



ALTOONA AREA SCHOOL DISTRICT

1415 Sixth Ave.
Altoona, PA. 16602

Health and Wellness Plan



Working Together for Healthy Lives

Updated March 26, 2019

Mission Statement

The Altoona Area School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Overall Goal: Implement Healthy and Hunger-Free Kids Act

Goal 1: Update and Communicate Wellness Policy and Plan

**Anticipated Timeline: Policy Revision Completed in 2017-
Updates are ongoing**

Notification of staff of changes will be completed by September 2019

**Responsible Person (s): Community Relations Director, Assistant Superintendents,
Assistant to the Superintendent in Charge of Business (oversees cafeteria), and Principals**

- Update the Altoona Area School District Wellness Policy
- Convene a committee to update the plan
 - Review the plan
 - Survey all stakeholders regarding menu choices and selections in the cafeteria
 - Gather input from all stakeholder regarding the current plan
 - Revise the plan
- Notify all teachers regarding policy and plan revisions
- Notify parents and community regarding new nutritional standards periodically
 - District Website
 - District Facebook
 - School Listserv
 - Newsletters
 - Informational flyers

Goal 2: Enhance Current Nutrition Education

Anticipated Timeline: September 2019-August 2020

Responsible Person (s): Assistant Superintendents and Principals

The Altoona Area School District will **continue** to:

- Promote nutrition curriculum in our health classes Pre-K-12.
- Keep our Lifetime nutrition course.
- Promote the Family and Consumer Science cooking courses in the secondary programs.

The Altoona Area School District will **begin to implement** the following plan to enhance current nutrition education by:

- Reviewing, revising, and enhancing the curriculum through an application model. The curriculum revisions should reflect nutrition information and demonstrate the value of good nutrition and show a connection between good nutrition and physical activity.
- Utilizing USDA lessons on nutrition in health and physical education courses and these lessons should also be included in summer school.
- Encouraging Family and Consumer Science teachers to develop recipe options, which include healthy substitutions.
- Beginning to investigate USDA cross curriculum options.

Goal 3: Promote Nutrition

Anticipated Timeline: August 2019

Responsible Person (s): Community Relations Director, Assistant Superintendents, Assistant to the Superintendent in Charge of Business (oversees cafeteria), and Principals

The Altoona Area School District will **continue** to utilize the following means to promote nutrition and physical activities:

- School and District newsletters
- Listserv
- Twitter
- Facebook
- District websites (*Nutrition Nuggets* will be archived as a resource)
- Flyers
- Other social media sites

The Altoona Area School District will **begin to implement** the following plan to promote nutrition and physical activity by:

- Creating and promoting four healthy nutrition themes each year.
 - The themes will be provided to the principals at the beginning of the school year, so they can inform their staff, students, and families.
 - Some of the activities may include planned samplings of different types of foods, contests about nutrition, and speakers on nutrition.
 - During March, National Nutrition Month, special activities will be planned by the principal with the assistance of the health and physical education teachers. All

plans will be submitted to the Assistant Superintendent and Community Relations Director to assist with promotion of the activities.

- Add promotion of breakfast and investigation of Grab & Go and Snacks.
- Including a ‘Fun Food Fact’ each week. This could be promoted on the morning announcements and/or through posters in the classrooms. Additionally, children could use technology (TV equipment, computers, and iPads) to develop their own “Fun Food Fact” and share it with their peers.
- Placing a suggestion box for menu selections/options in the cafeteria.
- Investigating the Fresh Fruit and Vegetable Grant. We will encourage more principals to participate
- Encourage more schools to apply for the Play for 60 grant and to participate in Fear Factor Fridays. These programs promote physical exercise and food tastings.
- Research fruit juice smoothies for our elementary schools

Goal 4: Follow and Enhance the Physical Education Standards

Anticipated Timeline: Summer 2019-August 2020

Responsible Person (s): Assistant Superintendents and Principals

The Altoona Area School District will **continue** to:

- Meet the elementary and secondary time schedule, but try to increase the time in elementary.
- Provide lifelong fitness programs as part of the summer physical education class.
- Meet all physical education standards.
- Provide professional development on the importance of physical education.
- Promote and encourage participation in activities such as:
 - Relay Recess –extend to all elementary schools
 - Jump Rope for Heart
 - Harvest and Recess Day
 - Play for 60-involve teachers
- Investigate including self-defense in the curriculum.
- Follow the special education accommodations for students participating in physical education class.
- Provide recess and breaks during the elementary school day.

