

Oatville Elementary
2008-09 Wellness Plan
Goals and Summary of Activities
(for staff and students)



1. Organize a wellness committee to plan activities and distribute wellness information
 - Committee members: Colleen Harvey, Sandy Dennison, Becky Stanfield, Chris Ferris
 - Meetings Quarterly – Sept. 8, Nov. 24, Jan. 22, March 12
2. Implement walking program for students and staff (noon recess fitness)
 - 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