

# School Wellness Policy Action Plan

School Name: Prairie Elementary

Date: 2024-25 school year

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
1. <i>Students will improve their endurance by completing a monthly walk, job, run challenge.</i>	Physical Education teachers will implement a monthly endurance challenge in physical education.	Beginning in May to continue into 2024-25 school year.	Check-ins with Physical Education teacher.	<i>Physical Education teachers</i>	<i>Physical Education teachers, students</i>	
2. <i>Teachers will be aware of and utilize the walking path at Prairie Elementary.</i>	2a. Hang posters to encourage staff to utilize the route. 2b. Utilize the ¼, 1/2, and 1 mile route at Prairie Elementary. 2c. Email reminders of the walking path at Prairie will be sent each trimester to make new staff aware.	2024-25	Staff usage of the walking path	<i>Assistant Principal</i>	<i>Teachers</i>	
3. <i>Prairie Elementary will promote a positive</i>	3a. Prairie Elementary will utilize a Responsive Classroom model and Purposefull People curriculum.	2024-25 school year	Prairie Elementary will begin to use the SAEBERS tool from	<i>Culture and</i>	<i>Staff, students, teachers</i>	

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<i>school climate.</i>	3b. Teachers and paraprofessionals will receive training in Purposefull People. 3c. A monthly newsletter will be sent out to all staff with information to support the monthly theme in the curriculum.		Fastbridge in the 2024-25 school year. These tools will help to support curriculum development.  Teacher feedback provided to Culture and Climate Committee.	<i>Climate Committee</i>		

**School Name:** Intermediate School Worthington District 518

**Date:** 2024-2025

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start/end dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>1. Students will increase daily physical activity with movement breaks in the classroom</i>	Provide teachers with sample activities/ideas for movement breaks and evidenced based research of why important.	8/2024	Teachers will see increased alertness and focus, reenergized by physical activity	Cory Wendy	Students, Staff	

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What do we want to accomplish?	What activities need to happen?	Start/end dates	How is progress measured?		Who will be involved and/or impacted?	
	Teachers will schedule movement breaks lasting 1-5 min, 2-5 days per week					
<i>2. Provide map of 1 mile walking route at Intermediate school</i>	<i>Map 1 mile path to walk at IM Make posters advertising path and encourage to walk/use it</i>	05/01/2024	<i>Visibly seeing staff and students use the walking path</i>	Kayla	<i>Staff, students, community</i>	
<i>3. Nutrition education Posters</i>	<i>Contact Public Health/SHIP for free health posters  Hang nutrition posters in Kitchen/hallways  Add this information to our daily announcements.</i>	8/2024	<i>Posters will be visible to students, staff, and all visitors promoting Nutrition education</i>	Wendy  Sam	<i>Students, staff, community</i>	

School Name: Middle School Worthington District 518

Date: 2024-2025

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start/end dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
1. Promote health, both physically and emotionally, to WMS Staff.	Promote belonging at staff meetings by modeling Character Strong strategies.	8/2024	Overall climate of the school, qualitative data through talking to staff, staff survey at the end of the year.	Toni Tessa	Staff	
2. Provide map of 1 mile walking route at Middle school	Map 1 mile path to walk at MS Make posters advertising path and encourage to walk/use it	05/01/2024	Visibly seeing staff and students use the walking path	Tessa Toni	Staff, students, community	

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	<p>Counselors and teachers use Character Strong to build lessons for Advisory. The curriculum is used at least once per week.</p> <p>Teachers use the strategies suggested by Character Strong in all their classes</p>	8/2024	<p><i>Revision of the curriculum. Counselor and teacher feedback</i></p> <p>Student Survey Data</p> <p>Walkthrough Data</p>	<p>Toni</p> <p>Tessa</p> <p>BCC</p>	<i>Students, staff, school community</i>	

**School Name:** High School Worthington District 518

**Date:** 2024-2025

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start/end dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>

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<p><i>1. Make physical activity/fitness to staff</i></p>	<p>Open fitness/weight room up before and after school for staff.</p> <p>Utilize trained staff in aerobics, yoga, Zumba, etc... and ask them to offer classes at school.</p> <p>Encourage staff that has school insurance to go to a fitness center 12 or more times a month for a discount of membership</p>	<p>8/2024</p>	<p>Staff sign-in for weight room use.</p> <p>Staff survey</p>	<p>Doug</p>	<p>All Staff</p>	
<p><i>2. WHS will promote a positive school climate</i></p>	<p><i>Bullying and harassment policies will be put in place and clearly outlined in staff and student handbooks.</i></p> <p>Consequences will be laid out for negative behavior and will be outline in the staff and student handbook.</p> <p>Students and staff will attend a kindness retreat to promote a positive climate</p>	<p>05/01/2024</p>	<p><i>A survey will be sent to students and staff to collect data.</i></p> <p><i>Office referrals will be tracked in regards to bullying and harassment.</i></p>	<p>Doug</p>	<p><i>Staff and students</i></p>	

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<i>3. WHS will have 75% of the student body enrolled in Health and Wellness classes.</i>	Continue to offer a wide variety of nutrition and fitness courses to meet every learner's needs.	8/2024	Class schedule and offerings	Doug	<i>Students and staff</i>	

**School Name:** Learning Center Worthington District 518

**Date:** 2024-2025

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What do we want to accomplish?	What activities need to happen?	Start/end dates	How is progress measured?		Who will be involved and/or impacted?	
<i>Make Physical activity/fitness more accessible to staff and students</i>	<i>1a. Open fitness room before and after school as well as during lunch hour</i> <i>1b. Encourage staff to partake in gym activities with students.</i> <i>1c. Included physical activity in celebrations.</i>	<i>Before the beginning of next school year</i>	<i>(Visional) Do we see that there are staff and students using the fitness room.</i>	<i>Katie Pedersen</i>	<i>All staff and Students</i>	
<i>Increase the number of staff/student interactions to create environment and enhance mental health in our building</i>	<i>2a. Mental health check ins with students by staff</i> <i>2b. Wellness cabinet for students in need (shampoo/deodorant/toothbrushes)</i> <i>2c. Pizza with the Principal</i>	<i>Before the beginning of next school year</i>	<i>Spreadsheet for staff to document connection on</i>	<i>Spencer Wieneke</i>	<i>All staff and Students</i>	