

Healthy Lifestyles – Marshfield Area Coalition – Jan. 1 – Dec. 31, 2017 School Wellness Committee Action Plan

*Terminology: A **goal** is a broad statement about what is to be accomplished. An **objective** is a measurable statement that describes the results that will be achieved and the manner in which they will be achieved.*

The School Wellness Committee, using the Marshfield School district Wellness Policy as a guide, identifies the following as ongoing goals:

1. Increase physical activity opportunities for students in the Marshfield School District.
2. Increase nutrition education for students in the Marshfield School District.
3. Increase wellness opportunities for Marshfield School District staff.
4. Increase exposure to nutrient-dense foods in Marshfield School District.
5. Develop or expand other school-based activities that promote student wellness.
6. Promote school wellness policy 725 to all Marshfield School District staff.

OBJECTIVE 1: All elementary schools promote student participation in Walk to School Day on Wednesday, October 4, 2017.

GOALS ADDRESSED: 1, 5

ANTICIPATED BUDGET: \$0

Activities	Key persons	Timeline	Evaluation	Outcome(s)
<ul style="list-style-type: none"> Event details are distributed to school wellness reps School wellness rep reminds staff at school meetings School secretary sends reminder email to all staff Morning announcements starting 1 week prior 	School Wellness Representatives for each school, school secretaries	September	<ul style="list-style-type: none"> Feedback provided by wellness representatives 	<ul style="list-style-type: none"> CCO staff communicated with schools to ensure participation

OBJECTIVE 2: Increase student participation in the Walk/Bike Challenge to 52%.

GOALS ADDRESSED: 1, 5

ANTICIPATED BUDGET: \$0

Activities	Key persons	Timeline	Evaluation	Outcome(s)
<ul style="list-style-type: none"> Challenge details are effectively communicated to school staff and students via meetings, email, and announcements Establish and distribute to teachers uniform criteria for 'what counts' by grade level; establish walking school buses and dropoff points Work with Leadership groups to encourage classroom competitions in each school 	Josh Miller, School Wellness Committee members, teachers	September	<ul style="list-style-type: none"> Materials distributed Communications within schools Classroom participation rates 	<ul style="list-style-type: none"> Josh delivered Walk/Bike Challenge materials to all schools CCO staff created 'what counts' activity sheet included in packet



OBJECTIVE 3: Assist Food Service Director in creating awareness of Farm to School initiatives.

GOALS ADDRESSED: 2, 4

ANTICIPATED BUDGET: \$0

Activities	Key persons	Timeline	Evaluation	Outcome(s)
<ul style="list-style-type: none"> • Share local menu items on social media • Provide information for quarterly newsletter to families • 	<ul style="list-style-type: none"> • CCO • Cmte members • Wood Cty F2S 	<ul style="list-style-type: none"> • Ongoing 	<ul style="list-style-type: none"> • # of posts made on social media • Information provided to quarterly newsletters 	<ul style="list-style-type: none"> • CCO staff provided healthy lifestyles article for back to school newsletter

OBJECTIVE 4: Cooking carts are utilized by elementary schools to deliver a nutrition-related lesson a minimum of 1 time per school year by each elementary school.

GOALS ADDRESSED: 2, 4

ANTICIPATED BUDGET: \$600

Activities	Key persons	Timeline	Evaluation	Outcome(s)
<ul style="list-style-type: none"> • Distribute cooking cart lessons monthly • Provide funding for cooking cart lesson ingredients • Provide information on alternative funding options • Recruit and train classroom volunteers to deliver lessons (invite teachers to demo/training also) 	<ul style="list-style-type: none"> • Elementary library staff • School wellness rep • CCO staff 	<ul style="list-style-type: none"> • Ongoing during the school year 	<ul style="list-style-type: none"> • Number of times carts are used during the school year • Which schools are using the carts 	<ul style="list-style-type: none"> • Theresa B. (CCO AmeriCorps) delivered cooking cart demo to approximately 30 staff and Lincoln Elementary School



OBJECTIVE 5: Identify and collaborate with 1-2 SDOM schools per school year to develop and adopt a non-food reward/incentive guideline. All schools will have a non-food reward/incentive guideline in place by December 31, 2019.

GOALS ADDRESSED: 4, 5, 6

ANTICIPATED BUDGET: \$0

Activities	Key persons	Timeline	Evaluation	Outcome(s)
<ul style="list-style-type: none"> • Research model guidelines and create draft guidelines • Meet with school principal and supporters to share guidelines and discuss school food environment • Collaborate with school to modify guidelines that meet school needs • Seek commitment from teachers and staff to follow guidelines • Develop and implement system to visibly communicate teacher/staff commitment to guidelines 	<ul style="list-style-type: none"> • School wellness reps • Cmte members • School staff, teachers, parents, PTO, etc. • CCO staff 	January – December, 2017	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Survey of Grant Elementary School teachers conducted to measure support for food reward guidelines • Support from strong team at Grant Elementary School, including the principal

