

High School 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.		
SHS will participate in the “I went hunting” brag board. One local community organization will be engaged in this event. <i>Community Engagement</i>		
SHS will participate in the Shed Hunting Challenge.		
SHS will participate in Walk to School and Bike to School Day. One local community organization will be engaged in each event and we will contact the local paper to publicize these events. <i>Community Engagement</i>		
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.		
SHS will offer a fruit or vegetable at the concession stand 5 times during the year. Sales will be evaluated for future consideration. <i>Other school food.</i>		
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.		

<p>SHS will offer 3 local food tastings during the school year, incorporating agriculture and foods class students. Students will be surveyed on items offered and items may be considered for the lunch menu. <i>Other school food</i></p>		
<p>Other School Based Strategies for Health</p>	<p>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.</p>	
<p>SHS will achieve recognition as a Heartsafe School.</p>		
<p>SHS will increase the number of students receiving dental services as compared to the 2019-2020 school year.</p>		
<p>SHS will run a facebook campaign to promote families and students using local natural resources (ski, bike, hike trails). <i>Community Engagement</i></p>		
<p>Team Wellness will creatively promote achieved wellness goals twice during the school year. <i>Community Engagement</i></p>		