

**Wellness Plan Goal Attainment**  
**Plum Creek Elementary**  
**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 **X** 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:***

- **Plum Creek Elementary participated in the Fear Factor Food Challenge, display nutritional posters in the cafeteria, and teachers promote healthy living and nutritional facts in their weekly parent newsletters.**

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

\_\_ Needs Improvement \_\_ A Work in Progress **X** Meeting Expectations

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

***Evidence:***

- **Promote Health Ambassadors who come during lunches and eat with the students while talking about healthy eating habits, promote healthy living facts in teacher's weekly newsletters, provide lessons in PE class through our PE curriculum, and we have a weekly runners club.**

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 **X** 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:**

- **Plum Creek students participate in Jump Rope for Heart, Turkey Trot, the Fitness Gram, running club, and daily opportunities for physical activities in P.E. and on the playground.**

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:**

- **Plum Creek students participate in Jump Rope for Heart, Turkey Trot, Runner's Club.**

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:**

- **Daily scheduled times for breakfast and 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:**

- **Plum Creek provides healthy snacks at our yearly SMART night, participate in Jump Rope for Hearts, Fitness Gram, fifth grade track meet, and provide information in teacher's weekly newsletters.**