

# Indiana Healthy Schools Action Plan

## St. Anthony of Padua

### Clarksville, Indiana

#### Chapter 1: Coordinated School Health Advisory Council

**Overall Goal/Objective:** To restructure the Advisory Council to include well-informed members and utilize resources to share the Wellness Plan with the entire school family.

#### Short-Term Goals

**Goal One:** Meet to review the current Wellness Plan for the coming school year (2014-2015).

**Date to be completed:** Summer 2014

**Strategies/ Activities to achieve goal:** Meet every six months during the school year to evaluate program goals.

**Responsible Party:** Mrs. Sheila Noon, Mrs. Nancy McGarvey, Mrs. Denise Lewis, Mr. Dino Evans, Dr. Vicki Garcia, and Mrs. Donna Cox.

**Goal Two:** Share the Wellness Action Plan with the appropriate individuals.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Communicate the information through the school website, handbook, and weekly Bear Facts.

**Responsible Party:** Wellness Advisory Council

#### Intermediate Goals

**Goal One:** Include health professionals in the formation of the Advisory Council.

**Date to be completed:** Fall 2017

**Strategies/Activities to share goal:** Search through the parish data bank for names of health professionals that may be recruited for positions on the Advisory Council.

**Responsible Party:** Wellness Advisory Council

#### Long-Term Goals

**Goal One:** Search for a business to participate in a joint effort project to help St. Anthony reinforce our wellness policy.

**Date to be completed:** Fall 2019

**Strategies/Activities to achieve goal:** Look in the local community, especially those businesses who are involved with our school, for support.

**Responsible Party:** Wellness Advisory Council

## Chapter 2: Nutrition

**Overall goal/ Objectives:** Inform our students and staff about healthy, nutritious ways of eating.

### Short-Term Goals

**Goal One:** Provide nutrition information for foods served in cafeteria.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Display nutrition labels for the foods in the cafeteria.

**Responsible Party:** Mr. Dino Evans

**Goal Two:** Distribute healthy snack sheets to parents and engage in healthy food choices for birthday celebrations.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Send home a list of healthy food choices for snacks, lunches, and birthday celebrations.

**Responsible Party:** Wellness Advisory Council

**Goal Three:** Celebrate special theme meals featuring healthy, nutritious foods from ethnic cultures or foods new to students.

**Date to be completed:** Spring 2015

**Strategies /Activities to achieve goal:** Celebrate a special day every quarter with healthy, nutritious selections at lunch.

**Responsible Party:** Mr. Dino Evans

### Intermediate Goals

**Goal One:** Give opportunities for students to provide input about ethnic cultural food choices on special theme days.

**Date to be completed:** Spring 2017

**Strategies/Activities to achieve goal:** Send out surveys to students suggestions about new food choices.

**Responsible Party:** Wellness Advisory Council

### Long-Term Goals

**Goal One:** Maintain and improve our nutritional level of healthy, nutritious food items on school menu.

**Date to be completed:** Spring 2019

**Strategies/Activities to achieve goal:** Continue to add more nutritional and healthy items to daily menu.

**Responsible Party:** Wellness Advisory Council

## Chapter 3: Physical Activity

**Overall Goal/Objective:** Students and staff will participate in daily physical activities.

### Short-Term Goals

**Goal One:** Require all elementary students to have one period daily of physical activity for fifteen to twenty minutes.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Assign fifteen to twenty minutes of recess daily for all students.

**Responsible Party:** Faculty and staff

**Goal Two:** Play nutritional games in Physical Education classes.

**Date to be completed:** Spring 2015

**Strategies/Activities to achieve goal:** Utilize physical activities and games to reinforce nutritional information.

**Responsible Party:** Physical Education Teacher

### Intermediate Goals

**Goal One:** Encourage teachers to use physical activities during breaks in the classes.

**Date to be completed:** Spring 2017

**Strategies/Activities to achieve goal:** Use physical activities such as stretches, bends, etc. during short breaks in class.

**Responsible Party:** Classroom Teachers

**Goal Two:** Start a walking program at recess.

**Date to be completed:** Spring 2017

**Strategies/Activities to achieve goal:** Organize students and staff to record walking distances and times.

**Responsible Party:** Teachers and Staff

### Long-Term Goals

**Goal One:** Increase organized physical activity on a daily basis for all students and staff.

**Date to be completed:** Spring 2019

**Strategies/Activities to achieve goal:** Continue using physical activities in classes and the walking program.

**Responsible Party:** Teachers and Staff

## Chapter 4: Staff Wellness

**Overall goal:** Maintain a staff that is healthy in mind and body.

### Short-Term Goals

**Goal One:** Encourage the consumption of healthy snacks during school hours.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Serve healthy snacks during faculty meetings and celebrations.

**Responsible Party:** Teachers and Staff

**Goal Two:** Promote weight loss programs through healthy choices.

**Date to be completed:** Spring 2015

**Strategies/Activities to achieve goal:** Introduce and encourage weight loss programs, such as Weight Watchers, etc. through a buddy system or group action.

**Responsible Party:** Teachers and Staff

### Intermediate Goals

**Goal One:** Promote physical activity in addition to healthy, nutritious food choices.

**Date to be completed:** Spring 2016

**Strategies/Activities to achieve goal:** Form a before school or after school walking or physical activity club.

**Responsible Party:** Teachers and Staff

### Long-Term Goals

**Goal One:** Promote a staff that is healthy and physically fit.

**Date to be completed:** Spring 2019

**Strategies/Activities to achieve goal:** Present newly updated physical programs and introduce new healthy recipes.

**Responsible Party:** Teachers and Staff

## Chapter 5: Evaluation

**Overall Goal/Objective:** Observe and evaluate how our goals have been accomplished.

### Short-Term Goals

**Goal One:** Convene with the Wellness Advisory Council to measure and evaluate the action plan.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Meet with the Wellness Advisory Council and review the action plan.

**Responsible Party:** Wellness Advisory Council

**Goal Two:** Inform and update parents and staff about the implementation of the revised Wellness Action Plan.

**Date to be completed:** Fall 2014

**Strategies/Activities to achieve goal:** Inform the staff and parents of the Wellness Action Plan by way of the handbook and weekly newsletters.

**Responsible Party:** Wellness Advisory Council

### Intermediate Goals

**Goal One:** Seek new members for the Wellness Advisory Council to replace individuals who have served for over three years.

**Date to be completed:** Fall 2017

**Strategies/Activities to achieve goal:** Ask for volunteers from the staff and invite parents and members from the community to join.

**Responsible Party:** Wellness Advisory Council

**Goal Two:** Assess and revise the Wellness Action Plan.

**Date to be completed:** Fall 2017

**Strategies/Activities to achieve goal:** Convene yearly with the Wellness Action Council and discuss the plan and revise as needed.

**Responsible Party:** Wellness Advisory Council

### Long-Term Goals

**Goal One:** Implement and enforce the Wellness Action Plan.

**Date to be completed:** Fall 2019

**Strategies/Activities to achieve goal:** Collaboration between the Wellness Advisory Council and the staff and parents.

**Responsible Party:** Wellness Advisory Council