McDowell County Schools Action Work Plan for School Year 2016-2016

Area 1: Wellness

Goal 1: **Continue collaboration with various agencies (WV DHHR, WVDE, WV FREE, CASE WV, Children's Home Society, Tug River Health Centers at MV and RV) to implement pregnancy prevention programs at schools.**

Objective 1: **Increase the fidelity to implementation of research-based practices in health curriculum, counseling, and medical services provision at schools.**

Activities	Person Responsible	Timeline	Progress Monitoring
Provide teachers and counselors with a variety of resources provided by WVDE, CASE WV, WV FREE, and DHHR to facilitate fidelity to pregnancy prevention programs implementation.	Bonita Miano and Inga Barker	Ongoing	Master schedule/School activity logs
Collaborate with WV FREE to provide FLASH curriculum training to all secondary and elementary health teachers and instructional supports throughout the year.	Inga Barker	Ongoing	FLASH training on September 9-10 for secondary teachers.
Collaborate with Tug River Health Centers in family planning resource and support provision to students.	Bonita Miano and Inga Barker	Ongoing	Tug River attendance numbers/logs
Conduct Teen Talks with Dr. Yoost from Marshall University and her interns with male and female student groups at the high school level.	Bonita Miano	Ongoing	Dr. Yoost's visit schedule and outline of the topics for discussions/student feedback on the meetings.
Incorporate activities in schools across curriculum addressing student development of self-esteem and healthy relationships.	School principals	Ongoing	Teacher lesson plans and walkthrough data

Goal 2: **Collaborate with community providers (i.e. Tug River, Southern Highlands, Family Options, KVC, SMILES, etc.) to increase student accessibility to comprehensive health services**

Objective 2: **Promote optimal learning by ensuring students receive comprehensive health services to detect potential non-academic barriers/health barriers to learning**

Activities	Person Responsible	Timeline	Progress Monitoring
Determine baseline for current number of students receiving annual wellness exams.	School nurses	January 2017	Completion of an assessment tool submitted by schools to determine the current number of students who have received an annual exam in the past school year.
Provide schools with educational materials to promote the importance of physical and mental wellbeing to overall educational success.	Kenny Birchfield School nurses Service providers	Ongoing	Collection of health educational materials provided to the schools.
Educate school staff on Policy 2423 *Health Promotion and Disease Prevention* (Health Check/EPSDT/Comprehensive Exam recommended an exam annually) (the policy has checks for school entry, 2, 7 and 12 grades)	Kenny Birchfield	Ongoing	Training Sign-in sheets and My Leaning Plan logs.
Were possible, provide onsite (school based) comprehensive wellness exams for students.	Service providers School nurses	Ongoing	Community providers plan to provide school based health services and reports of number of wellness exams completed.
Create a competition between schools to optimize the % of students who receive annual wellness exams.	School Principals	Begin: January 2017 Conclude; May 2017	Announcement of competition, and reports of number of students who receive wellness exams.
Incorporate activities in schools across curriculum addressing the importance annual exams.	School principals PE and health teachers	Ongoing	Teacher lesson plans and walkthrough data

Area 3: Physical Activity

Goal 3: **Increase awareness of and opportunities for physical activity components of WVDE Policy 2510**

Objective 3: **Ensure implementation of physical activity requirement throughout the school day to meet the requirements of WVBE Policy 2510 at all McDowell County Schools.**

Activities	Person Responsible	Timeline	Progress Monitoring
Meet quarterly with the county wellness council members to coordinate and provide for training in active academics for school staff, students, and administrators.	Inga Barker and Bonita Miano	Quarterly	Meeting agendas PD agendas (Kagan, Active Academics trainings)
Promote physical activity throughout the day in school wellness council meetings, faculty senate meetings, and collaborative team meetings.	Principals	Ongoing	School wellness team agendas and logs (Dropbox) Fitnessgram and HEAP results
Collaborate with CHOICES to ensure the afterschool implementation of various types of physical activity and community engagement.	Principals and Central Office	Ongoing	Afterschool activity logs; employment of personnel for specific activities.
Provide Let's Move Handbooks in all teachers' lounges to promote awareness of active academics strategies in all classrooms.	Principals and wellness council members.	Ongoing	School wellness plans incorporating a physical activity component. Classroom walkthroughs and professional development sessions data
Incorporate physical and wellness activities in DREAMS afterschool programs.	Principals and afterschool program coordinators	Ongoing	Afterschool lesson plans

Area 4: Nutrition Education and Promotion

Goal 4: **Increase school breakfast participation via providing various means to ensure every child is provided with breakfast.**
Objective 4: **Implement grab and go breakfast in every school.**

Activities	Person Responsible	Timeline	Progress Monitoring

Meet quarterly with the county wellness council members to coordinate and provide for breakfast strategies successfully implemented at other schools	Inga Barker and Bonita Miano	Quarterly	Meeting logs and minutes
Provide principals with breakfast provision strategies during monthly principals meetings for further implementation of WV Feed to Achieve	Bonita Miano	Monthly	Principal meeting logs Meal participation percentages
Provide needed resources (coolers, laptop carts, finger scan) for the successful implementation of school breakfasts for all.	Principals	Ongoing	Inventory of the required resources