

School Wellness Policy

Action Plan

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

Date: **2019-20 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- improve access for all students, even those that ride the bus & arrive later than posted times	1. Members of Wellness Team will arrange to meet with LS teachers to share facts about breakfast & the program at Prep as well as how to make sure all kids have access to breakfast, even those coming late	School year	Informal by observation and count	Marianne Thole, Food Services Manager	Teachers, students, staff, families	Yes, presented information at Back to School staff meeting; need to continue to message this with more details
Explore the possibility of offering a gluten free option at lunch every day	1. Survey question on annual survey to parents	School year				Yes, interest was not high enough to warrant doing
Students in grades 5-12 will learn and participate in	1. MS PE staff will explore attending Bike Safety training	School year- based on availability	Certificate of attendance Rental of fleet	PE Staff	Teachers, students	1 No, MS PE staff has not been able to attend training,

a potentially life long physical activity. (Bicycling)	2. LS and US PE staff will arrange to rent the bike fleet	of training and fleet rental				will continue to try & find a class to attend 2 No, unable to complete related to COVID-19 pandemic
Safe Route to school-walking/biking to school	1. Review school zone information-? Pursue requesting school zone to school					No, will carry-over to next year
Explore options for addressing mental health of staff and students					Staff, students	Yes, Mental Health Advisory Team developed
Taste Testing-continue current formal program with LS but expand to informal program with MS	1.Random MS students will be selected during lunch time to participate in taste testing 2. Notice of taste testing will be published in MS newsletter, parents can opt out by notifying school 2. Students will be asked if they have any	1-2x/year	Surveys for LS Informal feedback for MS	Marianne Thole	students	Yes continued with LS: No, were unable to include MS as it was planned for spring and was cancelled related to COVID-19 pandemic

	<p>food allergies or foods they cannot eat prior to tasting</p> <p>3. Informal feedback will be gathered from students at time of tasting</p>					
<p>Increased activity offerings before and/or after school that are not extra-curricular related</p>	<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 			PE teachers	Students, staff	<p>Yes</p> <p>1 Fit Club supervision, rules of use issues w/YCare resolved</p> <p>2 Open gym occurred every day</p> <p>3 Girls Fitness Club, no intereste</p>
<p>Increase water consumption</p>	<ol style="list-style-type: none"> 1. Sell re-usable water bottles at concessions 2. Make signs to be put out when concessions is open directing 	On-going	<p>Water bottle sales</p> <p>Hydration station usage number</p>	Kelly G	Parents, students, staff	<p>Yes, have hydration station in cafeteria//No, need to carry rest of plan</p>

	people to hydration stations 3. Sell re-usable water bottles at a la carte 4. Hydration station in cafeteria					over to next year
Consistent message about food at school that is in line with Wellness Policy	1. Communicate what is in the policy regarding food at school 2. One page laminated resource on Wellness Policy and food at school for staff 3. Develop informational message to be given to all student clubs & their advisors 4. Research and review all food offerings at school and make recommendations	School year				Yes, policy communicated to staff at Back to School meeting, need to message it more frequently//will carryover rest of plan to next year