

## Action Plan Template School Wellness Policies

### Background

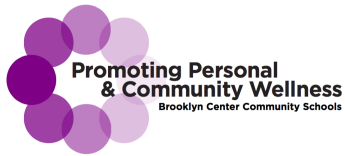
The Healthy Hunger Free Kids Act of 2010 requires Local Educational Agencies to update or modify their wellness policy, as appropriate. When your wellness committee meets on a regular basis throughout the school year, consider using an action plan to ensure progress is being made on your wellness policy 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 Early College Academy/Insight** Date: **July 7, 2022** \_\_\_\_\_

<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>Equitable and Just</b> How are diverse needs reflected?	<b>Stakeholders</b> involved?	<b>Complete?</b>
<p><b>1.</b> Continue intentional and consistent implementation of holistic wellness practices for students and staff:</p> <ul style="list-style-type: none"> <li>a. Physical activity opportunities;</li> <li>b. Supplemental fresh vegetables and fruits;</li> <li>c. Mindfulness practices and spaces</li> <li>d. Restoration breaks</li> </ul> <p><b>2.</b> Measure the impacts of consistent holistic being practices for students and staff</p>	<p><b>1a.</b> Staff will work together to incorporate mindfulness, physical activities, rest breaks and other holistic wellness practices into the curriculum and intentionally design advisory time to include them.</p> <p><b>1b.</b> The wellness program will offer monthly or seasonal meetings for students and staff to explore holistic wellness practices and mind-body impacts.</p> <p><b>2a.</b> Wellness and Farm to School programs will offer regular culturally-diverse taste tests.</p> <p><b>2b.</b> Food Services incorporate supplemental fresh produce options daily.</p> <p><b>3.</b> QR codes available at regular intervals to survey students and staff on the perceived personal impacts of the practices.</p>	<p><b>1.</b> Aug, 2022 and ongoing throughout the school year</p> <p><b>2.</b> Sept, 2022 and ongoing throughout the school year</p> <p><b>3.</b> Sept, 2022 and ongoing throughout the school year</p>	<p><b>1a.</b> Practices are written into curriculum and lesson plans; regular implementation in advisories and class time.</p> <p><b>1b.</b> The Wellbeing Specialist presents at monthly staff PD and seasonal student meetings</p> <p><b>2.</b> QR codes available at regular intervals to survey students and staff on the perceived personal impacts of the practices and preferences (taste tests, activity and rest breaks, mindfulness practices, etc.)</p>	<p><b>1.</b> Principal &amp; Wellbeing Specialist; ECA and Insight staff</p> <p><b>2.</b> Principal and staff; survey results shared to Wellness Program to create needed adaptations</p>	<p>BCCS is committed to creating environments and opportunities for every student to utilize movement as needed; have access to fresh produce; practice restoration breaks during the day to optimize mind and body function; and access to the time and space to safely experience and express emotions and/or practice mindfulness, for optimal academic growth and mental, emotional, physical wellbeing.</p>	<p>1. Students, staff, families</p> <p>2. Students and staff</p>	

