

Local Wellness Assessment Plan

School: Gobles Public Schools

Date: November 2019

Goal What do we want to Accomplish	Action Steps What activities need to happen	Timeline Start Date	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
1. After obtaining food, students will have at least 20 minutes to eat lunch.	<ul style="list-style-type: none"> A) Meet with principals about lunch period scheduling. 25 – 30 minute periods depending on school. B) Evaluate lunch serving lines for efficiency C) Follow up with principals in Spring of 2020 for SY 20/21 schedule 	School 20/21	Scheduling lunch periods of 20/21 will be a minimum of 30 minutes.	School Principals	Students, Principals, Food Service Staff, Food Service Director	Gobles Elementary: 25 minutes, however only one grade per lunch allows quicker serving times so kids still have 20 minutes to eat. Gobles MSHS: 30 minutes
2. All School Food Sales outside of Cafeteria will follow State Smart Snack Policies	<ul style="list-style-type: none"> A) Meet with principals to determine what and if food sales are done during the school day outside of the cafeteria. B) Look at what sales are being completed and make sure they meet smart snack guidelines using the smart snack calculator C) Making sure sales are not interfering with student's time to eat NSLP meals. 	School Year 19/20	After reviewing school food sales make sure we have tracking of sales and that they meet state guidelines	Food Service Director	Students, Principals, Teachers, Food Service Director	Gobles Elementary: is not doing extra food sales, if they do start to participate in those items will meet smart snack guidelines. MSHS: Has vending items approved on smart snack calculator. They have a couple yearly fundraisers but never more than twice in a week.
3. Elementary Schools must provide 20 minutes of active recess. Extra time every	<ul style="list-style-type: none"> A) Meet with Principals to make sure that we have scheduled a time for recess. B) Make sure training is in place for Para prose to 	School Year 19/20	Recess Time for Elementary is on the school schedule for set time.	Principals	Students, Para prose, Principals	Gobles Elementary allows: 20 minute recess MSHS: Allows students access to the courtyard on nice

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other day during lunch for HSMS to have active space to move around.	<p>have students brought to designated areas in a timely manner.</p> <p>C) Follow-up at the beginning of the semesters to discuss any complications.</p>		MSHS will allow certain class's access to the gym after the first 20 minutes of lunch are completed.			days after they eat lunch, on bad weather days we open the gym to students after the first 20 minutes of lunch is completed.
4. Students will have an opportunity to participate in extra-curricular activities from Elementary – 12 th grade	<p>A) Meet with Athletic Director and community youth sports program director.</p> <p>B) Make sure we have areas for activities to take place.</p> <p>C) Open opportunities to grade appropriate students.</p> <p>D) School Coaches will give guidance to youth sport coaches.</p>	School Year 20/21	MSHS will offer extracurricular sports for MS/HS during all three sport seasons. Elementary Youth sports will be given the area to practice and hold events so they can have a youth program.	Athletic Director	Students, parents, school coaches, Athletic Director	Elementary Youth Sports coordinated with School: Fall Sports are Youth Football, Cheerleading, and Soccer K- 6. Winter Sports are Boys and Girls basketball K – 6, and Wrestling and Wrestling clinics K – 6. Spring Sports are T-Ball, Baseball, and Softball K – 6. HSMS Sports at the school are as followed. Fall: Volleyball 7 – 12, Football 7 – 12, Soccer 6 – 12, Cross Country 6 – 12, and Cheerleading 6 – 12, Marching Band 9 - 12. Winter Sports: Boys and Girls Basketball 7 – 12, Cheerleading 6 – 12,

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