

District Wellness Plan —Annual Report Card

		Fully in Place	Partially in Place	Under Development	Not in Place
Goal #1	The public will be made aware of nutrition tips, nutrition information, nutrient analyses of school menus, and nutrition snack standards – accomplished by December 2014 and ongoing.		X		
Objectives	#1	The Health Educator for Hamilton Co. will post monthly nutrition tips on the school website.	X		
	#2	The Dietary Supervisor will compile a booklet containing the nutrient analyses of all school menu items by December 2014.	X		
	#3	“Smart Snacks in schools” will be promoted during the 2014/15 First Semester (see Goal #3 Objective #1)	X		

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Goal #2	School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited by the 2014/15 school year.		X		
Objectives	#1	The school nurse and high school head cook will contact the vendors and compile a list of acceptable choices re. Federal nutrition standards by May 23, 2014, giving vendors a copy of “Smart Snacks in Schools”.	X		
	#2	The vendors will notify of acceptance of choices through the Dietary Supervisor prior to the start of the 2014/15 school term.	X		
	#3	Information will be given to staff and public re. acceptable foods and beverages for fund-raising activities by December 2014.	X		

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Goal #3	All foods and beverages sold outside the school meal programs (including snack lines, concessions, and fundraising activities) will meet the federal nutrition and portion size standards by the 2015/16 school year.		X			
Objectives	#1	The “Smart Snacks in Schools” guidelines will be promoted via website, posters, PTO meetings, and sports activities during the first semester of the 2014/15 school term.	X			
	#2	The Jr./Sr. High School Head Cook will meet with the vendor for the snack line items to assure compliance with the standard (during the first quarter of the 2014/15 school year) re. “Smart Snacks in Schools” emphasizing that the guidelines must be followed.				Snack line is not available anymore

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Goal #4	Hamilton County Schools will involve the students and public in selection of healthy food choices		X			
Objectives	#1	Annual food surveys re. menu items will be developed and utilized via school e-mail by December 2014.	X			
	#2	The Jr./Sr. High School Head Cook will initiate a trial taste-testing for students/public re. new food items being considered by the end of the 2014/15 school term.	X			

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Goal #5	Students will be given opportunities for physical activity beyond physical education classes.		X			
Objectives	#1	A representative (designated by site principal) from each school facility will develop a written list of suggestions for increasing physical activity during the school day by December 2014.	X			
	#2	Classroom teachers in the elementary setting will provide short activity breaks between lessons or classes at least every 2 hours by December 2014.	X			
		Jr./Sr. High School, administration/faculty will designate activity break times at least every 2 hours during mandatory school-wide testing.	X			

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Goal #6	Student participation in Jr./Sr. High School Physical Education will be increased.		X			
Objectives	#1	The Guidance Office will work closely with students in an effort to promote a full 6 years of Physical Education (with the exception of Health Classes) for Jr./Sr. High School —expectation of increase in numbers of student participation by December 2014.	X			
	#2	Grants will be pursued in order to provide more equipment to be used in physical education by May 2014.	X			

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Goal #7	A more consistent and efficient method for mental health referral/counseling shall be developed.		X			
Objectives	#1	A referral sheet will be reviewed and distributed to all district staff members at the initial meeting in August 2014.	X			
	#2	The School Nurses and counselors will develop and maintain an outside resource list, making the list available on the school website by December 2014.	X			

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Goal #8	Hamilton County Schools shall integrate health-related fitness testing into the curriculum as an instructional tool, except in grades before 3 <sup>rd</sup> grade.		X		
Objectives	#1	PE teacher will administer pre assessments at the start of the school year for grades 3 <sup>rd</sup> -12 <sup>th</sup>	X		
	#2	3 <sup>rd</sup> -12 <sup>th</sup> grades will be tested using the four portions of Fitnessgram annually during the second semester	X		
	#3	PE teachers will report to ISBE for grades 5 <sup>th</sup> , 7 <sup>th</sup> , & 10 <sup>th</sup>	X		

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Goal #9	Hamilton County Sr. High will participate in the signs of suicide program (SOS). To assist in addressing the problems of youth depression and suicide.			X	
Objectives	#1	Education staff and parents to identify signs of depression, self-injury, & suicidality in youth.			
	#2	Increase students' knowledge about suicide and adaptive attitudes about depression.			
	#3	Encourage help-seeking and help-seeking on behalf of a friend by providing students with specific action steps to take if they are concerned about themselves or others.			