and physical activity in the school environment).

Measurement: Meeting Agenda

### 4. *Incorporate appropriate presentations from agencies/groups promoting health and fitness into the school's r calendar the following:*

- + Juvenile Diabetes Information Session*
- + Eye Screenings*
- + Hearing Screenings*
- + Food and Nutrition Values Session*

Measurement: School Calendar

## IV. Short Term Goals (yearly goals)

1. *Promotional booth or activity at Parent/Teacher Association meeting that makes students and parents aware of the benefits of healthy bodies.*
2. *Share information at Parent/Teacher Association Meeting(s) about the nutritional content of meals with parents and students through taste-*

- tests of current food entrees being sold through the school's meal program.*
- 3. Discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.*
  - 4. Routinely encourage students and parent of the importance of students having breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.*
  - 5. 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.*
  - 6. Limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.*
  - 7. Discontinue use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior.*
  - 8. To support children's health and school nutrition-education efforts, discontinue fundraising activities that involve food or use only foods that meet nutrition and portion size standards for foods and beverages sold individually.*
  - 9. Encourage fundraising activities that promote physical activity.*
  - 10. Offer a "Healthy Eating" Seminar for parents, students and all school personnel.*

Measurements: Meeting agendas and School Calendar

## V. Wellness Activities for the Year

1. *Conduct a school employee wellness needs assessment with staff*
2. *Develop written wellness action plan*
3. *Add school wellness as a standing agenda item for parent/teacher association meetings*
4. *Ensure all beverages served to students outside of the school meals program meet the Alliance School Beverage Guidelines with the exception of two times per year.*

#### *VI. Assessment*

1. *We will be participating in the Alliance for a Healthier Generation Assessment Tool.*
  - *Healthy Schools Inventory Worksheet*
  - *Healthy Schools Program action Plan*
2. *We will monitor this plan by conducting regular meetings.*