

Strategic Plan Summary

The mission of the G-WATCH team is to establish an environment that will increase health awareness, promote positive lifestyles, decrease the risk of diseases, and enhance the quality of life for students, families, staff, and district level personnel.

In February of 2006, the G-WATCH strategic plan was passed by the Gadsden County School Board. The goals are structured around the 8 components of the CSH model. G-WATCH is working to implement measures passed. A brief overview follows:

HEALTH EDUCATION

1. Require each school to have a healthy school team.
2. Develop a campaign to address lifelong health.
3. Have high school students produce public service announcements.
4. Educate parents on importance of healthy nutrition and physical activity.
5. Encourage parents to be physically active role models.
6. Evaluate implementation of the G-WATCH Program.
7. Implement pre-K-12 comprehensive health education program.
8. Provide health education instruction that is skills-based and relevant to students.
9. Provide all teachers with professional development to promote lifelong health.
10. Expand nutrition and physical activity topics in required Personal Fitness course.
11. Provide professional development for Life Management Skills course teachers.
12. Provide Character Awareness to students in middle and high school.
13. Assist with implementing the Gadsden County Abstinence Plus Policy.
14. Develop student assessment program to monitor physical activity knowledge, achievement of motor skills, and fitness.
15. Review state-mandated Personal Fitness course to assign it to appropriate grade level.

PHYSICAL EDUCATION

1. Adopt a policy that encourages physical activity as rewards for students and discourages withholding physical activity as punishment.
2. Provide daily 15-minute recess for Pre-K-5 students.
3. Provide physical education curricula consistent with Sunshine State Standards and National Physical Education Standards.
4. Provide professional development for Physical Education teachers.
5. Provide Pre-K-5 classroom teachers with training activities and curriculum for planned physical activity sessions on days students do not receive physical education.
6. Seek state, federal and private grant opportunities.
7. Grades 6-8 students should receive daily physical education instruction.
8. Provide after school intramural programs/physical activity clubs for students district-wide.
9. Provide 30 minutes of daily P.E. for students grades Pre-K-5.
10. Provide adequate resources for physical activity instruction/programs.

NUTRITION SERVICES

1. Implement eating schedules to comply with Florida state guidelines of 20-minute seated eating time.
2. Prohibit sales of carbonated beverages during meal periods.
3. Have school food services staff direct and promote lifelong healthy nutrition and good eating habits.
4. Improve marketing of healthy meals, snacks and dining atmosphere to encourage healthy eating patterns.

HEALTH SERVICES

1. Have school nurses and other health service providers promote lifelong healthy nutrition and physical activity.
2. Support educational programs that encourage students, parents, and community members to take responsibility for their own health improvement and services.
3. Have school nurses and other health services providers collaborate with other school staff to promote lifelong healthy nutrition and physical activity.
4. Have school nurses, in collaboration with physical education instructors, implant specialized nutrition and physical activity classes for students who are overweight or obese.

COUNSELING, PSYCHOLOGICAL, AND SOCIAL SERVICES

1. Have the school counseling, psychological, and social services staff promote lifelong healthy nutrition and physical activity and address self-esteem and bullying issues.
2. Have the school counseling, psychological, and social services staff identify students with disorders or conditions related to healthy nutrition and physical activity.

HEALTHY SCHOOL ENVIRONMENTS

1. Ensure that playgrounds are safe and have adequate equipment that meets developmental needs of students.
2. Require each school to include a wellness goal in their School Improvement Plan.

HEALTHY PROMOTION FOR STAFF

1. Provide health promotion programs for school faculty and staff.
2. Institute an employee wellness appraisal program where health screenings are provided to all employees at their worksite.
3. Offer school faculty and staff physical activity/fitness programs and healthy eating/weight management programs that are accessible and free or low-cost.

FAMILY AND COMMUNITY INVOLVEMENT

1. Collaborate with the city of Quincy and Gadsden County Recreation Department on how to increase student and family participation in after school and weekend physical activity.