

**HEALTHY ACTIVE CHILDREN PLAN
FOR CAMDEN COUNTY SCHOOLS
2012-2015**

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 -Have multiple physical education teachers certified by NSCA	2012-2015	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	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	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 test twice yearly	Ongoing	Health/PE Teachers
2. Provide parents with fitness test results at the end of the 4th 9 weeks.	Ongoing	Health/PE Teachers
3. Complete heart rate checks quarterly in grades 7 and 8	Ongoing	Health/PE Teachers, Nurses

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
2. Continue multi-agency drills for emergency response plan	Ongoing	Superintendent, Sheriff, Director of Auxiliary Services, Principals, SROs
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. Collaborate with neighboring counties to develop a Regional Pandemic Influenza Response Plan	2009	Central Office Staff, 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 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	2013-2015	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	2013-2015	Director of Data Management & At-Risk Programs, Principals
2. Sponsor SADD at CCHS, SAVE at CMS, and GREAT at CIS	Ongoing	Club Sponsors, Principals, Guidance Counselors
3. All students will receive instruction in CPR and First Aid by the end of 9 th grade.	Ongoing	Nurses, Health/PE Teachers
4. Provide parents and students orientation at each transition grades K, 4 th , 7 th , and 9 th	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

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	2013-2015	Nurses, Director of Instructional Support
2. Educate high school students on blood borne pathogens and safety procedures	Ongoing	Nurses
3. Investigate training for computer-based record keeping for nurses	2013-2015	Nurses, Director of Instructional Support
4. Contact outside health agencies to help in the health screening of students such as dental and sports physicals	Ongoing	Nurses, Director of Instructional Support
5. Provide dental screening for grades K and 5 as funding allows	2013-2015	Nurses, Health/PE Teachers
6. Provide lifestyle courses to make students aware of health, nutritional, fitness, and social choices	Ongoing	Counselors, Health/PE 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	Ongoing	SRO's, Counselors, Teachers, Director of Data Management & At-Risk Programs, Director of Instructional Support
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 and sports	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

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. Continue to purchase lower fat/sugar-free ice cream at Grandy Primary School	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
2. Continue to prepare meals that limit carbohydrate choices and decrease fat and sugar	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
3. Increase fresh fruit and vegetables in daily menus	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
4. Continue to serve healthier diverse breakfast choices to students	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
5. Use healthier foods in meal preparation by joining the Alliance Procurement Plan for North Carolina	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers
6. Implement new USDA Proposed meal patterns for breakfast	2013-2015	Director of Child Nutrition, Principals, Cafeteria Managers
7. Revise meal patterns at lunch to increase fruit and vegetable choices	2013-2015	Director of Child Nutrition, Principals, Cafeteria Managers
8. Continue Healthy Hunger-Free Kids Act of 2012. Healthy ranges for five categories of food, fruits, vegetables, grains, meats, and fluid milks.	Ongoing	Director of Child Nutrition, Principals, Cafeteria Managers