

Action Plan Template School Wellness Policies

Background

The Healthy Hunger Free Kids Act of 2010 requires Local Educational Agencies to update or modify their wellness policy, as appropriate. When your wellness committee meets on a regular basis throughout the school year, consider using an action plan to ensure progress is being made on your wellness policy and procedures.

Developing an action plan will help your school or district prioritize a few action steps each year. You may use the chart on the following page as a template to organize your plans. Add additional rows if necessary. Be sure to consider all areas such as nutrition guidelines for school meals and snacks, physical fitness activities, and related school activities. After writing the action plan, evaluate what additional resources, if any, will be needed for each action step.

Tip: When developing your wellness plan, ensure your activities are well grounded in your goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider your resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has [tips for developing SMART objectives](#).



School Wellness Policy Action Plan

School Name: **Brooklyn Center Elementary STEAM School** (DRAFT) Date: **July 7, 2022** _____

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Equitable and Just Practices How will the goal reflect the diverse needs of stakeholders?	Stakeholders Who will be involved and/or impacted?	Completed?
1. Movement opportunities will be available to students throughout the day, including during outdoor and indoor recess, classroom movement breaks, etc. 2. Intentional alignment of Wellness Program campaigns and content within STEAM and cross-curriculum.	1. Staff will have access to mindful movement training, students, families and staff will receive resources for Active Transportation opportunities, exploration of funding for indoor movement carts/house, recess walking club opportunity for students and staff. 2. Wellness content and resources are available on the staff intranet and will be integrated with STEAM through Curriculum and Instruction scope and sequencing.	1. Aug, 2022 - resources, training and reminders provided throughout the school year. 2. Aug., 2021 - ongoing.	1. Number of classrooms utilizing mindful movement and movement breaks during the day (self-reported); number of students participating in recess movement (attendance) 2. Number of classrooms that implement Wellness campaigns with curriculum (self-reported)	1. Administration team and staff 2. Staff, with administration and Wellbeing Specialist support	BCCS is committed to creating environments, content, and opportunities for every student to utilize movement, rest breaks and curriculum lessons as needed for optimal cognitive, mental, emotional, physical wellbeing.	1. Students, families and staff 2. Students, staff	

