

Shiocton Public School District
Wellness Action Plan 2018-19
Shiocton Wellness Committee

Goal 1: The Shiocton School District will meet nutrition standards for all foods in school

Action Plan	Person Accountable	Timeline Begin End	Resources	How will success be monitored	Mid-Year Progress (Jan. 2018)	End of School Year Review
<p>Standards and Guidelines for Meal Program All meals will meet or exceed current nutrition requirements establish under the Healthy Hunger-free Kids Act of 2010. (www.fns.usda.gov/sites/default/files/dietary-specs.pdf)</p>	Nutrition Program Director	Ongoing	Healthy Hunger-free Kids Act of 2010.	Through audit		
<p>Standards and Guidelines for Meal Program All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child</p>						

nutrition professionals.						
School Meal Program Participation The district will notify parents of the availability of the breakfast and lunch programs (and will include information concerning the eligibility for reduced or free meals).	Nutrition Program Director /Building administrators	August - November	Letter to parents Application for free/reduced meals	Copy of letter sent included in documentation binder		
Food and Beverages Sold Outside of School Meals All food and beverages sold outside of the school meal program (“competitive foods and beverages”) shall at a minimum, meet the standards establish in USDA’s Nutrition Standards for All Foods Sold in School	Building administrators/Athletic Director	Ongoing	USDA’s Nutrition Standards	Through audit		

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Goal 2: The Shiocton School District will provide nutrition education throughout the school/community

Action Plan	Person Accountable	Timeline		Resources	How will success be monitored	Mid-Year Progress (Jan. 2018)	End of School Year Review
		Begin	End				
Nutrition Education Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. (Grades K-5)	Building administrated/ teachers	Ongoing		Curriculum	Classroom monitoring		

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Goal 3: The Shiocton School District will promote nutrition throughout the school/community

Action Plan	Person(s) Accountable	Timeline Begin End	Resources	How will success be measured?	Mid-Year Progress (Jan. 2019)	
<p>Nutrition Promotion The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeteria, and school media</p>	Teachers	Ongoing	None	Monitor		

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Goal 4: The Shiocton School District will increase physical activity/physical education for students, staff and community

Action Plan	Person(s) Accountable	Timeline Begin End	Resources	How will success be measured?	Mid-Year Progress (Jan. 2019)	
Physical Activity The elementary school will offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt)	Building administrators/teachers	Ongoing	Master Schedule	Monitor		
Recess monitors/teachers shall encourage students to be active during recess	Building administrators/teachers/recess monitors	Ongoing	Master Schedule	Monitor		
Teachers shall offer short (3-5 minute) activity breaks throughout the school day.	Teachers/Wellness Committee members	Ongoing	None	Monitor		
District facilities shall be made available to students and community members (example: Wed. Night's Men's Basketball League)						
Opportunities to participate in physical activity shall be promoted through the school via Spring Run Club.						

<p>Physical Education All physical education classes will be taught by licensed teachers who are certified to teach physical education.</p>	<p>Building Administrators</p>	<p>Ongoing</p>	<p>Copy of license</p>	<p>Monitor</p>		
<p>All district high school students will earn 1.5 credits in PE</p>						
<p>In health education classes, the district shall include topics of physical activity, including: the physical psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight, how physical activity can contribute to academic success, how inactive lifestyles contribute to chronic disease;</p>						

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Goal 5: The Shiocton School District will promote school/community wellness throughout the year

Action Plan	Person(s) Accountable	Timeline	Resources	How will success be measured?	Mid-year Progress (Jan. 2019)	
Staff Wellness The Wellness Committee will distribute an employee health newsletter to promote healthy behaviors	Connie Malesa	Ongoing	Previous newsletters Shared resources from D. Gomm	Copies of newsletter will be placed in the documentation binder		
Administration of flu shot at school (October or November)	Becky Ecker					
High Blood Pressure Clinic offered 1 day during the school year and follow up if any employee needs it checked more	Becky Ecker					
Community Engagement The district will offer 1 family-focused event supporting health promotion (ie: Family Health Night) during the school year.	Wellness Committee	April 2019	Previous resources for events	Pictures for documentation log		
Monitoring and Evaluation The district will convene a district wellness committee that meets at least four	Administrators/Wellness Committee	Ongoing	Tracking form/agendas	The wellness committee will record the number of times met during the school year and provide and		

<p>times per year to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of wellness</p>				<p>agenda for each meeting (with the topics discussed)</p>		
<p>The Wellness Committee will monitor goals and objectives for the district and compile an annual report to address the progress of the schools in meeting the wellness goals. This report will be shared with the board in June.</p>	<p>Wellness Committee</p>	<p>Ongoing</p>		<p>Monitor</p>		