

Hartselle Junior High
Wellness Plan
2016-2017 School Year

Nutrition

1. The HJHS Cafeteria participates in the Free and Reduced Lunch Program and is subject to any and all Child Nutrition Program guidelines
2. Menus and meal plans are approved in advance as required.
3. HJHS Cafeteria employees continue to be trained in the "Serve Safe" program and continue to follow those guidelines.
4. The Morgan County Health Department regularly inspect the HJHS Cafeteria. The most recent score was September 09 2016
5. There are no vending machines on campus for students.
6. Classroom snacks and concession items for Field Day follow the sugar and fat guidelines.
7. HJHS will continue the 'Breakfast at Break" program to promote the breakfast program and encourage students to eat breakfast.

Physical Fitness

1. All HJHS students are scheduled into a Physical Education class of 55 minutes.
2. The HJHS PE teachers follow the Alabama State Course of Study for Physical Education when determining appropriate fitness activities for students.
3. HJHS PE teachers administer the Alabama Physical Fitness Assessment to all students.
4. HJHS PE teachers introduce lifetime fitness activities to students such as tennis, archery and bowling. These activities promote fitness throughout an individual's lifetime.
5. HJHS offers opportunities for students to participate in extra-curricular sports activities such as: football, cheerleading, volleyball, basketball, golf, tennis, wrestling and swimming.

General Wellness

1. HJHS office staff monitor student attendance and follow up with students who have missed 2 consecutive days. Keeping communicable illnesses contained, to the best of our abilities, is part of making certain students can remain healthy enough to continue experiencing all our academic opportunities.
2. HJHS promotes handwashing and classrooms have many 'water free' sanitizing stations.
3. We continue to purchase appropriate cleaning materials for use throughout the building and will continue to use them as directed. In addition to what is used by the custodians, teachers have bleach wipes, hand sanitizers, tissue and other items in their classroom to promote cleanliness.
4. HJHS has mopping and sanitation systems specifically designed to prevent cross contamination to promote a cleaner environment.
5. The HJHS health room has a variety of wellness items and a full-time nurse to assist students in health and wellness.