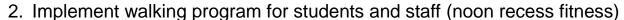
Oatville Elementary 2008-09 Wellness Plan Goals and Summary of Activities

(for staff and students)



- Committee members: Colleen Harvey, Sandy Dennison, Becky Stanfield, Chris Ferris
- Meetings Quarterly Sept. 8, Nov. 24, Jan. 22, March 12



- Implemented a mileage program Students walk during recess and log miles
- Staff members also participate
- 3. Avoid using food and candy as positive reinforcements
 - · Healthy snacks for students and incentives not tied to food
 - Healthy alternatives for rewards extra recess and extra time in gym
- 4. Provide "healthy" snacks for staff and students during special events and activities
 - Granola bars, fruit, and low fat snacks provided for staff meetings and inservices
- 5. Include wellness in both staff and student handbooks which include guidelines of suggested items for party snacks and treats
 - Wellness updates included in weekly newsletters to staff
 - Wellness updates included in monthly parent bulletins and updates
 - Wellness a topic of PTA meetings and site council meetings
- 6. Implement health education programs for staff, students, and community
 - · New science curriculum includes health education
 - Include wellness notes and reminders in parent guide and monthly newsletters to parents
 - Participate in Jump Rope for Heart program (each February)
 - Provide all-school grade level workshops re: Health and Wellness from Kansas Learning Center for Health (February)
 - Participated in Body Walk (KSDE program) in March 2008
 - Primary grade students receive toothbrushes and toothpaste



- 4th grade smoke-out planned for each spring –staff help with centers and disseminating information
- Continued Fluoride program for students re: dental health
- Students participate in Red Ribbon Week activities to promote healthy lifestyle
- Staff established a weight loss club that rewards those who lose weight and keep it off
- School participates in various community service projects and fund raising projects for organizations such as: United Way, Leukemia Society, Diabetes Society, etc.
- Provide healthy snacks for students for the state assessments
- Sedgwick County Extension office provided classroom and grade level programs on nutrition – 2nd grade lesson on bread making