

Saint Paul Public Schools Wellness Action Plan

Wellness Champion Roster - Please asterisk* the chair/co-chairs.

School Year: _____

First Name	Last Name	Email Address	Relationship to School, i.e. PE Teacher, Nurse, Health Assistant	Date Completed:
Wendy	Walker			

Wellness Policy Element(s):	Communication Foods/beverages in Cafeteria	Foods/beverages outside Cafeteria, i.e. Classroom, concessions	Fundraising Health education	Nutrition education and/or Wellness Policy promotion	Physical activity Physical education Staff Wellness	Other (please specify in box below):
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	Strategy <small>What action step will your team take?</small>	Person(s) Responsible <small>Who will do this?</small>	Policy Element <small>Use from list above</small>	Time Frame <small>When should this completed?</small>	Key Partners and/or Resources <small>Who/what can help with this?</small>	Evaluation <small>How will results be measured, i.e. Survey, program summary?</small>	Date Completed
1	Celebrate Walk/Bike to School Day in October	Wendy W.	Physical activity	Oct. 10, 2018	Building administrator, wellness champion coordinator, family liaison, PTA, site council, community partners, bus drivers, bus dispatcher	Number of students and staff that participate; survey of staff	
2	Hold a flu clinic	school nurse	Staff & Family wellness	Fall 2018	Student Wellness, outside vendor (MVNA and MN VFC-Jeanne Portoghese)	How many shots are given	
3	Hold an all-school Field Day	school PE teacher	Physical activity	Spring 2019	PE teachers, PTA	Number of students that participate	
4	Hold Move Mindfully Youth Leaders Training sessions from MoveMindfully Menu	Wendy W. with Move Mindfully staff	Physical activity	late winter 2019	Kathy Flaminio, Allina wellness funds	Survey teachers, youth leaders	
5	Staff versus Students Kickball tournament	school PE teacher	Physical activity	Tie in with Fall Festival	school staff or family member to organize	Number of students and staff that participate; survey of staff	
6							

Allina Funding:
What is your plan for your mini-grant?

Evidence of Success:
How will your team know you've succeeded?

Sustainability:
How will this be monitored and maintained?