

# Northwood School Wellness Policy Implementation Plan

## Committee Members/Roles

- Wellness Committee members:
  - Jocelyn Young, Principal
  - Adrian Alford, Assistant Principal
  - Sam Langon, Health/Physical Education Teacher
  - Colleen Krochmal, School Nurse
  - Jennifer Frye, School Board Member
  - Stephanie Arroyo, School Board Member
  - Chris Volkmann, Food Service Director

## Goals and Objectives:

| Area of focus                                   | Goal   | Objectives  | Persons Responsible |
|---|--|---|---------------------|
| Nutrition standards for all foods and beverages | To provide nutritious and appealing meals for K-8 students that follow the state and federal guidelines. | <ul style="list-style-type: none"><li>• Ensure that meals are accessible.</li><li>• Provide families with nutritional information and menus.</li><li>• Ensure that food allergies are known and accommodated</li></ul>  | Chris Volkmann      |
| Food and beverage marketing                     | School-based marketing will be consistent with nutrition education and health promotion.                 | <ul style="list-style-type: none"><li>• The school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.</li><li>• The promotion of healthy foods, including fruits, vegetables,</li></ul> | Chris Volkmann      |

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|                                   |   | <p>whole grains, and low-fat dairy products is encouraged.</p> <ul style="list-style-type: none"> <li>• School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.</li> </ul>   |                   |
| Nutrition promotion and education | <p>Nutrition education activities will be age-appropriate, interactive, and teach the skills needed to adopt healthy eating habits by providing nutrition information, skills, and setting nutritional goals.</p> | <ul style="list-style-type: none"> <li>• Grade level appropriate nutrition education in grades K-8 through developmentally appropriate activities and lessons using NH Health Standards (Example - 1st grade: food group identification/sorting, 3rd grade - learning how to read a food label, 6th - use of nutrients in the body and where to find them, 7th/8th - using food labels to make a decision on healthy or unhealthy foods, etc.).</li> <li>• Involve community in healthy eating habits and nutrition-related programming (such as incentives, healthy meals to cook at home)</li> </ul> | Sam Langdon & XXX |

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|                                    |   | <ul style="list-style-type: none"> <li>• Provide nutritional information to families through the Laker.</li> <li>• Promote healthy food choices by offering healthy food challenges created/organized by the Wellness Committee - Eating your vegetables and fruits challenges, etc.</li> </ul>   |                               |
| Community engagement & involvement | To engage the Northwood community (teachers, administrators, food service professionals, school nurses, physical and health educators, counselors, parents, and students) in the school's Wellness Policy and create a feedback loop for periodic refinement. | <ul style="list-style-type: none"> <li>• Establish a coordinator at the school who is responsible for communication about the Wellness policy.</li> <li>• Three times a year, provide information to families and the community through the website, social media, and newsletter regarding the work of the Wellness Committee and the implementation of the policy.</li> <li>• Ensure communication invites families and community members to share feedback and ask questions.</li> </ul> | Jocelyn Young & Adrian Alford |

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| Physical activity         | To provide opportunities for each child to participate in as much daily exercise as time allows.  | <ul style="list-style-type: none"> <li>• Provide 25 minute recess periods for grades K-4.</li> <li>• Provide 10 minute recess periods for grades 5-8.</li> <li>• Provide weekly physical education classes to all grades.</li> <li>• Offer clubs and athletic activities after school.</li> <li>• Provide frequent movement breaks during academic blocks.</li> </ul>  | Jocelyn Young & Adrian Alford, faculty and staff |
| Social emotional wellness | To have social/emotional/mental health education be part of the health curriculum in grades K - 8 as well as staff emphasizing the correlation between physical health and social/emotional/mental health and the ability to learn and succeed in school. | <ul style="list-style-type: none"> <li>• Providing instruction for groups around social skills (e.g., lunch bunch groups, classroom guidance lessons)</li> <li>• Consistently implement school wide Positive Behavioral Interventions and Supports framework</li> <li>• Consistently utilize effective social emotional curriculum, including: <ul style="list-style-type: none"> <li>○ K-4 framework: Social Thinking, Zones of Regulations,</li> </ul> </li> </ul> | Nichole Billcliff & Lynda MacDonald              |

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|                                   |   | <p>ChooseLove Movement</p> <ul style="list-style-type: none"> <li>○ 5-8 framework: Zones of Regulations, ChooseLove Movement</li> <li>● Maintain partnership with community action agency to deliver a week of personal body and internet safety to K-8 each year: <ul style="list-style-type: none"> <li>○ K-5th Grade: Safe Kids, Personal Body Safety</li> <li>○ 6th Grade: Sexual Harassment and Bullying</li> <li>○ 7th Grade: Media Matters</li> <li>○ 8th Grade: The CARE series (Consent, Awareness, Respect, and Empathy)</li> </ul> </li> </ul> |  |
| Health curriculum and instruction | To promote the health and safety of students and staff. | <ul style="list-style-type: none"> <li>● Increase communication and education to students regarding <ul style="list-style-type: none"> <li>○ Physical activity</li> <li>○ Healthy eating</li> <li>○ Preventing tobacco use</li> </ul> </li> </ul>   |  |

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|                               |  | <ul style="list-style-type: none"> <li>○ Quitting tobacco products</li> <li>○ Preventing alcohol and/or drug use</li> <li>○ Prevent unintentional injuries</li> <li>○ Suicide prevention</li> <li>○ Preventing HIV, STDs, and unintended pregnancy</li> <li>● Collaborate with school staff members to promote health and safety</li> <li>● Create a systematic approach to referrals for students to school or community based health services</li> <li>● Ensure reliable and immediate access to emergency medications for students</li> <li>● Ensure accurate plans for food allergy management and prevention</li> </ul> |  |
| Other school-based activities | Promote physical, mental, and social-emotional health in a variety of ways within and beyond the school day and school year. | <ul style="list-style-type: none"> <li>● Maintain partnership with a community mental health agency</li> <li>● Provide opportunities for parents to participate in school committees</li> </ul>  |  |

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|  |  | <ul style="list-style-type: none"> <li>• Provide community and school resources regularly in the weekly newsletter</li> <li>• Provide evening social/emotional workshops for parents at least twice a year</li> <li>• Provide staff with information related to resources available through HealthTrust.</li> </ul> |  |
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**21-22 Annual Goals:**

| Goal   | Timeline                                      | Persons Responsible   | Evidence  |
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| Provide information to families, students, and the community regarding physical activity, mental health, nutrition, and dental hygiene through a variety of platforms. | Monthly, October through May                  | Chris Volkmann, Jocelyn Young, Adrian Alford, Sam Langdon, Colleen Krochmal, Nichole Billcliff, Lynda MacDonald | <ul style="list-style-type: none"> <li>• Eight products published in newsletter, website, and/or social media</li> </ul>                                      |
| Encourage and monitor student participation in athletics, clubs, and other extracurricular activities.   | Every other month, August through April       | Jocelyn Young, Adrian Alford, Sam Langdon, club facilitators  | <ul style="list-style-type: none"> <li>• Five products published in newsletter, website, and/or social media</li> <li>• Student participation data</li> </ul> |
| Complete school-level assessment and create an action plan based on the results.   | Assessment: September<br>Action Plan: October | Wellness Committee members  | <ul style="list-style-type: none"> <li>• Completed self-assessment</li> <li>• Action plan document</li> </ul>   |