

# **School Wellness Plan**

## **Trask Middle School – 2016-17**

**Mission Statement:** Establish a school environment that promotes students' health, well-being, and ability to learn through the implementation of a school wellness committee.

**Members:** Lauren Tyson, Christie Benton, Andre Adams, Kim Borer, Caroline Rudolph, Susan McManus, Lisa Stone

### **Physical Education**

- North Carolina Essential Standards, Physical Education
- 43 minutes, 5 days per week (215)
- Daily Recess

### **Health Education**

- North Carolina Essential Standards, Health Education
- Currently incorporated through PE, 2 weeks per month, every 2 months
- Hired a dedicated Health teacher

### **Health Services**

- School Nurse – 5 days per week
- Health-O-Roma – Hearing & Vision Screening
- Annual Flu Clinics

### **Nutrition Services**

- State Board Policy 4405
- “Smart Snack Rule”
- Students may not have off-campus meals brought to school for them during school hours.
- Lunch Reward Program – Choosing healthy options

### **Healthy School Environment**

- Positive Behavior Interventions & Support
- Safe Schools – Deputy on site, Watch Dogs
- Custodial Reports, earning “A’s”
- Character Education Recognition Program
- Offer extra-curricular opportunities
  - 4-H

- Crafting for a Cause
- FBLA- Future Business Leaders of America
- FISH- Focused Inspiration Share/Service Hook
- Garden Club
- Grizzly Family Book Club
- Student Council Association

### **Family & Community Involvement**

- Twitter
- TMS App.
- Watch Dogs
- PTA
- Family Book Club
- Heart & Sole
- UNCW - Crossroads
- GREAT
- Coastal Horizons

### **Counseling, Psychological & Social Services**

- On Site
  - 2 Counselors
  - 1 Social Worker
  - 1 Mental Health Therapist

### **Health Promotions for Staff**

- Insurance Promotions – Stop Tobacco, Get Fit
- Access to weight room and gym – year around

# **Specific Goals**

## **Trask Middle School**

### **2016-17 School Year**

#### - **Nutrition**

- Health and nutrition education objectives shall be provided across grade levels in accordance with Healthful Living Curriculum requirements and as governed by the Federal Wellness Policy for schools participating in Federal Child Nutrition Programs. The program will be supervised and monitored by the Lead PE/Health teacher in collaboration with Child Nutrition, including staff development for all appropriate staff.

#### - **Physical Activity**

- The State Board of Education requires that elementary schools provide 150 minutes per week and middle schools provide 225 minutes per week of physical activity, including a minimum of every other day of physical education throughout the 180-day school year. Physical activity may include teacher-led, classroom level physical activity linked to curriculum other than physical education. The physical education course shall be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge as defined in the North Carolina Healthful Living Standard Course of Study.

#### - **School Based Activities**

- Create a staff team to participate in the “Couch to 5K” and NHCS Teacher Trot and encourage students to participate as well.
- Provide staff with after school opportunities to participate in a variety of exercise options.

- Continue to meet the State Board Policies, listed below
- **Standards and Nutrition Guidelines**
- **Standards for all foods and beverages provided but not sold, to students**
- **Policies for food and beverage marketing**
  - New Hanover County Schools shall implement North Carolina General Statute 115C-264 Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296, Alliance for a Healthier Generation beverage guideline, and the Federal Wellness Policy requirements governing schools that participate in the Federal Child Nutrition Programs. The Child Nutrition Department shall review and/or update the local wellness policies (4405 and 8620) at least annually in collaboration with the School Health Advisory Council. During the instructional school day all foods and beverages sold to students on the school campus shall meet these guidelines: • Foods and beverages sold to students may not be sold in competition with the school nutrition program from 12:01AM until after the cafeteria closes for the day. • Schools may sell food and beverages that meet the Nutrition Standards for All Foods Sold in School as required by the Healthy, Hungry-Free Kids Act of 2010 and dubbed the “Smart Snack Rule”, to students after the cafeteria closes for the day through thirty (30) minutes after the dismissal bell. Schools are not required to comply with the standards thirty (30) minutes after the bell rings at the end of the school day. School Vending Contracts: As renewals occur, or as contracts age out, vendors shall be required to follow state law governing vending, including availability of allowable beverages and snacks, as well as the use of timers as appropriate to assure sales are not competing with Child Nutrition Programs in schools. All contracts are subject to review and routine monitoring by Child Nutrition Department to assure compliance with local, state and federal rules pertaining to vending access and contents. Grades 6-12: Must meet the “Smart Snack Rule” during the instructional day.