

School Wellness Policy Action Plan

School Name: Lake Park Audubon Date: March 14, 2024

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
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1. Suggest teachers provide rewards for work and behavior that are not food or beverages	1a. Distribute electronic version of alternatives to food handout 1b. Distribute paper copy 1c. Remind Principals of food as a reward policy	Ongoing	Less food consumption and emphasis	Principals	Elementary/Secondary students	Ongoing
2. Secondary Nutrition Education – FACS, Health	2a. Covers school menu, portion sizes and provides taste testing	Ongoing	Increase in nutrition knowledge	McKenna Anderson and Kristi Kruger (food service), health teachers	Secondary students	Ongoing
3.Vaping Focus	3a. Educate teachers and staff, parents and students 3b. Health Class Campaign 3c. share weekly social media messages	Ongoing	Increase in knowledge, decrease in usage among students	Wellness Committee, health teachers, Jane Neubauer	Students, families	
4. Communicate Wellness policy to staff	update all staff	Ongoing	Increase in compliance	Wellness Committee; Karen Nitzkowski	Staff and students	Karen shared with staff last school year
5. Identify physical activity equipment needs	Continue to identify ongoing needs.	ongoing	Increase in physical activity	Janna Nelson, JP Peterson and Kaila Capouch	Students	Elementary and secondary received \$500 each from PartnerSHIP 4 Health
6. Dental Health Promotion	6a. Offer education for grades K-6 through M/State 6b. Expand mobile clinic at schools	SY 23-24	Oral health education and resources provided to children and families	Jane Neubauer,	Students, staff, families;	Have had two days of Mobile dental clinics at elementary, March 2024
7. Reduce energy drinks	7a. Change procedure: energy drinks with caffeine levels of 70 milligrams or more are now prohibited during the school day. 7b. Promote change.	SY 23-24	Decrease in usage, increase in behavior	Wellness Committee, School Board, Superintendent	Students, Staff	Have noticed decrease in usage since signage went up and discussion in classes.