

Wellness Plan Goal Attainment
Campus Nichols 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:

- **Students participating in Federal approved lunches has gone up 7.8% over the past 2 year. 2017/2018: 76,611 to 2018/2019: 83,058vWe are currently up 4.4% this year from last year.**
- **Information on the school lunch program is provided to parents and students at "parent orientation" and "open house".**
- **Daily announcements inform students of the daily lunch menu, along with lunch menu options for the following day.**
- **Each year a parent/student survey is sent out to collect ideas for improvement.**
- **Food service staff members, teachers, and other personnel are given professional development to help recognize potential barriers (food allergy, finances, etc.) to school lunch program participation in order to provide resources accordingly.**

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/Athletic students are taught the good habits of over all health and wellness.**
- **They are taught how to solve problems with good communicational skills.**

- **Each class knows the advantages and disadvantages of (not) eating nutritious food to help sustain the student throughout the day.**
- **Each class will know how to prevent an injury while their bodies are growing and developing.**

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:

- **NMS requires all 6th and 7th grade students to be enrolled in either PE or Athletics. Dance and Color Guard were added this year to give additional physical fitness choices to all grade levels.**
- **Outdoor adventure is offered at the 8th grade level.**
- **Field day and Open Gym are offered to allow students not in PE or Athletics the opportunity to use the schools facilities for physical fitness.**

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:

- **All athletic sports either have a before or after school time for kids wishing to participate in the various sports offered at the Middle School level**

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:

- **The master schedule is set to give students 30 minutes to eat lunch and to allow time for waiting in line and to get seated. Administration monitors the lunch to allow more time if needed.**
- **All students are allowed 10 minutes to eat breakfast even if their bus or parent brings them late. Mrs. Nichols monitors this process.**

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:

- **Lunch, breakfast, and nutrition information is provided to parents and students at “parent orientation” and “open house”.**