

Middle School Health Action Plan 2020-2021

SMART Goal	Timeline/Notes	Evaluation/Evidence
Physical Activity	Current Wellness Policy: Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	
SMS students will have the choice to walk the track during recess rather than being in the gym.		
SMS will offer alternative rec time activities such as jump ropes.		
SMS will participate in the "I went hunting" brag board.		
SMS will participate in the Shed Hunting Challenge.		
SMS students will have an extra recess or physical activity option as a reward for a PBIS at least once per year.		
SMS will participate in Walk to School and Bike to School Day.		
Nutrition Promotion	Current Policy: All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	
The garden educator and food service staff will collaborate to serve 3 meals with ingredients from the garden.		
Nutrition Education	Current Policy: Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills	

	necessary to lead healthy lives.	
SMS will utilize the garden for 2 enrichment activities.		
Other School Based Strategies for Health	The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	
SMS will maintain their recognition as a Heartsafe School.		
SMS will have information available to families on seasonal events/opportunities in our community to be engaged and active outside of the school day.		
SMS will have a member of the wellness committee present at one family engagement event during the year to educate families on our achievements and recruit volunteers for future projects. <i>Community Engagement</i>		
SMS will run a facebook campaign to promote families using local natural resources (ski, bike, hike trails). <i>Community Engagement</i>		
Team Wellness will creatively promote achieved wellness goals twice during the school year. <i>Community Engagement</i>		