

## School Wellness Policy Action Plan

School Name: Worthington High School

Date: November 6, 2018

Goal:	Action Steps:	Timeline:	Measurement:	Lead:	Stakeholders:	Complete
<p>1. Make Physical activity/fitness programs more accessible to staff.</p>	<p>a). Open fitness/weight room up before and after school for staff. (Free)</p> <p>b). Organize co-ed games in the gym before school, such as basketball, volleyball, ect..</p> <p>c). Utilize trained staff in aerobics, yoga, Zumba, ect... and ask them to offer classes at school.</p> <p>d). Encourage staff that has school insurance to go to a fitness center 12 or more times per month and they can get a discount on their membership.</p>	<p>Start next school year 2018-19</p>	<p>a). Have staff sign in when using fitness/weight room or when taking a class</p> <p>b). Take a survey at the end of the year to see if staff took advantage of the opportunities given, why or why not?</p>	<p>Tony Hastings</p>	<p>All WHS Staff</p>	
<p>2. WHS will promote and positive school climate</p>	<p>a). Bullying and harassment polices will be put in place and clearly outlined in student and staff handbook</p> <p>b). Consequences will be laid out for negative behavior and will be outlined in the student and staff handbook</p> <p>c). Students and staff will attend a kindness retreat to promote a positive climate</p>	<p>2018-19 school year</p>	<p>a survey will be sent to students and staff to collect data</p> <p>office referrals will be tracked in regards to bullying or harassment</p>	<p>Tony Hastings</p>	<p>Students and staff</p>	

<p>3. Encourage students to be active for 225 minutes per week.</p>	<p>a). Open fitness/weight room up before and after school.  b). Organize intramural games and tournaments for students.  c). Provide strength, speed, cardio, flexibility and weight loss programs.</p>	<p>Start next school year 2018-19</p>	<p>a). Have students sign in when using fitness/weight room.  b.) Have students complete fitness log.</p>	<p>Tony Hastings</p>	<p>WHS Students</p>	
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