

**LOCAL WELLNESS POLICY  
BARKLEY BRIDGE ELEMENTARY SCHOOL  
2018-2019**

The Barkley Bridge Elementary School Wellness Plan examines the roles of Nutrition, Physical Activity, and General Wellness and the Impact of these on quality of life of BBES students and staff.

**Nutrition:**

- 1.) The BBES 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.) BBES cafeteria employees continue to be trained in the “Serve-Safe” Program and continue to follow those guidelines. Training is every five years. Teresa Cameron, Lunchroom Manager, and Lynn Morris attended this training June 5th and June 6th, 2018.
- 4.) The Morgan County Health Department regularly inspects the BBES cafeteria. Scores in the mid to high 90’s are typical. The last rating given was 98 given on August 31st, 2018.
- 5.) There are no vending machines on campus for students.
- 6.) The cafeteria will provide “number of lunches served” information to assist the Wellness Team in tracking the impact of nutritional changes on the wellness of BBES students. Our Goal: 50% of BBES students will eat the lunch provided by the cafeteria and maintain this goal through next school year.
- 7.) Cafeteria employees attend seminars/workshops for CNP professional development. Teresa Cameron and Lynn Morris attended a computer class August 2nd, 2018 concerning the new lunch room computer system being implemented  
Teresa Cameron attended a lunchroom manager workshop May 30th 2018 in Madison, AI at James Clemons school. The topic was How To Keep Food Safe. This included serving at the right temperature, keeping uniforms and hands clean. Also, menus were covered and student likes and dislikes were addressed.
- 8.) Healthy smoothies began being offered in the lunchroom during breakfast August 27th, 2018.
- 9.) August 31st, 2018, free ice cream began being offered with a purchase of a lunch in the cafeteria on Fridays.
- 10.) Besides offering breakfast in the cafeteria in the mornings, cafeteria employees go to all the commons areas in the BBES building to offer Grab-n-Go breakfasts that students can eat in their classrooms as the school day begins.

- 11.) During lunch time, students have a choice of selecting food from the hot food bar or a Grab-n-Go Lunch. This alternative includes a boxed lunch consisting of a sandwich, chips, yogurt, fruit, and cheese. And also pepperoni slices and cheese sandwiches are offered.
- 12.) The goal of the Grab-n-Go Breakfast and Grab-n-Go Lunch is to encourage more student participation eating nutritional balanced meals. The overall goal is to see that all students are eating nutritional meals.
- 13.) Lunchroom employees have been trained in Tier I Managing Diabetes in The School Setting. They have been taught how to recognize low blood sugar (hypoglycemia) and how to recognize high blood sugar (hyperglycemia).
- 14.) Lunchroom employees have been trained on How to Give an Epi-Pen/ Epi-Pen Jr for anaphylactic reactions.
- 15.) Lunchroom managers no longer flag the computers for food allergies. Instead, Jenny Newton CNP Director, Nutritionist and Safe Served Certified, reviews Food/Dye allergies, special diets and meal modifications in INOW reports and she flags the lunchroom computer in the new lunch room computer system. Any food/dye allergies and special diets that requires meal modification at BBES in the lunchroom requires a written letter from the student's physician that will be sent to Mrs. Newton. The written physician letter is State mandated. After Mrs. Newton flags the BBES lunchroom computer, the BBES CNPs will be able to view the allergies, special diets and any meal modification for each individual student on the lunchroom computer alert screen in greater detail than it has in the past.
- 16.) Mrs. Newton will be included in any parent meeting with BBES employees concerning food allergies or special diets.
- 17.) The BBES lunchroom has beautiful school spirit murals on the walls enhancing a cheerful and pleasant atmosphere for the students to enjoy their meals.

