

District Wellness Team

2020 Report on Wellness Policy, 533.00

Purpose of Policy: To promote student, family and employee wellness with a focus on healthy eating habits and increased physical activity and ensuring that the district's meals and other foods and beverages available to students during the school day meet USDA National Lunch Program requirements.



Healthy Eating & School Gardens

- School gardens provide opportunities for students in nutrition, physical activity, science, and much more. SPPS has supported gardens in several ways:
 - SPPS held its first school gardens tour in mid-August 2019.
 - SPPS has created a School Gardens Handbook to guide schools in creating and maintaining school gardens programs.
 - Nutrition Services is actively recruiting schools and programs to participate in their Garden to Cafeteria grant.
- Nutrition Services continues to roll out the Tastemasters taste test program. This fall, students in 16 elementary schools learned about the nutrition education and science related to an apple kale salad. They then sampled and gave feedback on the recipe.



SPPS Mobile Bicycle Fleet, Bicycle Maintenance, and Career and Technical Education

- The Mobile Bicycle Fleet is currently operating at capacity during the prime fall and spring cycling seasons. It is largely being utilized as a Physical Education unit.
 - This cycling experience provides many SPPS students the opportunity to ride for the first time and develop safe cycling skills.
 - Interest is driving demand for a second fleet, but there are key challenges that must be addressed first, most notably how to affordably maintain the current fleet.
- A unique opportunity exists through a bicycle maintenance class currently offered at Open World Learning's Project Bike Tech class, a Career and Technical Education (CTE) elective where students learn bike mechanic skills.
 - Plans are underway to start a bike hub at OWL, where students can service not only the district's bikes but the West Side community's as well.





Safe Routes to Schools Coordinator and Expansion of SRTS

- In the spring of 2019, SPPS successfully applied for a three-year MnDOT grant-funded Safe Routes to Schools Local Coordinator.
 - This marks the first time the district has had a staff member dedicated to this work. Under the guidance of lead Sarah Stewart, the program is rapidly taking off.
 - The district started SRTS programming in 2014, with seven schools promoting Walk to School Day.
 - For SY2019-2020, that number has grown to 18, with many schools more robustly participating in Safe Routes. More schools are set to come on board in 2020-2021.
 - SPPS' SRTS was highlighted in a Minnesota Department of Revenue video series. The video featured SRTS efforts at the Rondo Education Center on Concordia Avenue, that resulted in pedestrian infrastructure improvements. "#OurMN" spotlights Minnesota programs, resources and places funded in part by state tax dollars.



Staff Wellness

- There continues to be a lot of interest in employee wellness and finding ways for staff to recharge and re-energize.
- An exciting new functional workout program, The Everyday Program, through Twin Town Fitness, was featured during the annual Wellness Champions training.
 - Saint Paul Music Academy staff tried out the three-session, introductory experience in the fall, with a high degree of interest.
- Wellness continues to partner with the Office of School Culture, exploring ways to support staff in their self-care, leading to supportive environments where students can thrive.

