

Saint Paul Public Schools District Wellness Team

2017 Report on Wellness Policy, 533.00

Purpose of Policy: To promote student, families and employee wellness with a focus on healthy eating habits and increased physical activity and ensuring that the District's meals and other foods and beverages available to students during the school day meet USDA National Lunch Program requirements.

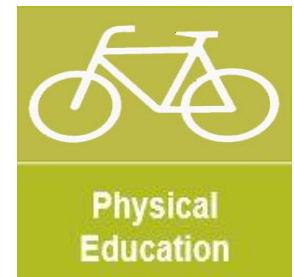
Tactics and Highlights



15 Walk/Bike to School Day participating sites, with 11 schools holding remote Bus/Drop/Walk to School events. An estimated 3,749 students and staff participated. May 2017



Taste Test Piloting with Nutrition Services and Extension Services SNAP Ed. Three schools sampled, reviewed and named a kale salad; received optional classroom education and visits by a local farmer



Debut of SPPS' mobile bicycle fleet. All schools now have access to **43** bicycles, targeted in size to Grades 4-8. Free bicycle/pedestrian curriculum training offered to staff. Bikes available for PE unit, special classroom events, and Community Education classes



SPPS Blender Bike used for classroom teaching, school family events, and School Choice Fair

Vending Machine contract in place with product selection that is Smart Snacks compliant



Staff yoga offered at rotating building sites, with 8 sites given the opportunity to host

Wellness Champion monthly email updates converted to easy-to-read newsletter format