

Fort Blackmore Primary and Dungannon Intermediate School

Wellness 2017-18

III. School Wellness Committees

FBPS	School Wellness	DIS
Jennifer Meade*	Principal	Jennifer Meade*
Kari White	Assistant Principal	Alicia White
Andy Lawson	PE Teacher	Andy Lawson
Katie Dockery	Class Teacher	Karen Hartsock
x	Class Teacher	Lindsey Stapleton
Rachel Ross	Parent	Christy Farmer
Brittany Fletcher	Parent	Cheryl Babb
x	Student	Will Farmer
x	Student	Damane Napier
Derrick France	Community	x

* Site Coordinator—Jennifer Fletcher Meade, Principal FBPS and DIS

FBPS committee meeting – Thursday 21 September 7:45-8:15 am

DIS- committee meeting- Friday 22 September 7:45-8:20 am

IV. Goals

A. Nutrition Education

1. nurse 2x month pe classes FBPS and DIS
2. nurse 2x month pe classes FPBS and DIS
3. nurse 2x month pe classes FBPS and DIS
4. nurse 2x month pe classes FBPS and DIS
5. nurse 2x month pe classes FBPS and DIS
6. nurse 2x month pe classes FBPS and DIS
7. PE teacher and school nurse licensure
8. percent participation average for August, September FBPS--August breakfast 72.5 % ----- lunch 83.8 % -----supper 74.6% FBPS- September breakfast 74.2 % ---- -lunch 87.8 -----supper 78.3% DIS—August breakfast 79.1%----- lunch 87.6 %-----supper 88.6%

DIS—September Breakfast 76.3%-----lunch 85.1%-----supper 87.7 %
9. FBPS and DIS secretary enroll each school---begin participation in activities
10. Sept breakfast, Thanksgiving, Easter lunch- invite parents, etc.
Other FBPS and DIS 4 H monthly program on nutrition- Scott Extension
Other FBPS Welmont Hand Washing program
Other- FBPS and DIS Parent Nutrition Classes offered for parents– Lee Co Extension

B. Physical Activity

1. Twin Springs Little League- football and cheer leading, baseball, softball, t ball. Scott County Park-Rec League activities-Volleyball, Basketball, Tennis, Golf. 3:16 sports First Baptist Church Weber City- soccer, flag football, basketball, and adult volleyball and basketball. Jr titans- (TSHS)- basketball
2. FBPS and DIS—yes encouraged
3. FBPS and DIS- yes encouraged
Other ---150 minutes weekly required FBPS and DIS 30 min pe and 25 min recess daily total weekly 275 minutes
Other- FBPS and DIS-teacher created breaks during instructional time- brain breaks
Other- DIS-grade 4-7 fitness tests pre and post- VDOE—incentive program for most improvement and top scores.
Other- DIS students /staff morning walking after breakfast in prescribes area where supervision can be done by DIS teachers
Other-FBPS and DIS staff were sent “Is Your Staff Physically Active” information VDH and challenged to participate in program—incentives to be provided to the school with the most participation and the highest participant at each school

C. Other School- Based Activities

1. FBPS and DIS fresh Fruit and Veg Grant
2 .FBPS and DIS
3. FBPS 30 min breakfast, 25 min lunches, 20 min suppers---- DIS 30 min breakfast, 25 min lunches, 20 min suppers
4. FBPS CEP ---DIS CEP and 365-- 0 cost for all students for all meals
5. FBPS and DIS-VDOE fitness challenge Other—FBPS and DIS staff were sent “Is Your Staff Physically Active” information VDH and challenged to participate in program—incentives to be provided to the school with the most participation and the highest participant at each school.
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7. FBPS and DIS nurse screenings
8. FBPS and DIS-nurses coordinate
9. FBPS and DIS nurses coordinate

F. Monitoring and Evaluation

1. FBPS and DIS committees will meet in fall and spring to develop school wellness plan and goals
Other-
Other-