

**County/Sponsor:** Tyler County Board of Education **Contact Person:** Darlene Koerber/Amanda Kimble

## Action Work Plan for School Year 2018-2019 Issue Area:

- (Check One)  Nutrition Promotion and Education  Nutrition Guidelines  
 Physical Activity  Other School-Based Activities to Promote Student Wellness

*(Areas of focus may include, but are not limited to: Strengthening Local Wellness Councils & Policy, Public Notification, Fundraising, Breakfast Strategies, Scratch Cooking, Healthy Snacks, Farm to School, Share Tables, Feed to Achieve, Smarter Lunchrooms, School Gardens, After School Running Clubs)*

**Goal:** To increase community and school awareness of the wellness program and initiatives in Tyler County.

**Objective:** To provide the community and schools with resources regarding wellness.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Pop-Up Farmers Markets Grades PreK-8 Stealey Community Fund Grant	Amanda Kimble Holly Morgan Lisa DuMars Julia Bolin	September - October 2018 (6 Total Markets) Wednesdays	Amanda Kimble Holly Morgan - Grant Organizer Julia Bolin/David Snively - WVU Extension
Web Page/APP/Newsletters/Newspaper Articles: The county web page, APP, and newsletters will be maintained and developed to add in wellness related topics such as wellness meetings, menus, activities, etc.	Amanda Kimble/ Principals/ Tricia Feldmeier	Monthly Updates thru 2018/19 school year	Tyler County Wellness Committee Darlene Koerber/Amanda Kimble
Visuals such as signs, posters, banners, tv monitors for menu will be posted throughout the cafeterias to promote wellness, child nutrition, and physical activity.	Principals/Wellness Committee	2018-19 School Year	Tyler County Wellness Committee Darlene Koerber/Amanda Kimble
Nutrition Education Lessons via WVU Extension Office Grades PreK-5 with a focus on the 3rd grade at AIB and SES.	Julia Bolin - WVU Extension Nutrition Educator	2018-19 School Year	WVU Extension Agency Principals

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**Goal:** To increase awareness of child nutrition guidelines.

**Objective:** To provide training opportunities for faculty and staff regarding child nutrition and guidelines.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Cooks Staff Development Opportunities: Dietary Guidelines, HACCP and Food Safety, Review Year, Food Sharing Tables	Kathy Talley Amanda Kimble	June 2018	Amanda Kimble/Principals
Head Cooks/Cooks: Back to School Training and Procedures	Amanda Kimble	August 14, 2018	Amanda Kimble/ Principals
CEP Countywide: Increase Participation	Amanda Kimble/Cooks	2018-19 School Year	Amanda Kimble/ Principals
Share Table Guidance Roll-Out and Monitor	Amanda Kimble	August - Roll-out 2018-19 School Year	Health Department

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**Goal:** To increase physical activity opportunities for students and staff.

**Objective:** To provide opportunities for students to engage in physical activity before, during, or after the school day.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
School Dances - All Grades	Teachers/Principals/ Organizations	Monthly	Principals
Clubs- Hiking, Walking, Physical Activity Train CPR - Hands Only	Darlene Koerber		
Walk/Run Community/ Family Activity Title 1 Family Fun Nights - Physical Activity Component	Teacher Organizers	TBA	Title 1 Coordinators Teacher Responsible
Field Days: PreK -5 Wellness Days: MS/HS	PE/Health Teachers	May 2019	PE/Health Teachers Principals
Walking Program - PreK-12 Before/After Breakfast & Lunch	PE/Health Teachers Breakfast/Lunch Duty Teachers	2018-19 School Year	PE/Health Teachers Principals

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**Goal:** To promote student wellness county-wide.

**Objective:** To provide information, services, and resources to assist students in managing life skills and maintaining personal wellness.

Activities	Person Responsible	Timeline	Person (s) to Monitor Progress
Mental Health Agencies Visiting Schools Westbrook Behavioral Health & Wellspring (Counseling) Suicide Prevention ( Presentation)	Westbrook Wellspring	Throughout 2018-19 School Year	Principals
Monthly Mental Health Meetings School Social Worker- School Based Health Center	Melinda Walton Westbrook	Monthly 2018-19 School Year	Melinda Walton
Back to School Fair: Event offered to all students to receive free materials and services such as hair cuts, vision screenings, personal hygiene items.	FRN - Katrina Byers	August 2018	Katrina Byers Melinda Walton
FRN - Anti-Drug Program, Cancer Awareness: Red Ribbon Week, Pink-Outs, Relay for Life Keep a Clear Mind, Too Good for Drugs, Germ City, and Dental Hygienist Stars Program SADD Program Change Company Journals	FRN - Katrina Byers Westbrook - Dean Hirshi Pamela Stollings Seth Patterson Rob Schupbach	Throughout 2018-19 School Year	Principals