

## District 518 Wellness Policy Action Plan

School Name: Prairie Elementary

Date: 2019-2020

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start/end dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
1. Walking path challenge at Prairie	Utilizing the map of ¼, ½, and 1 mile paths at Prairie Elementary  Hang posters of the path routes and encourage usage  Start a walking challenge	January 2020	Staff usage of the walking path  Participation in walking club	Julie  Maggie	Staff	
2. Nutrition Nuggets	Parent newsletters sent home via Seesaw	Monthly through the 19-20 school year	Increase parent knowledge of health topics (self-care, illness/diseases, germs, safety, mental health, etc)	Wendy  DeeAnn	Parents	
3. Health tidbits	Research brief health topics-tidbits to be shared through Prairie Elementary Weekly Announcements	Weekly through the 19-20 school year	Increase student knowledge of health topics (self-care, illness/diseases, germs, safety, mental health, etc)	Wendy  Julie	Students	

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4. Health Promotions for Staff	Effectively communicate current research on healthy eating and active living (i.e. Sanford, etc.)	Quarterly 19-20	Increased knowledge and understanding of healthy lifestyle living.	Wendy	Staff	