

**HEALTHY ACTIVE CHILDREN PLAN
FOR CAMDEN COUNTY SCHOOLS
2015-2017**

Goal: To create a comprehensive physical education program.

Objective: To increase student participation and opportunities in the physical education program in grades Pre-K through 12.

Strategies	Time Line	Person(s) Responsible
1. Increase the physical education areas on the school campus by sharing school and community resources	Ongoing	Principal, Central Office Staff
2. Maintain optional weight training program before and after school at CCHS and CMS	2015-2017	PE Teachers, Athletic Directors, Coaches
3. Facilitate involvement in community organized sports through Camden Parks and Recreation -work to publicize the new fitness trail, and outdoor challenge facility as a community facility	Ongoing	PE Teachers, Principals, Athletic Directors, Recreation and Parks Director
4. Provide Be Active NC “Energizer” for K-8 teachers	Ongoing	Provide Be Active NC “Energizer” for K-8 teachers
5. Develop activity programs for kids during summer months	Ongoing	County Parks and Recreation Director, Cooperative Extension Agent
6. Develop comprehensive physical education programs utilizing cutting edge equipment. (SPARK, HopSports, Heart Rate Monitors)	On-Going	Physical Education Teachers

HEALTHY ACTIVE CHILDREN PLAN

Goal: To create a comprehensive physical education program.

Objective: To provide students with current physical education practices and techniques through the physical education classes.

Strategies	Time Line	Person(s) Responsible
1. Provide funds for staff development workshops for Health/PE teachers to go to state and national conferences	Ongoing	Principal, Central Office Staff, PEP Grant Office
2. Implement annual county-wide Health/PE meetings for collaboration (Grades three through nine)	Ongoing	Principals, Central Office Personnel

HEALTHY ACTIVE CHILDREN PLAN

Goal: To create a comprehensive physical education program.

Objective: To measure student fitness at least annually.

Strategies	Time Line	Person(s) Responsible
1. Evaluate student fitness through utilization of the fitnessgram or other appropriate test twice yearly	Ongoing	Health/PE Teachers
2. Make available to parents with fitness test results	Ongoing	Health/PE Teachers
3. Complete heart rate checks quarterly in grades 7 and 8	Ongoing	Health/PE Teachers

HEALTHY ACTIVE CHILDREN PLAN

Goal: To provide a healthy and safe school environment.

Objective: To incorporate emergency response plans.

Strategies	Time Line	Person(s) Responsible
1. Review emergency response plans annually; Lockdowns/training/practice in place at each school as well as Central Office	Ongoing	Director of Auxiliary Services, Principals, Nurses, Counselors
2. Continue multi-agency drills for emergency response plan	Ongoing	Superintendent, Sheriff, Director of Auxiliary Services, Principals, SROs, Nurses, Counselors
3. Update Black Box daily	Ongoing	Principals, Assistant Principals, Director of Auxiliary Services, SROs, Powerschool Coordinators
4. Review all emergency response procedures with students at the beginning of each year	Ongoing	Principals, Teachers, Director of Auxiliary Services
5. Maintain adequate lighting in parking areas	Ongoing	Director of Auxiliary Services, Maintenance Department
6. Provide access to a Certified Athletic Trainer at all NCHSAA Sanctioned Events	Ongoing	Director of Secondary Education, Superintendent, CTHS and CCHS Principals, High School Athletic Director
7. Maintain a medical black box to ensure meeting student health needs in an emergency	Ongoing	Nurses

HEALTHY ACTIVE CHILDREN PLAN

Goal: To provide a healthy and safe school environment.

Objective: To provide clean and well maintained schools.

Strategies	Time Line	Person(s) Responsible
1. Have administration and maintenance do local quarterly inspections of the facilities	Ongoing	Principals, Director of Auxiliary Services
2. Pressure wash restrooms and locker rooms as needed.	Ongoing	Assistant Principals, Custodians, Maintenance Department
3. Provide staff development to custodians for proper cleaning and proper maintenance	Ongoing	Director of Auxiliary Services
4. Implement school recycle programs	Ongoing	School Improvement Team, Director of Auxiliary Services, Principals
5. Provide anchored trash cans outside school facilities	2015-2017	School Improvement Team, Director of Auxiliary Services, Principals

HEALTHY ACTIVE CHILDREN PLAN

Goal: To provide a healthy and safe school environment.

Objective: To provide a student-friendly and safe social environment.

