

School Wellness Action Plan

School District: Hudson Community School District

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Date: 1/26/17

To build your districts action plan, use results from your Smart Snacks review, Building Progress Reports, Wellness Policy review and "Does Your Wellness Policy Measure Up?" checklist.

Wellness Goal: Promote consumption of healthier snacks in the classroom and increased use of non-food items for class celebrations or rewards.

Start Date	Finish Date	Plan	Progress
Fall 2017	5/4/2017	Distribute letter to parents at the beginning of the school year, outlining our commitment to student wellness and encouraging ways to make classroom celebrations healthier.	This will be included in the Topics newsletter with registration material.
Fall 2017	5/4/2017	Distribute healthy snack lists and non-food reward ideas to parents and teachers and post on website for quick reference.	This will be included in the Topics newsletter with registration material.

Wellness Goal: Improve communication to students, families, and the community about school wellness activities and initiatives.

Start Date	Finish Date	Plan	Progress
March 2017		Promote National Nutrition Month in March with blog post on district website	Will be a part of the superintendent's student advisory committee.
Spring Semester 2017	5/4/2017	Add "Wellness" tab to district website. Include wellness policy, wellness resources (healthy snack list, non food reward ideas, info re: link between school wellness and academic achievement, etc.), meeting minutes, action plans, etc.	Completed 1/30/17
Spring 2017		Promote "Healthy Lifestyles" Pirate Term activities via website or other means of communication.	
Spring		Include more wellness-related communications on school Facebook page.	Hudson currently has no plans to implement a district wide Facebook page.

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Wellness Goal: Increase nutrition education opportunities in the classroom by partnering with nutrition experts in the community.

Start Date	Finish Date	Plan	Progress
1/26/17		Reach out to ISU dietetic internship program, UNI, and Hy-Vee to invite dietitians and/or students into classrooms or the cafeteria to provide nutrition education to our students.	Wellness coach exchanged messages with ISU intern coordinator 1/27/17; Jan to contact Hy-Vee. Hy-Vee delivering sports nutrition lessons to 5/6 students.

Wellness Goal: Take a closer look at nutrition education in grades 5-6 and 11-12 and develop plan to include in curriculum, if absent.

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1/26/17			