

Buckingham Elementary School

Overall H&W Grade: A+

Goals Met: 4 out of 4 goals were met

Action Plan Score: 28 out of 28

June 2022 - Buckingham Elementary School's Health and wellness Action Plan for the 2021- 22 school year complements the Worcester County Public School's belief that schools have a responsibility to help students and staff establish and maintain life-long health habits centered around nutrition and fitness. Each of our four goals was established based on data from our 2020 - 21 Action Plan and a survey sent out to the entire faculty and staff at the beginning of the 2021-22 school year.

Our most successful goal for the faculty and staff was implementing "Wellness Wednesdays". Every Wednesday, staff dressed ready to exercise and completed a fitness activity with their students as a school wide fitness activity. The activity was led by the Physical Education department. This was an activity that we plan to continue next year. One of our most successful activities for the students was providing before school and after school opportunities for physical activities. We had over 100 participants in various clubs throughout the duration of the school year. Both initiatives supported our focus of providing more opportunities for physical activity involvement for all students and staff.

We continued providing students opportunities to participate in physical activity breaks above and beyond physical education classes, outdoor recess and class transition periods. During indoor recess, students were given opportunities for physical activity using gonoodle.com and other resources. Once a week, all students receive social emotional wellness instruction via our second step teacher. This aligns with our goal of providing students with research-based programs that focus on mental health. We also increased our students' awareness of healthy food choices and practices through our Integrated Health Literacy Lessons and our partnership with the Maryland Extension Office.

Faculty and Staff continued to enjoy activities that focused on our goal of increasing healthy life choices through participating in healthy eating, exercise and/or stress management techniques before, during and after the school day. Popular activities included walking challenges, wellness morning announcements challenges, and healthy recipes bulletin board in the workroom.

Plans for next year will focus on continuing the health and wellness goals from 2021-22 and incorporating restorative practices to assist in improving mental health.