

School Wellness Action Plan

School District: SE Polk

Lead District Contact: Amy A'Hearn Phone # _____

Email amy.ahearn@southeastpolk.org Date 2/12/17

To build your districts action plan, use results from your Smart Snacks review, Building Progress Reports, Wellness Policy review and "Does Your Wellness Policy Measure Up?" checklist.

Wellness Goal Nutrition Education

Start Date	Finish Date	Plan	Progress
		Provide age appropriate resources to each teacher to enable them to incorporate nutrition education into in subjects such as math, science, language arts, social sciences, physical education and elective subject. Include emphasis on calorie balance between food intake and physical activity and promoting fruit and vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. Integrating into existing curriculum would address time barrier.	Health curriculum (including nutrition education) update in progress. Will start a "health" tab on the Teaching and Learning site for curricular resources.
		Provide ideas for teachers to be able to Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contest, promotions, taste-testing, farm visits	

		and school gardens.	
		Secure time during all-district teacher training to present the district wellness policy and it's nutrition education components. Present resources and ideas to meet district policy requirements.	
		Register each building as a Team Nutrition school.	

Wellness Goal _____ **Nutrition**
promotion

Start Date	Finish Date	Plan	Progress
		Taste testing	
		Post monthly lunch menu in each classroom.	
		Provide each classroom with Team Nutrition posters.	

Wellness Goal _____ **Physical education**

Start Date	Finish Date	Plan	Progress

Wellness Goal **Physical activity**

Start Date	Finish Date	Plan	Progress
		At an all-teacher in-service alert teachers of the districts wellness policy stating physical activity will not be required or withheld as a means of punishment	
		Per building, establish regular activities students are able to participate in before, during and after school.	

Wellness Goal **School Meal service guidelines**

Start Date	Finish Date	Plan	Progress
		Evaluate student lunch period through observation at each building to assure all students receive a minimum of 20 minutes to eat lunch as per stated in the district wellness policy	

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Wellness Goal Integrating activity into classroom setting

Start Date	Finish Date	Plan	Progress
		At an all-teacher training provide teachers with brain break resources and suggestions about how they can incorporate activity into their classroom day	

Wellness Goal Communication with parents

Start Date	Finish Date	Plan	Progress
		Link students/families to meal programs, other foods and nutrition-related community services via newsletter and website	
		Via newsletter, website and backpack memos alert parents to the updated wellness policy and request their support in providing an healthy school environment for all children by providing parents with a list of non-food and Smart Snack approved celebration ideas, encouraging parents and caregivers to provide nutrient dense foods in home packed meals, encourage parents to share their talents and professions in providing educational opportunities or presentations for students, encourage parents	

		to promote physical activity outside school	
		Brainstorm ways parents can get more involved with the school wellness community	

Wellness Goal Food/beverage marketing in schools

Start Date	Finish Date	Plan	Progress
		Enroll all buildings as Team Nutrition schools which will enable them to order free nutrition, activity and wellness posters. Each wellness team district building contact will hang posters throughout the cafeteria and school.	

Wellness Goal Staff wellness

Start Date	Finish Date	Plan	Progress
		Establish a committee at each building with an appointed lead who will engage in district wellness committee plans and activities	District staff wellness committee set. 1st meeting on
		Conduct a district wide staff survey to assess employee needs	Staff wellness survey was sent out on 2/15/17
		District wellness team will assess employee survey results and research ideas to meet district needs. Information will be disseminated to each building contact to share at individual	Scheduled for 2/23/2017

		building wellness team meeting	

Wellness Goal _____ Rewards _____

Start Date	Finish Date	Plan	Progress
		District policy is to implement strategies to reward students using methods other than food. Evaluate and adopt change for PBIS cart	

Wellness Goal _____ Fundraising _____

Start Date	Finish Date	Plan	Progress
		Attend PTA meeting at each building and inform committee of the district wellness policy regarding fundraising. Any fundraiser sold during school hours (12AM to 30 minutes after last bell) must meet smart snack standards. For other fundraisers, the district wellness committee encourages smart snack compliance. Provide PTA with Smart Snack requirements	

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Wellness Goal _____ Other school activities _____

Start Date	Finish Date	Plan	Progress
		At each building evaluate the implementation of health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	