

WELLNESS CHAMPIONS UPDATE

January 2018

Wellness Policy 533.00 Revised

The SPPS Wellness Policy has been reworked to reflect changes required in the 2016 updates to the Healthy, Hunger-Free Kids Act of 2010. You can check out the revised policy and a brief report, summarizing Wellness 2016-17 highlights on the Wellness website. Go to <https://www.spps.org/wellness> to view.

Holidays are over but Holiday Go! Grant is still open

Kids in the Game has a new grant opportunity for schools K-12. Take five minutes to complete their short application. \$1,000-\$5,000 grants are available to develop and expand physical activity for students. Go to <https://www.kidsinthegame.org/gogrants/> to learn more. The grant window closes Jan. 15th, so act now!

Garden News

While coldest cold grips our state, professional development opportunities are starting to bloom. See some of the opportunities [HERE](#). If so, please link to, "[SPPS School Garden PD and Training](#)". Check it out! There are scholarships for the MN School Garden Conference, and Ramsey County Master Gardeners are offering a one-day "Veggie Basics" class

Winter Walk 2018



Need an antidote to cabin fever? Consider participating in the annual MN DOT SRTS Winter Walk on Feb. 7th. The long-term forecast looks promising. Contact Carol Grady if you want to get your school moving. St Anthony Park students walked weekly throughout the fall!

More Gardens

The best time to plan for a garden is when it least feels like it. Often planning starts in early winter, and can extend into March. The more people involved (i.e. a classroom or student group), the more time is needed. Wondering how to get started? Contact Master Gardener and expert Kirsten Saylor (kirstensaylor13@gmail.com). Connect with others and get nerdy about school gardens during **Monday Meetups from 4-5:30pm**. Bruce Vento Elementary, 409 E Case Ave, will host in January and February (Jan 22, Feb 12, Feb 26).

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