

School Wellness Policy Action Plan

School Name: Rothsay Schools Date updated: 11/1/23

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/impacted	Complete?
1. Mental Wellness	1a. Teachers participated in a 4-hour staff SEL learning session 1b. continue Empower You program for students 1c. SEL classroom work 1d. PBIS support: kind, safe, ready 1e. Random Acts of Kindness support	ongoing	Strategies implemented	Sarah - School Counselor; Teachers and Admin; students	Students, teachers, parents	
2. Promote Staff Wellness	2a. provide opportunities for healthy food and physical activity options 2b. look for well-being ideas such as gratitude, kindness, and connections	ongoing	Document increase in # of opportunities	Staff, Wellness Committee and Administration	Staff	2a. Fun staff potluck every other month 2b. Words of Wisdom Wednesdays and Trivia
3. Annual Wellness Action Plan communication	3a. determine how to communicate annual action plan such as add to website	ongoing	Policy on web site Plan to communicate annual action plan	Superintendent, Wellness Coordinator, Office Administrator	Students, Staff and families	
4. Full committee	4a. recruit student(s) 4b. recruit parent/community member 4c. Recruit additional staff members to replace past members	Ongoing	Full committee and good attendance	Karilee will recruit student, wellness committee	Students, staff and community	Has recruited a student for this year's meetings. Food Service, Jill S., is also community member
5. Dental Health Promotion	5a. Offer education for grades K-5 5b. Consider adding oral screening when doing vision and hearing 5c. Continue Sealant program in the fall 5d. Read a fun dental book to elementary students in Feb (Children's Dental Health Month)	Ongoing	Oral health education and resources provided to children and families	Jane Neubauer Karilee	Students, staff, families;	
6. Vaping Education	6a. involve students, staff, parents 6b. Use My Life, My Quit to help students quit vaping 6c. Weekly Vaping messages	ongoing	Awareness; decrease in usage; use pre and post survey	Wade Johnson, Ashley Wiertzema, Counselor Sarah	Students, Teachers and Families	

If you're interested in serving on the Wellness Committee, please contact PreK-6 Elementary Principal, Karilee Traurig, at kttraurig@rothsaystaff.org.