**Campus: Transmountain Early College High School\_\_\_\_\_ Wellness Team Leader\_Ara Corbett\_\_\_ Date: December 18, 2012**

**Directions:** As a wellness team, use the outline provided to improve wellness initiatives at your campus through the development of an “Action Plan”, using the “ActiveLIFE Coordinated Health Tracker” (Wellness Inventory) to guide your planning. Before developing specific plans of action, work together to brainstorm the goals and objectives you want to achieve, and then list the action steps you will take to reach these goals.

**Coordinated Health Tracker Scores *(Wellness Inventory)***

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| --- | --- | --- | --- | --- |
|  | **Domain I** | **Domain II** | **Domain III** |  |
|  | **Physical Activity, Education, and Nutrition** | **Environmental and Staff Health** | **Student Health Education and Services** | **Overall** |
| **Campus Scores** | 71% | 32% | 69% | 57% |
| **Campus Goal** | 80% | 70% | 80% | 77% |

**Campus Objectives**

*(\*Note: Objectives are based off individual campus needs and what is attainable at each campus. Although five spaces have been provided, there is no limit to the amount of objectives you may develop.)*

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| **Objective 1: To certify all staff members in CPR/First Aid/ AED (requirement is 40% of staff members) for 2013-1014 school year** | | | | |
| **Action Steps** | **Person(s) Responsible** | **Resources Needed  (supplies, materials, cost)** | **Timeline** | **Formative Evaluation** |
| **1. Contact Kenny Owen for permission to contact trainers**  **2. Contact trainers for availability dates**  **3. set date – preferably staff development days in August** | **Ara Corbett** | **Athletic Director**  **Trainers from EPISD athletics**  **Dates for inservice**  **Cafeteria**  **CPR, first aid, aed equipment by athletic trainers** | **Prior to school year 2013 -2014** | **Staff members will be awarded with certification in CPR/First Aid/ AED for two years** |
| **Objective 2: To provide at least 2 health-focused assemblies this year (2013 – 2014)** | | | | |
| **Action Steps** | **Person(s) Responsible** | **Resources Needed  (supplies, materials, cost)** | **Timeline** | **Formative Evaluation** |
| **Contact Rachelle 929-6336, From educators national guard for presentations** | **Ara Corbett** | **-cafeteria setup**  **-audio visual/ sound system**  **Topics:**  **a. school safety/violence**  **prevention.**  **b. drugs and alcohol**  **c. Health and nutrition** | **Jan 2013 – May 2013** |  |
| **Objective 3: To provide faculty and staff with official guidelines for modeling healthy behaviors for students** | | | | |
| **Action Steps** | **Person(s) Responsible** | **Resources Needed  (supplies, materials, cost)** | **Timeline** | **Formative Evaluation** |
| **1. Meet w/ CSH to compile a list of guidelines .**  **2. Get approval from Ms. Jones**  **3. Create pamphlet to distribute to teachers**  **4. Pamphlet approval by Ms. Jones.** | **Ara Corbett**  **CSH TEAM**  **Mrs. Jones** | **Brain Storm** | **Start of school year 2013** |  |

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| **Objective 4: To Participate in at least one school wide healthy habits-focused messaging campaign this school year (2013 – 2014)** | | | | |
| **Action Steps** | **Person(s) Responsible** | **Resources Needed  (supplies, materials, cost)** | **Timeline** | **Formative Evaluation** |
| **1. Promote Braden Aboud Run**  **2. To get 75 students/adults family members to register and run/walk** | **Ara Corbett** | * **$10.00 student entry registration** * **$20.00 adult registration** | **May 2012 deadline for first involvement, with intent to continue yearly** |  |
| **Objective 5: To add a health section on the Campus Improvement Plan** | | | | |
| **Action Steps** | **Person(s) Responsible** | **Resources Needed  (supplies, materials, cost)** | **Timeline** | **Formative Evaluation** |
| **1. Approach committee and request the addition**  **2. provide documentation as to why it should be added** | **Ara Corbett** | **None Needed** | **To have health section added for the start of 2013 – 2014 school year** |  |