

WELLNESS CHAMPIONS UPDATE

September 2017

WELLNESS ACTION PLANS & ALLINA FUNDING

- Wellness Action Plans are now in a [google doc](#) format and are due Friday, Sept. 22nd
- Allina funding must be approved by Carol prior to purchase and all funds must be spent by *Wed. Feb. 28th*. Schools can receive a waiver but that must be approved by *Dec. 20th*.
 - For those buildings that are having difficulty deciding how to use their funds, we are offering packages in three different areas:
 - Assortment of sports/recess balls from Gopher Sports
 - [YogaCalm packages](#)
 - [School garden packages](#)
 - Additional Funding Requirements
 - Completion of the School Health Index (SHI)
 - Submission of a Final Mini Grant Report



SRTS NEWS

- Walk! Bike! Fun! curriculum training is Friday, Oct. 6th, from 8AM-4:30PM. Sign up in [PDEpress](#). Sub stipends and CEUs offered!
- Bike fleet is here and ready to go. Bikes can be used for a Phy Ed unit, special school event, or classroom project. Email Carol to reserve the fleet for your school and please give 2 weeks lead time.
- International Walk to School Day is Wednesday, October 4th. Schools can participate in a variety of ways, including an all-school Bus/Drop/Walk. Register your building [here](#).

FAMILY FOOD NEWS TO START THE YEAR WITH

Our district wellness policy restricts the number of classroom celebrations with food and beverages per month, prohibits food/sweets being used as rewards and asks that snacks and food be selected with nutrition in mind. Looking for some flyers that can share those sentiments with teachers and families? Click [here](#).

BLENDER BIKE AVAILABLE!

Don't forget the SPPS blender bike is available to come to your school for classroom projects/special after-school events/potential fundraising for clubs/staff meetings. Go to the [blender Bike web page](#) to enter a reservation. Two weeks advance notice is required. The bike will be brought to your building and picked up and a basic package is available through Nutrition Services.



WELLNESS CHAMPIONS TRAINING SURVEYS

The Office of Teaching & Learning requires professional development and training sessions that took place during Opening Week to conduct surveys. Please take 2 minutes to complete this short [survey](#) if you attended the Secondary Schools training on Aug. 30th. If you attended the Elementary Schools training on Aug. 31st, click [here](#).

Contact info:

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