

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:
Henry	Health			

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	Do a Re-Think Your Drink campaign	Building wellness committee	Foods/beverages outside Cafeteria; Nutrition Education and wellness policy promotion	Fall 2018	Wellness champions coordinator, other Re-Think Your Drink campaigns (city of Minneapolis, SNAP-ED, Action for Healthy Kids, CDC)	pre- and post-surveys to staff and students	
2	Conduct a building wellness assessment	Building wellness committee	Wellness Policy promotion	fall 2018	wellness champions coordinator, building administrator, building steward, student council, Google forms, survey monkey	pre- and post-surveys to staff and students	
3							
4							
5							
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?