



Watertown Mayer Public Schools

School Wellness Policy #533

Annual Action Plan Update

December 1, 2023

In compliance with the Healthy, Hunger-Free Kids Act of 2010 and our School District's Wellness Policy #533 our District's Wellness Committee will promote and monitor student wellness. Our committee currently consists of staff and parents. Our committee consists of district parents and staff. Our first triennial report will be presented to the school board at the end of the 2024-2025 School year. This report is from the 2022-2023 data gathering year.

Completed by:

Nikki Magee, RN, LSN
Watertown Mayer Public Schools
ISD #111
District Wellness Coordinator

District Student Wellness Committee Members 22-23:

Erica Bossert, Beth Bottenfield, Holly Hokenson,
Nichole Hunkins, Rachel Muchow, Jenna Olson,
Abbey Schuette

December 1st, 2023

End of the Year Report WM District Wellness Goals 2022-2023

See attached Action Plan Chart.

Goal 1. Eat the Rainbow Everyday

A variety of foods are offered at all meals at each of our school buildings. Our schools have made progress towards our goal, specifically at the Elementary School who successfully reintroduced sweet potatoes into the menu sporadically.

Goal 2: Promoting Kids In the Kitchen

Two high school foods experience to broaden meal plan ideas and abilities through a visit from a Japanese chef, and a high school global foods field trip. This goal was met by student engagement.

Goal 3: Delta Dental - Students in first grade received a free bag and pack of oral hygiene kits. Included was a presentation provided by Delta Dental to school each of their students the importance of oral hygiene starting at a young age!

Goal 4: Healthy Snack Drive - Students with food insecurities or those who have no snack with them should be able to have access to free healthy snack options during the school day. We received a 3 month supply of snacks through Carver County. We then set up an Amazon WishList with Smart Snack compliant products and sent this list to families of our district starting in April 2023 - we successfully collected/were donated >3 month supply of snacks for our students.

Goal 5: Physical Activity inside and outside of classroom - Goal Met but we can continue to grow in opportunity to provide to our students more frequent options to participate in. Stride for Students had an increase in participants and donations from years prior and ES Track and Field day was completed.

Goal 6: Move Mindfully - Completed. Of 3 classrooms each saw improvement in classroom energy after the 6 week residency of the Move Mindfully outside instruction.

Goal 7: Foods courses will continue to follow state and national curriculum standards. - goal met

Goal 8: HS Physical Activity opportunities - room for more opportunity in the future. Goal met with Staff vs. Senior Student Volleyball game and HS Pep RALLY.

Goal 9: Shared Table - goal not met. Will try again next year while following State and National rules and regulations.

22-23 Program Activities

Mental Health Awareness Week - NHS

Unity Day Oct 19, 2022

Student to Staff Connections Survey

Stride for Students (Elementary School)

MS Medallion Hunt

Track and Field Day (Elementary School)

School Wellness Policy Action Plan

School Name: Watertown-Mayer Public Schools

Date: School Year 2022-2023

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 and/or impacted?	Complete?
<i>Example: Food and beverages will not be used as a reward for students.</i>	a. <i>Provide teachers with list of non-food reward examples.</i> b. <i>Discuss changes at back-to-school staff training.</i> c. <i>Follow-up mid-year to discuss challenges and determine additional communication needed.</i>	<i>Before the beginning of next school year.</i>	• <i>Verbal check-ins with staff to ensure compliance.</i> • <i>Teacher survey at end of school year.</i>	<i>Principal</i>	<i>Teachers, staff, students</i>	<i>Yes</i>
1. Eat the Rainbow Everyday	1a. Offer a colorful variety of healthy foods at each meal. 1b. Safely reintroduce Sweet Potatoes into the menu at the Elementary School. 1c. Monthly menu posted on school website	2023	• Menu planning & verbal check-in with each Food Service Lead Cook to determine compliance. • Nursing staff consulted at the District and ES level • Last minute menu changes emailed to nurses and secretarial staff	Beth Bottenfield, Food Services Director	Students & Staff	WMES - successfully reintroduced sweet potatoes into the meal plans, at least one time in 22-23 school year.
2. Kids In the Kitchen	2a. Middle School Japanese Chef 2b. High School Global Foods Field Trip	2023	Student engagement	Beth Bottenfield & Holly Hokenson	Students	May 2023-completed
3. Delta Dental program to promote effective oral hygiene at an early age - 1st graders.	3a. Kits ordered through Smiles for Schools 3b. Classroom participation 3c. Classroom distribution	2023	• Classroom participation • All 1st grade students received.	Rachel Muchow, Elementary Building Nurse	Students, Staff, & Teachers	This goal was fully met. All 1st grade students received their kits March 1st, 2023.

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4. Healthy Snack Drive - Obtain a 3 month supply of snacks for our students within our district each quarter.	4a. Snack collection (Drop off middle school office) 4b. Amazon Online Order Wish list 4c. SHIP Healthy Eating 4d. Smart Snacks	2023-ongoing	- Number of donations (received in person or via via Amazon WishList) 3 month supply at each level - donations received	Erica Bossert and Abbey Schuette, and	-Community Members -Staff -Students -	Online Amazon account went live in late April 2023. Ongoing - the 1st 3 month supply of snacks have been received in a short period of time.
5. Physical activity inside and outside of the classroom	5a. Strides for Students - Spring Run - Elementary School 5b. Field Day - ES & MS 5c. Yoga Kindergarten & SPED	2023	Participation	Nikki Hunkins along with PTO	-Community Members -Staff -Students	-Completed, Stride for Students run 5/6/23. -Field day 5/18/23.
6. Move Mindfully/Play works	6a. Move Mindfully - 6 week residency	2023	- Classroom activity - Survey results	Middle School Staff & Teachers -Jenna Olson	-Students -Teachers	Completed, January 2023 Of three classrooms - each saw improvement in classroom energy and a decrease in classroom disruptions.
7. Foods Courses	7a. 7th grader - MyPlate Fundamentals 7b. Food Labels	Ongoing	- Follow State/National Curriculum Standards - Test Scores	Holly Hokenson	-Students	Ongoing yearly.
8. High School Physical Activity	8a. Homecoming Volleyball vs. Staff	Fall 2023				Ongoing yearly.
9. Share Table	8a. Share Table Guidance for Schools MDH			Holly Hokenson	-Students and Food Service Staff	Not complete - will continue to try to reach goals.