



Action Plan

School Wellness Policies

Background

The Healthy Hunger Free Kids Act of 2010 requires Local Educational Agencies to update or modify their wellness policy, as appropriate. When your wellness committee meets on a regular basis throughout the school year, consider using an action plan to ensure progress is being made on your wellness policy and procedures.

Developing an action plan will help your school or district prioritize a few action steps each year. You may use the chart on the following page as a template to organize your plans. Add additional rows if necessary. Be sure to consider all areas such as nutrition guidelines for school meals and snacks, physical fitness activities, and related school activities. After writing the action plan, evaluate what additional resources, if any, will be needed for each action step.

Tip: When developing your wellness plan, ensure your activities are well grounded in your goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider your resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has [tips for developing SMART objectives](#).

School Wellness Policy Action Plan

School Name: St. Croix Preparatory Academy Date: SY 2425

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
1. Food and beverages will be used rarely as a reward for students.	a. Provide teachers with a list of non-food reward examples. b. Discuss changes at back-to-school staff training. c. Follow-up mid-year to discuss challenges and determine additional communication needed. d. Any items must meet Smart Snack Guidelines	SY 24-25	Verbal check-ins with staff to ensure compliance. Amount of emails from staff regarding party requests	Division leaders, school nurse, food service director	Teachers, staff, students	Ongoing
2. Physical fitness- More opportunities to enjoy the outdoors	2a. snow shoes – order by 10/15/24 Communicate with parents 2b. Plan curriculum for 2-3 day snow shoe unit to get	August 2024-Mar ch 2025 When we get snow!	Check in with PE staff for progress on curriculum-implementation What is working/not working, issues that are arising (no boots, alternate activities, help	PE team	MS, US students, staff	Snowshoes arrived 10/20/24 PW communication 11/8/24 SHIP grant funding rec'd 12/6/24

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	<p>students comfortable with the snow shoes</p> <p>2c. Alternate activity for students who do not have boots?</p> <p>2d. Utilize leadership class or US study hall students to help with putting on the snowshoes the first time</p> <p>No Child Left Inside Grant for Frisbee Golf</p>	Fall 2024	<p>with putting snowshoes on, communication with families prior to start date</p> <p>If Grant is awarded, installation and use of frisbee golf along trail</p>	Rita T	Students, community	<p>MS used snowshoes on 2/10/25 with great success and pictures</p> <p>Notified 3/14/25 - rec'd \$5K for frisbee golf equipment</p>
1. Food/Healthy Eating - Work to purchase more local items (produce, proteins, syrup)	<p>3a. Full Tray Grant application</p> <p>3b. Education – help students learn how their food is grown and where it comes from</p>	SY 24-25	<p>Bringing new/local items to the students</p> <p>Meal counts (up or down)</p> <p>Feedback from students/staff/parents</p>	Marianne Polly	Students/staff and community	<p>Grant submitted 10/8 Ag Mag Fall distributed 10/23</p> <p>Taste testing scheduled for 1/23/25-completed/successful-</p>

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	3c. Utilize Ag Mag for K-5 th grade 3d. taste testing/samples 3e. Signage in cafeteria with local farmers, where the food is grown					great feedback from group Spring Ag Mag distributed 3/1725 for grades K-6 25/26 Full Tray Grant awarded- notified of a \$15k award!
2. Mental health - Increase mental health awareness for students and staff - How can we support them?	4a. Change to Chill – Chill kits All 3 division offices, health office, division offices Energy focus: brain prep/empower	SY 24-25	Feedback form division offices/health room as to if the kits are working/helping with student anxiety	Jessica	Students/ staff	Grant rec'd Kits are in division offices
3. Garden project - Goal is to construct an outdoor learning space/garden that can be incorporated into the curriculum	5a. Funding opportunities 5b. Finalize the site 5c. Fencing 5d. Outdoor classroom/learning 5e. mission statement??	SY 24-25	Have funding opportunities been secured? Is there buy in from admin/school board/staff on the direction or vision of this project	Elizabeth Laura	Students, staff, community	Garden meetings scheduled- grant due 1/31/25 Grant submitted – awards announce 3/31/25 Great connections made with WCMG and local businesses

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			Fencing completed?			