School Wellness Policy Action Plan

School Name: Worthington High School

Date: November 6, 2018

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

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