

Elementary Health Action Plan 2020-2021

SMART Goal	Timeline/Notes	Evaluation/Evidence
Physical Activity	Current Wellness Policy: Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	
Students will be offered an alternative to using an ipad as an indoor recess. The use of ipads at indoor recess will be discontinued.		
SES will participate in the “I went hunting” brag board.		
SES will participate in the Shed Hunting Challenge.		
SES will offer extra recess or another physical activity reward will be used as a schoolwide PBIS reward once during the year.		
SES will participate in Walk to School and Bike to School Day.		
Nutrition Promotion	Current Policy: All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	
The garden educator and food service staff will collaborate to serve 3 meals with ingredients from the garden.		
Nutrition Education	Current Policy: Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	

SES will collaborate with the DNR to bring in one class during the 20-21 school year.		
SES will evaluate the amount of time each grade level is spending in school garden related activities/nutrition education and increase that time by 1 hour per grade level.		
Other School Based Strategies for Health	The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.	
SES will maintain recognition as a Heartsafe School.		
The school nurse will coordinate 3 guest speakers for health class. <i>Community Engagement</i>		
SES will have a member of the wellness committee present at one family engagement event during the year to educate families on our achievements and recruit volunteers for future projects. <i>Community Engagement</i>		
SES will run a facebook campaign to promote families using local natural resources (ski, bike, hike trails). <i>Community Engagement</i>		
Team Wellness will creatively promote achieved wellness goals twice during the school year. <i>Community Engagement</i>		