



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: September 15, 2025 for the 25/26 school year

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) Mental Health Initiatives for students and staff	- Change to Chill Kits - grant money used towards the purchase of fidgets for division workrooms.	August 2025	Are these kits being used to calm students down if there is a need?	Nicole/Jessica	Students	Ongoing throughout the year - check ins at each wellness meeting
	Youth Frontiers workshop - Courage - scheduled for January 2026	September 2025	Did the workshop take place? How was it received? Did students learn new skills?	Nicole D/Jenn	Students involved in the workshop	Scheduled for January 2026 - check in at February meeting
	Frisbee	25/26 school year	Are staff/students using these resources?	PE Team / PD day team / All staff	Students, staff and community	Ongoing throughout the year - check in at each wellness meeting
	Golf/Snowshoeing		Poll how many staff are utilizing these?			
			How many students/classes are using these resources?			

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2) Outdoor Activity; Utilize the outdoor frisbee golf and snowshoeing during PE and PD days	Frisbee Golf/Snowshoeing During PE classes and PD days	25/26 school year	How many PE classes are using the disc course or the snowshoes? How many staff are using the course for a break? Is this being offered as a PD day session?	PE teachers/ school staff	students/ staff/ community	Ongoing throughout the year - check in at each wellness meeting
3) Local Foods in the cafeteria	Bring in additional local foods into the cafeteria by using grant dollars and working with local	25/26 school year	How many different farms did the cafeteria source from? Was all the funding used?	Marianne / cafeteria staff	Students / staff	Ongoing throughout the year - check in at each wellness meeting

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	farms					
4) Garden project Garden project	Establish a team and decide on goals for the garden area. Apply for grants if available	25/26 school year	Did a team get organized? Were partnerships with local companies made? Were grants applied for?	Elizabeth	students/ staff/ community	Ongoing throughout the year - check in at each wellness meeting
5) Educate students on where their food is coming from	Ag Mag for K-6, encourage teachers to utilize resources available that will enhance their classroom activities, not make more work for them	25/26 school year	Are staff utilizing resources that are available? Positive feedback from students and staff	Natalie Y, Joey K, Nicole C and Marianne	Students and staff	Ongoing throughout the year - check in at each wellness meeting