

FATIMA WELLNESS POLICY

Action Plan

Period Beginning January 1, 2019

Objectives	Tasks	Success Criteria	Time Frame	Resources
Fatima will use daily bulletins (including TV Media for grades 7-12), newsletters, and the district website to promote nutrition/healthy choices in the school and community with a theme for each month.	Develop a "Theme" for each month to promote throughout the district. Incorporate theme throughout various means to engage students and community members with healthy choices.	Receive feedback from students throughout the school year on what healthy choices they have taken from information and how they have put it to use.	Ongoing for the remainder of the 18-19 school year and continue next school year.	Daily bulletins, newsletters, district website. Material received from cafeteria, nurse's office, and guidance counselors in regards to good nutrition, physical as well as mental health.

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<p>At least one classroom visit will be provided during the 18-19 school year to grade 6 by the school nurse, or counselor to discuss the risks associated with tobacco, vaping, alcohol, and drugs.</p>	<p>Review materials available through the Department of Health and Senior Services, as well as material received through counselors at school. Visit 6th grade classrooms.</p>	<p>Maintain record of visits to classrooms for the 18-19 school year.</p>	<p>May 2019 and into next school year.</p>	<p>School nurse, elementary counselor, resources from Department of Health and Senior Services, and counselor material.</p>
<p>Enforce with our athletes the dangers of “Energy Drinks” and the differences between those and choosing sports drinks or water as an alternative.</p>	<p>Encourage our athletes for practices and games to avoid “Energy Drinks” and instead choose sports drinks or water.</p>	<p>Discuss throughout the school year with coaches and athletes how many athletes still choose the “Energy Drinks” and observe athletes and their choices.</p>	<p>May 2019 and into next school year.</p>	<p>Coaches and Athletes.</p>

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<p>Enforce the importance of healthy eating habits with our athletes.</p> <p>Encourage eating a healthy meal before athletic performances.</p>	<p>Encourage our athletes to eat a meal following the food pyramid on trips to contests when a meal is eaten on the way to that competition.</p>	<p>Discuss throughout the school year with coaches and athletes how many athletes still choose the healthy meals and observe athletes and their choices.</p>	<p>May 2019 and into next school year.</p>	<p>Coaches and Athletes.</p>
<p>Assembly for grades 7-12 each year on a Health related issue, to help provide information and alternative choices for our students.</p>	<p>Assembly will be held each year for students in grades 7-12 with information on a health related topic.</p>	<p>Assembly will be held, conversations with students about how the information was received, and the overall perception of the value of the topic.</p>	<p>By May 1st of each school year.</p>	<p>Administration, school nurse.</p>

Objectives	Tasks	Success Criteria	Time Frame	Resources
The school district will establish a suicide prevention training program to be provided to students in grades 6-12.	Provide material to students in grades 6-12 that provides sources of help and guidance in dealing with thoughts of suicide. Provide teachers with sources to help students in need.	Eliminate suicides within the district.	May 2019 and into next school year.	Administration, school nurse, guidance counselors, and outside resources.
Maintain the Jr. Deputy Program with the Osage County Sheriff's Department.	Maintain working relationship with Sheriff's Department and setup timeframe for training with our 5 th grade students.	All 5 th grade students will go through the Jr. Deputy Program during the school year.	By May 1 st of each school year.	Elementary Principal, guidance counselor, and Osage County Sheriff's Department.

