

Wellness Plan Goal Attainment
Loflin Middle School
December 2019

Goal 1: The Campus's food service staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

___ Needs Improvement ___ A Work in Progress Meeting Expectations

Objective 1: The Campus will increase participation in federal child nutrition programs by one percent by the end of each school year.

Objective 2: Increase awareness of the school lunch program.

Evidence:

- **Dissemination of information through posted signs in the cafeteria and through physical education curriculum which includes once a week health lessons and food journals.**

Goal 2: The Campus shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

___ Needs Improvement ___ A Work in Progress Meeting Expectations

Objective 1: Healthy lifestyles shall be taught in all physical education and athletic classes.

Evidence:

- **PE curriculum includes once a week health lessons, food, and exercise journals.**

Goal 3: The Campus shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

___ Needs Improvement ___ A Work in Progress Meeting Expectations

Objective 1: The Campus will implement clubs aimed at fostering appropriate fitness activities.

Objective 2: The Campus will make available certain play grounds and tracks for

physical activity.

Evidence:

- **Color run that is open to all students. School dance/social opportunities that offer few play, dancing, recreational sports.**

Goal 4: The Campus shall make appropriate before-school and/or after-school physical activity programs available and shall encourage students to participate.

Needs Improvement A Work in Progress Meeting Expectations

Objective 2: The Campus will implement clubs and extracurricular programs aimed at fostering appropriate fitness activities.

Evidence:

- **Athletics for 7th and 8th grade include football, volleyball, basketball, track, and soccer. Pre-athletics for 6th grade to prepare for 7th and 8th grade athletics. Cheerleading. Open enrollment is offered to students to allow them to participate in before and after school activities. Royal Belles.**

Goal 5: The Campus shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: All campuses will allow for at least ten minutes to eat breakfast and twenty minutes to eat lunch, from the time a student receives his or her meal and is seated.

Evidence:

- **Master schedule that gives students from 7:45 – 8:15 to eat breakfast and a 30 minute lunch.**

Goal 6: The Campus shall promote wellness for students and their families at suitable District and campus activities.

Needs Improvement A Work in Progress Meeting Expectations

Objective 1: Provide information on healthy living and nutrition at several district/campus functions.

Evidence:

- **Color run for students and families. Aim for Success presented to all students.**