#### **Physical Fitness:**

- 1.) All BBES students have daily structured physical fitness in P.E. classes. P.E. is structured this year with 30 minute classes with two classes coming together except on MWF when all 72 fourth graders come together. Two Wednesdays a month each grade level all comes together for a hour of P.E., five classes of K, three classes of Pre-K and Fourth and four classes of all other grades. Wii is usually done on these days.
- 2.) Daily P.E. classes consist of two minutes jogging and three exercises (a cardio exercise, a stretching exercise, and an upper body exercise).
- 3.) In P.E., at least one day a week is devoted to only fitness. (sometimes more)
- 4.) Fitness testing is done twice a school year, once in October and again in April.
- 5.) Fourth grade will be participating in the HEAL (Healthy Eating Active Lifestyle) Program this school year.
- 6.) BBES P.E. classes participate yearly in the American Heart Association's Jump

Rope for Heart campaign to raise money for a worthwhile cause. Students are taught the benefits of exercise for the body and the program promotes the importance of a commitment to a lifetime of heart-strengthening activities and overall well-being. This school year Jump Rope for Heart will be in March.

- 7.) BBES PTO has a fundraiser called the Tiger Dash which promotes running to raise money for the school. Tiger Dash is scheduled for November 2nd, 2018. Parents are invited to attend and cheer. Pledges are made for the students running laps.
- 8.) The yearly Sock Hop features students that have learned choreographed dances by Mrs. Bates, P.E. teacher. The students perform before teachers and all other students in the school during school hours and also parents and friends during the after school hour planned for Sock Hop. The dancing promotes a lifelong fitness activity. Sock Hop is scheduled for September 21st, 2018.
- 9.) All BBES students have additional minutes allotted for free play each day. With the weather permitting, all students will spend these minutes outdoors.
- 10.) The BBES Outdoor Classroom provides additional time outdoors for all students and promotes gardening as a lifelong fitness activity. Outdoor workdays are scheduled at least twice per school year.

#### **General Wellness:**

- 1.) BBES has met the standard for attendance according to the AYP (Adequate Yearly Progress) indicator every year. Keeping communicable illnesses contained to the best of our abilities, is part of making certain students can remain physically healthy enough to continue receiving all that we have to offer academically.
- 2.) The school nurse receives copies of alerts from the Centers of Disease Control (CDC) concerning current outbreaks of communicable diseases affecting the country and local areas to keep us informed. The CDC list steps in the prevention of the spread of communicable diseases as well.
- 3.) At the beginning of the 2018-2019 school year in August, all BBES employees viewed the Tier I Managing Diabetes in the School Setting video, How to Give an Epi-Pen and Epi-Pen Jr and Auvi-Q injection videos, and Standard Precautions Video.
- 4.) BBES continues to promote hand washing through wall signs for students, parents, and guests, and by offering many “water-free” hand washing stations throughout the building. Teachers also insist on handwashing before meals, snacks, and after restroom breaks.
- 5.) We provide students with strategies for sneezing, coughing, and proper hand washing to help contain germs. Some of the instruction comes from morning announcements, some through classroom instruction and discussion,

and some through Guidance classes with emphasis on good body hygiene practices as a whole.

- 6.) BBES will 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 custodians, teachers have bleach wipes, hand sanitizers, sinks with soap and water, and more in their classrooms to promote cleanliness.
- 7.) We purchase mopping and sanitation systems specifically designed to prevent cross contamination. This promotes a cleaner environment.
- 8.) The health room is stocked with approved items such as Neosporin, peroxide, Tums, alcohol preps, water based burn gel, calamine lotion, Aquaphor ointment, Vaseline, and contact solution and contact cases.
- 9.) Wellness Screening for all PEEHIP employees and their spouses covered under PEEHIP is now mandatory in order for the employees and their spouses to receive a discount on their insurance premiums. For all participants, this program provides online information, online and by phone wellness coaching, and seminars to assist them in ways to improve their overall health and well-being. The first Wellness screening for this school year is scheduled on the BBES campus December 6th, 2018. The second wellness screening will be held in the spring of 2019. Date to be announced.
- 10.) The Flu Vaccine (injection or mist) is offered to all PEEHIP employees as well as their spouses and dependent children ages 4-18 years old. The Flu vaccine clinic here at BBES is scheduled for September 11th, 2018 from 12:30 pm to 2:30 pm.
- 11.) Vision Research comes annually and offers free vision screening for Kindergarten, Second Grade, and Fourth Grade students. Vision Research is scheduled to come to BBES September 5th and 7th. Vision Research sends results back for each student screened, and if any problems are noted, Vision Research provides this information sheet to the parents. They are offered free follow-up assistance if needed.
- 12.) Alabama First Class Pre-K Program offers free screenings for Pre-K students. These screenings/exams help with early detection of medical problems and assist students with a healthy start. Focus First (IMPACT) provides free vision screenings. They send the results back to the parents. They offer free assistance to the parents, if any problems are detected. Focus First is scheduled to come October 16th, 2018. Dr. James Joy, a local dentist, provides free dental exams for Pre-K students. He comes with his dental hygienists and provides the exams here at BBES. Dr. Joy is scheduled to come October 23rd, 2018. The school nurse, Karen Bynum RN, screens the Pre-K students for hearing and performs simple physicals that included only height, weight, body mass index and blood pressure checks. Hearing and Physicals are scheduled for October 17th and 18th, 2018.
- 13.) Health Hero provided by HNH Immunizations Inc. from Union Springs, Alabama is scheduled to come September 20th, 2018 to offer students free Flu vaccines.