The Altoona Area School District will **begin to implement** by:

- Investigating Fitnessgram without the software for elementary students, which would allow them to monitor their physical activity.
- Developing a fitness student recognition system for elementary students who completed Fitnessgram.

- Planning and implementing a community walking event.
- Investigating the possible spaces, which would be available to students for before or after school physical activities, such as a wellness room and student center at the secondary level.

Goal 5: Promote school-based wellness initiatives.

Anticipated Timeline: Summer 2019-August 2020

Responsible Person (s): Community Relations Director, Assistant Superintendents, and Principals

The Altoona Area School District will **continue** to:

- Survey teachers, parents, and students on menu suggestions.
- Continue to work collaboratively with cafeteria staff to plan activities such as samplings.
- Continue to work collaboratively with nutrition specialists to provide trainings to faculty and students on healthy nutrition and physical activities.

The Altoona Area School District will **begin to implement** by:

- Planning and implementing one district-wide community event for the school year, such as a walk.
- Investigate adding more classes.
- Creating and distributing maps around each school to track the number of steps to students and families.
- Planning and implementing a Health Fair for secondary students and teachers at AAHS.
- Plan “Get Morning” and “Get Evening” exercise for students and teachers once a marking period. Events may include: yoga, walking, cardio, etc. in the morning prior to the start of school
- Encourage cleanliness.
- Investigate a family activity/walk once a year.

Health and Wellness Committee:

The Health and Wellness Committee shall be comprised of at least one (1) of the following: school board member, district administrator, district food service representative, student, parent/guardian, member of the community, teacher, school nurse, physical education teacher, and any other volunteer.

2019 Health and Wellness Committee Members

Patty Burlingame	Assistant Superintendent Curriculum K-12
Brad Hatch	Assistant Superintendent Secondary Education
Sue Frank	Assistant to the Superintendent in Charge of Business
Paula Foreman	Community Relations Director
Doug West	Community Relations
Haley Fleegle	Director of Federal Programs, Gifted, and Instructional Coaching
Jim D’Angelo	Physical Education Instructor
Renee Weidlich	Registered Nurse
Suzie Zavalanski	Community Member/Parent
Tamara Thompson	Human Resource Supervisor
Zoe Wilson	Student
Dutch Brennan	Member of the School Board
Heather Reimer	Metz

2018 Health and Wellness Committee Members

Patty Burlingame	Assistant Superintendent Curriculum K-12
Brad Hatch	Assistant to the Superintendent in Charge of Secondary Education
Sue Anderson	Assistant to the Superintendent in Charge of Business
Paula Foreman	Community Relations Director
Haley Fleegle	Director of Federal Programs, Gifted, and Instructional Coaching
Jim D’Angelo	Physical Education Instructor
Renee Weidlich	Registered Nurse
Suzie Zavalanski	Community Member/Parent
Tamara Bressler	Human Resource Supervisor
Abby Frank	Student
Dutch Brennan	Member of the School Board
Heather Reimer	Metz

Lesson Resources:

Middle School Lessons from Drexel

http://deptapp08.drexel.edu/nutritioneducation/ms_lesson_plans.html

High School Lessons from Drexel

http://deptapp08.drexel.edu/nutritioneducation/hs_lesson_plans_fy17.html

Elementary Lessons

<https://www.choosemyplate.gov/teachers>

Other Resource Web Sites:

www.panaonline.org

www.kidshealth.org

www.fns.usda.gov

www.dole5aday.com

www.nutritionforkids.org

www.physicalfitness.org

www.connectforkids.org

www.fitness.gov

www.actionforhealthykids.org

www.nutritionexplorations.org

www.kidnutrition.org

www.healthychoices.org

www.fitnessandkids.com