

School Wellness Policy

Action Plan

School Name: **St. Croix Preparatory Academy**

Date: **2018-19 School Year**

Goal What do we want to accomplish	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progressed measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Breakfast Program- offer breakfast at school each morning to prepare students to learn and increase the number of kids who actually eat breakfast	<ol style="list-style-type: none"> 1. Marianne Thole has piloted this program on certain days in the 2017-18 school year 2. Starting this fall offering breakfast every morning 3. Put information about program in Parent Update 4. Put an educational blurb about breakfast in Parent Update 5. Continue to research breakfast options and expand the menu 6. Menu meets Nutrition Guidelines 7. Investigate more Grab-and-Go options 	School year	Breakfast counts Survey kids who come to health office – did they eat breakfast? Where or why not?	Marianne Thole, Food Services Manager	Teachers, students, staff, families	Yes

<p>Students in grades 5-12 will learn and participate in a potentially life long physical activity. (Bicycling)</p>	<ol style="list-style-type: none"> 1. PE staff will attend Bike Safety course making school eligible to rent bikes 2. Secure use of bike fleet 3. Develop curriculum 	<p>October – attend training Winter – develop curriculum Spring – rent bike fleet</p>	<p>Written curriculum plan</p>	<p>PE Staff</p>	<p>Teachers, students</p>	<p>Patially</p> <p>LS & US PE teachers and OT assistant are trained. Program provided curriculum. Will look at renting fleet next school year</p>
<p>Brain Prep- offer optional mindfulness class prior to standardized testing in spring 2019</p>	<ol style="list-style-type: none"> 1. Check if SPED is currently utilizing Susan’s services 2. Make arrangements with Susan to offer class 3. Secure space 4. Market option 	<p>Spring 2019</p>	<p>Attendance at class</p>	<p>Kelly G Candace W</p>	<p>students</p>	<p>No</p> <p>SPED used a few tools taught but is not formally utilizing services. Program was tabled and will be re-vamped for 2019-2020 school year.</p>

Taste Testing	<ol style="list-style-type: none"> 1. Teachers in LS offer names of students to participate in taste testing 2. Parents are notified and made aware of any potential allergens 3. Students participate in taste testing, complete and survey and answer questions posed by Food Services Director 	1-2x/year	Surveys	Marianne Thole	students	<p>Yes</p> <p>LS taste testing is beneficial and going well. Marianne piloted, informally, including MS feedback. Will expand on this next school year.</p>
Increased activity offerings before and/or after school that are not sports related	<p>Lower School: Fit Club</p> <ol style="list-style-type: none"> 1. Secure space 2. Supervision 3. Rules of use <p>Open Gym</p> <ol style="list-style-type: none"> 1. Secure space 2. Rules of use <p>Girls Fitness Club</p> <ol style="list-style-type: none"> 1. Secure space 2. Supervision/instruction 3. Rules of participation 	2018-19 school year and ongoing	Attendance	PE teachers	Students, staff	<p>Mostly</p> <p>Fit Club-issue with numbers, safety a concern. Will look at options for next school year. Open Gym-available and running well.</p>

						Girls Fitness Club-scheduling conflict for teacher and lack of interest
Concessions-increase water consumption	<ol style="list-style-type: none"> 1. Purchase water bottles with logo for re-sale 2. sell water bottles at concessions 3. Hydration station, let customers know locations 	On-going	<p>Water bottle sales</p> <p>Hydration station usage number</p>	Kelly G	Parents, students, staff	<p>Partially</p> <p>Water bottles purchased, still need to sell them and make hydration station locations known</p>
School Celebrations-policy will be known to staff and followed	<ol style="list-style-type: none"> 1. Communicate what is in the policy regarding celebrations 2. Put resources for Smart Snacks on employee resource tab 3. Provide smart snack lists to staff and student clubs 4. PE will switch from popsicles to 	School year	Reduced number of celebrations that do not fit within policy guidelines	Marianne Candace PE Teachers	Students, staff	<p>Yes</p> <p>PE switched to bananas instead of watermelon because of prep, messiness and clean up of</p>

	watermelon for field day					watermelon. Went well.
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