

North Baltimore Local School District Wellness Plan

1. Nutrition

- **Goal:** The North Baltimore Local School District will Improve student and staff access to healthy, nutritious food options.
- **Strategies:**
 - **Healthy Cafeteria Choices:** The North Baltimore Local School District will ensure that the school cafeteria offers a variety of fruits, vegetables, whole grains, and lean proteins.
 - **Farm-to-School Programs:** The North Baltimore Local School District will attempt to partner with local farms to provide fresh produce to the school.
 - **Nutrition Education:** The North Baltimore Local School District will integrate nutrition education into the curriculum to teach students about healthy eating habits.
 - **Healthy Vending Machines:** The North Baltimore Local School District will replace sugary snacks and beverages in vending machines with healthier options like water, fruit, and nuts.

2. Physical Activity

- **Goal:** The North Baltimore Local School District will increase the level of physical activity among students and staff.
- **Strategies:**
 - **Daily Physical Education:** The North Baltimore Local School District will ensure that students receive daily physical education classes.
 - **Active Recess:** The North Baltimore Local School District will encourage active play during recess with a variety of sports equipment and organized games.
 - **After-School Programs:** The North Baltimore Local School District will offer after-school sports and fitness programs.
 - **Staff Wellness Programs:** The North Baltimore Local School District will provide fitness classes and gym memberships for staff members.
 - **Walk/Bike to School Initiatives:** The North Baltimore Local School District will promote walking or biking to school through safe routes and community events.

3. Mental Health

- **Goal:** The North Baltimore Local School District will support the mental health and emotional well-being of students and staff.
- **Strategies:**
 - **Counseling Services:** The North Baltimore Local School District will ensure that students have access to school counselors and mental health professionals.

- **Mindfulness Programs:** The North Baltimore Local School District will implement mindfulness and stress-reduction programs in classrooms.
- **Professional Development:** The North Baltimore Local School District will train staff on how to recognize and support students with mental health needs.
- **Peer Support Groups:** The North Baltimore Local School District will create peer support groups for students to discuss mental health topics.

4. General Wellness

- **Goal:** The North Baltimore Local School District will foster a holistic approach to wellness that includes social, emotional, and physical health.
- **Strategies:**
 - **Wellness Committee:** The North Baltimore Local School District will establish a wellness committee that includes teachers, parents, students, and community members to oversee and guide wellness initiatives.
 - **Health Screenings:** The North Baltimore Local School District will offer regular health screenings for students and staff (e.g., vision, hearing, BMI).
 - **Health Fairs:** The North Baltimore Local School District will organize annual health fairs to educate the community about wellness topics.
 - **Parent Workshops:** The North Baltimore Local School District will provide workshops for parents on topics such as healthy cooking, physical activity, and mental health.

5. Progress Monitoring and Evaluation

- **Goal:** The North Baltimore Local School District will continuously assess and improve the wellness plan based on feedback and outcomes.
- **Strategies:**
 - **Surveys:** The North Baltimore Local School District will conduct regular surveys of students, staff, and parents to gather feedback on wellness initiatives.
 - **Data Collection:** The North Baltimore Local School District will track key metrics such as participation in physical activities, consumption of healthy foods, and utilization of mental health services.
 - **Annual Reports:** The North Baltimore Local School District will publish an annual wellness report to highlight progress, challenges, and areas for improvement.
 - **Adjustments:** The North Baltimore Local School District will make data-driven adjustments to the wellness plan as needed to better meet the needs of the school community.

Implementation Timeline

- **Year 1:** The North Baltimore Local School District will focus on establishing the wellness committee, conducting needs assessments, and starting key initiatives such as healthy cafeteria choices and daily physical education.
- **Year 2:** The North Baltimore Local School District will expand mental health services, implement mindfulness programs, and introduce health screenings.
- **Year 3:** The North Baltimore Local School District will evaluate progress, adjust strategies based on feedback, and continue expanding wellness programs.

Budget Considerations

- **Funding Sources:** The North Baltimore Local School District will seek funding from grants, local businesses, and community organizations.
- **Budget Allocation:** The North Baltimore Local School District will allocate funds for staff training, program materials, partnerships with local farms, and fitness equipment.

Community Involvement

- **Partnerships:** The North Baltimore Local School District will partner with local healthcare providers, fitness centers, and mental health organizations.
- **Volunteer Programs:** The North Baltimore Local School District will encourage parents and community members to volunteer in wellness programs and events.

By implementing this comprehensive wellness plan, the North Baltimore Local School District can promote a healthier, happier, and more productive school environment for both students and staff.