

School Wellness Policy

Action Plan

School Name: St. Croix Preparatory Academy

Date: 2017-18 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?
Include students in the decision-making for adding new menu choices that fit within the Nutrition Guidelines	<ol style="list-style-type: none"> 1. Principal decides how students will be chosen 2. Teachers will identify students according to instructions 3. School will inform parents of chosen students and potential allergies and get signed permission for participation 4. Food Services Manager will survey taste testers and use 	1-2 x per school year	Taste testers will be given a simple and age appropriate survey about each food sampled	Marianne Thole, Food Services Manager	Teachers, students, staff, families	Complete-4 tastings were completed with LS students. Students were receptive and shared good ideas. Food Services Manager has new ideas for fall based on data from tastings. Will

	that data in decision making process					continue to do next year.
Students in grades 5-12 will learn and participate in a potentially life long physical activity (Archery)	<ol style="list-style-type: none"> 1. PE staff will be certified in archery by NASP 2. Secure use of archery equipment 3. Define a safe space to instruct and practice archery 4. Incorporate archery into PE curriculum 	<p>Certification of PE staff- prior to 2017-18 school year</p> <p>Part of curriculum starting in MS in 2017-18 school year; prior to end of 2018-19 school year for US</p>	<p>Certifications on file in employee file</p> <p>Written curriculum plan</p>	PE Staff	Teachers, students	<p>Complete, all PE staff are certified in archery. MS and US incorporated archery into their PE curriculum. All of MS received archery instruction. Select US classes received instruction. MS will continue archery curriculum next year and US will expand its inclusion of archery in the curriculum.</p>

<p>A thorough review of the concession offerings followed by identification of areas of improvement and a strategic plan for these improvements</p>	<ol style="list-style-type: none"> 1. Do a review/inventory of concession offerings 2. Assess offerings for nutritional value 3. Work with Power Up to get input on suggestions for small incremental changes 4. Review findings and suggestions 5. Work on a step-wise plan for improvements 6. Present plan to administration for support/approval 	<p>By the end of the 2017-18 school year</p>	<p>Use step-wise plan as a checklist</p>	<p>Wellness Policy Team Member Jane McMullen</p>	<p>Teachers, students, staff, families</p>	<p>Complete, an inventory of concession offerings was done, concessions manager has already put in place common suggestions for nutritional improvement. A plan for further small changes was developed and presented to manager. All of suggestions will be implemented next school year, if not already doing them.</p>

<p>Increased relaxation and decreased stress by using meditation techniques</p>	<ol style="list-style-type: none"> 1. Present the idea to staff at a breakout session on a PD to assess potential interest 2. Present information/idea to parents 3. Consider options: <ol style="list-style-type: none"> a. 6 week pilot with interested teachers/classrooms b. Offer an optional class starting 6 weeks before standardized testing begins c. Offer a tutorial and information in US advisory 	<p>Research and consider options during 2017-18 school year; begin introduction of idea</p>	<p>Verbal check in and/or surveys with staff; survey parents; survey to students (those that practiced technique and those that didn't within a few days of completing standardized testing)</p>	<p>Kelly Gutierrez Wellness Policy Team</p>	<p>Teachers, students, families</p>	<p>Incomplete. A breakout session was held on a PD day with staff. Many LS staff have a similar activity they use (go noodle). No volunteers to pilot a program were found. Timing was such that an optional class prior to standardized testing was not offered. Committee will re-assess goal for consideration next school year.</p>
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<p>Increased activity offerings before and/or after school that are not sports related</p>	<p>Lower School: Fit Club 1. Secure space 2. Supervision 3. Rules of use Open Gym 1. Secure space 2. Rules of use Girls Fitness Club 1. Secure space 2. Supervision/instruction 3. Rules of participation</p>	<p>2017-18 school year and ongoing</p>	<p>Attendance</p>	<p>PE teachers</p>	<p>Students, staff</p>	<p>Complete, LS offered Fit Club most of school year. It was well attended. Location & supervision issues were addressed. Will continue next year. MS Open Gym is popular. Will continue. Girls Fitness Club got some young ladies to check out the weight room. They met Dec through April on Friday mornings before school. Will be offered again next school year starting in fall.</p>
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