

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:
Charlie	Champion			

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	Participate in federal Fruit & Veggie grant	Building NS manager	Food/beverages outside the cafeteria (healthy eating)	9/18-6/19	USDA, SPSS Nutrition Services	Classroom teacher survey	
2	Nutrition Education with 3rd-5th grades, connected to Fruit & Veggie grant	3rd grade teachers	Nutrition Education	10/18-1/19	SNAP Ed, wellness champion coordinator	short student assessment	
3	Create an outdoor herb garden	Science Inquiry specialist	Physical activity, nutrition education	5/19-6/19	SPPS Garden consultant	status of garden when school resumes in Fall 2019	
4	All-staff classroom Energizer training	Phy Ed specialist	Physical activity, nutrition education	11/18	SNAP Ed, wellness champion coordinator	survey participants	
5	Conduct student and family SRTS tally of how students travel to and from school	Charlie Champion	Physical activity, Wellness Policy promotion	9/17/18-9/28/18	Wellness champion coordinator, Safe Routes to School Data System	Number of participating classrooms & parents/guardians	
6	Form a building St Paul Bike Classic team and participate in event with district group	Charlie Champion	Physical activity, staff wellness	9/9/18	wellness champion coordinator, On-Site Employee Wellness Manager	Number of participants	

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?