



## School Wellness Action Plan Summary June 2011

- **11 schools submitted Action Plan in 2010-2011**
- **16 schools submitted Action Plans in 2011-2012**

*Submitted:* New Hampton, St. Joseph, Decorah, Central, MFL MarMac, North Fayette, Howard Winneshiek, Postville, Riceville, West Central, Turkey Valley, Oelwein, South Winneshiek, North Winneshiek, Valley of Elgin, Starmont. *Not Submitted:* Waukon, Clayton Ridge, Eastern Allamakee, Sumner Fredericksburg

### **NEI F&F included the following activities in the 2011-2012 School Wellness Team Action Plan**

*(Number of schools who signed up for each activity)*

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|--|--|
| 1) Spring Data Collection - Student Travel Tally (6) | 12) School Food Consultation (12)                |
| 2) Community Mapping & Assessments (3)               | 13) Producer Visits (8)                          |
| 3) Go-the-Distance Day (13)                          | 14) Home Grown School Lunch Week (13)            |
| 4) Bike to Work/School Week (6)                      | 15) 5th Season Workshop (9)                      |
| 5) International Walk to School Day (9)              | 16) School Food Service Networking Meeting (8)   |
| 6) Walking School Bus House Party (4)                | 17) ServSafe Food Safety Training (8)            |
| 7) Walking Competition (8)                           | 18) SafeFood and Knife Skills Training (3)       |
| 8) Mileage Club (10)                                 | 19) School Garden Harvest Logs (10)              |
| 9) Safe Routes to School Presentation (6)            | 20) Deepening Your School Garden WKSP (9)        |
| 10) Crossing Guard Training (2)                      | 21) Family Consumer Science Workshop (8)         |
| 11) Staff Wellness Opportunities (10)                | 22) Whole Wellness-Whole Curriculum (8)          |
|  | 23) District-Wide School Wellness In-service (5) |

### **From the Field...Key Factors and Conditions for Making School Wellness Teams Successful**

1. **Support** from: Principals (Building support), Superintendent, Community, Youth, Parents
2. **FFI Human Resources:** The one-on-one support/coaching from the FFI resource contacts.
3. **Grant money/ incentives:** External funding sources for wellness activities and teacher stipends.
4. **Meetings:** Effective and well organized (agendas, consistent meeting times, diverse representation).
5. **Safe Space:** Team members feel comfortable enough to experiment, and non-team members feel comfortable working with the wellness team.
6. **Sense of purpose :** All members have found their fit and are pursuing their area of interest.
7. **Celebrate:** Time is taken to reflect on the team's progress, even small successes.
8. **School Communication:** Wellness team communication lines with the school community are clear and frequent.
9. **Team Vision:** The team has a focus that is shared and revisited, providing structure and guidance.
10. **Wellness Expectation:** The school community understands that wellness is a priority in school (contract language, hiring, school staff participation).