(injections only)

- 14.) The Alabama Department of Public Health will be offering another Vaccine Clinic free to students for any vaccine that they may need to be updated on their immunization record. The date and time is to be announced. This will be the first time this clinic will be offered at the Hartselle City Schools.
- 15.) Currently, thirteen BBES employees are American Red Cross CPR-infant, child, adult, First Aid and AED certified. They were trained at BBES. Their CPR cards will expire in April 2019. Training will switch from American Red Cross Certification to American Heart Certification and Jean Marie Davis RN, HCS Lead Nurse will be the trainer in April 2019.
- 16.) Currently, one employee(Pre-K) is American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certified. (Training site- Pine Ridge Camp). Her certification is valid for two years and will expire July 2020.
- 17.) Currently, one special ed teacher is BCLS American Heart certified. Her certification will expire 9-21-2019. Her training site was Cullman EMS. Besides being a teacher, she is also a certified Emergency Medical Technician.
- 18.) BBES has one AED located in an AED cabinet on the wall at the corner of Success Circle and Main Street North hallways. Also located in the AED cabinet are twin-pack Epi- Pens and twin-pack Epi-Pen Jrs., mouth barriers, gloves, scissors, and a razor. The Epi-Pens and Epi-Pen Jrs. are available if needed in an emergency situation for students, staff, and guests. A local doctor, Dr. Eric Mashburn, has agreed to serve as the medical director providing authorization for the Epi-Pen/Epi-Pen Jrs. to be given during an Emergency.
- 19.) All BBES teachers have an emergency bag with first aid supplies and their class student name roster to prepare for the safety and welfare of their students during field trips, drills and real emergency situations. There are other emergency bags located in the lunchroom ( on the wall by the cash register), in the small rooms in the back of the cafeteria, and on the walls on each end of the Main Street hallway areas.
- 20.) The school nurse, nurse sub, or delegated trained medicine non-licensed assistant carries the student's health information sheets and emergency contact sheets, emergency medicines and first aid supplies from the healthroom to all drills and real emergency events.
- 21.) A plastic tub of extra first aid supplies are located inside the storage building next to the walking track in case accessibility inside the building is blocked or extra supplies are needed in a mass emergency event.
- 22.) A brown roll type storage container is in the supply room in the office area across from the bookkeepers office. This container also consist of extra supplies if needed in a real emergency event. Also, a wheelchair is located in this room if needed.
- 23.) On the BBES website under departments/health room, health information is

available to parents/guardians. The following is located at the site: Medication Policy, List of Illness Guidelines, Blank Health room Assessment Record and Blank Health room Emergency Contact sheet, Physician and Parent Authorization medicine forms for both Prescription Medicine and Over-the-Medication, Blank Diet Prescription Form, Parent Information for Flu Guide, Flu Flyer, Meningococcal Disease, Links to Heavy Backpack Awareness, and, The State Department Influenza Information.

- 24.) To promote emotional and social well-being, a “Buddy Bench” is outside on the playground. The purpose of this bench is for any student who feels lonely can go sit on the “Buddy Bench” and this will alert other students to come ask this student to come play and participate with them.
- 25.) Our Goal: Overall (nine month) attendance percentage will be 95% or higher.
- 26.) Beautifully painted murals in the student’s restrooms painted by teachers and volunteers have enhanced student awareness of healthy hygiene habits such as good hand washing and keeping the restrooms clean and litter free to help prevent the spread of germs.