Strategies	Time Line	Person(s) Responsible
1. Provide staff development and promote student awareness on bullying	2015-2017	Director of Data Management & At-Risk Programs, Principals
2. Sponsor SADD at CTHS and CCHS, and DO SOMETHING at CMS and CCHS	Ongoing	Club Sponsors, Principals, Guidance Counselors
3. Teach CPR and First Aid to all 8th graders	Ongoing	Nurses, Health/PE Teachers
4. Provide parents and students orientation at each transition grades K, 7th, and 9th	Ongoing	Principals, Guidance Counselors, Teachers
5. Maintain security at extracurricular events	Ongoing	SRO's, Principals, Athletic Directors, Assistant Principals, Sheriff's Department, Highway Patrol
6. Update Handbooks for parents, teachers, and students annually	Ongoing	Principal, Assistant Principal, Central Office Staff
7. Continue open door policy by administrators	Ongoing	Administrative Staff
8. Provide access to emergency response supplies and equipment to be used by trained personnel	Ongoing	Director of Secondary Education, Coaches, Nurses, Trained Staff

HEALTHY ACTIVE CHILDREN PLAN

Goal: To expand the awareness and availability of health services.

Objective: To increase the availability of health services.

Strategies	Time Line	Person(s) Responsible
1. Maintain county-wide policy and procedures for Health Care services for each school	Ongoing	Nurses, Director of Secondary Education
2. Educate high school students on blood borne pathogens and safety procedures	Ongoing	Nurses, Health/PE Teachers
3. Investigate training for computer-based record keeping for nurses	2015-2017	Nurses, Director of Secondary Education
4. Contact outside health agencies to help in the health screening of students such as dental and sports physicals	Ongoing	Nurses, Director of Secondary Education
5. Provide dental screening for grades K and 5 as funding allows	2015-2017	Nurses, Health/PE Teachers
6. Provide lifestyle opportunities to make students aware of health, nutritional, fitness, and social choices	Ongoing	Counselors, Teachers, Nurses, Principals
7. Maintain monthly themes during the school year centered around health, nutrition, fitness, and social choices	Ongoing	Health/PE Teachers, Nurses, Director of Child Nutrition, Counselors
8. Provide information for parents on issues dealing with health, nutrition, fitness, and social choices	Ongoing	Counselors, Director of Child Nutrition, Nurses, Health/PE Teachers
9. Contact outside agencies for informational speakers, workshops, and informative brochures	Ongoing	Nurses, Health/PE Teachers, Director of Child Nutrition, Counselors

HEALTHY ACTIVE CHILDREN PLAN

Goal: To expand the awareness and availability of health services.

Objective: To create school and community partnerships to facilitate prevention and prescriptive services for students.

Strategies	Time Line	Person(s) Responsible
1. Continue DARE, Red Ribbon Week, and Character Education as developmentally appropriate	Ongoing	SRO's, Counselors, Teachers, Director of Data Management & At-Risk Programs, Director of Secondary Education
2. Collect and maintain resource list of collaborative partners	Ongoing	Director of Community Schools, Principals
3. Continue random drug screenings for middle and high school students participating in extra-curricular activities	Ongoing	Central Office Staff, Principals, Health/PE teachers, Nurses,
4. Continue sports physicals each year for middle and high school athletes	Ongoing	Athletic Directors, Nurses, Coaches
5. Collaborate with Camden Parks and Recreation Department to provide fitness incentive programs for students and staff such as Walkathon	Ongoing	Health/PE teachers, Principals, Central Office Staff, County Parks and Recreation Director

HEALTHY ACTIVE CHILDREN PLAN

Goal: To provide the National School Lunch, Breakfast, and After School Program meals and snacks according to USDA Standards.

Objective: To increase a variety of healthy choices that appeal to students.

Strategies	Time Line	Person(s) Responsible
1. Provide foods through the National School Lunch and School Breakfast Programs that comply with federal and state nutrition standards	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
2. Provide foods during the school day that are offered to students that will help promote student health, reduce childhood obesity, provide a variety of nutritional meals and promote lifelong healthy eating habits	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
3. Continue to identify and serve healthier diverse foods for breakfast and lunch that appeal to students by doing taste test and conducting surveys	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
4. Only offering snacks and beverages with lower calories, sugar, fat, sodium, etc. to our students	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
5. Provide needed training for employees to comply with meal pattern requirements, nutrition standards, safety and sanitation standards to provide a healthy environment	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
6. Provide a breakdown of carbohydrates on the monthly school menus for health and wellness of diabetic students	Ongoing	Director of Child Nutrition, Nurses