

School Wellness Action Plan

School District: Cedar Falls Community Schools

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Wellness Goal: Promote the consumption of healthier snacks in the classroom and increased use of non-food items for class celebrations or rewards.

Start Date	Finish Date	Plan	Progress
Fall 2026	5/20/2027	Distribute letter to parents at the beginning of the school year, outlining our commitment to student wellness and encouraging ways to make classroom celebrations healthier. This can also be included in the district newsletter. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	Online and print communications to parents already occur, including a student wellness and nutrition page on the District website

Wellness Goal: Provide a staff wellness challenge that promotes healthy living and exercise to staff

Start Date	Finish Date	Plan	Progress
Spring 2026	7/26/2026	Engage staff in a wellness challenge that culminates with participation in the Sturgis Falls Half Marathon or 5K Walk/Run. Participants can also choose an individual activity plan.	An invitation to participate will be sent to staff spring of 2026.

Wellness Goal: Improve communication with students, families, and the community about school wellness activities and initiatives.

Start Date	Finish Date	Plan	Progress
Spring 2026	3/30/2026	Promote National Nutrition Month in March through our social media and newsletter platforms. Staff in each building will have the option to promote and host school nutrition events that can be shared as part of this promotion.	These promotions will be in addition to the nutrition information, such as the Mosaic menu, that is already available on the District website and digital TV.
Fall 2026		Include more wellness-related communications on school social media platforms. Leverage existing partnerships (school parent organizations, the UNI Local Food Program, UNI Health, Recreation, and Community Service, as vehicles to share existing school initiatives more broadly.	Wellness activities and initiatives that currently happen in each building can be shared this way with the broader community.

Wellness Goal: Identify a lead representative for each building to oversee wellness initiatives and programming for that building and to serve as the liaison on the District Wellness Committee.

Start Date	Finish Date	Plan	Progress
Fall 2026	5/20/2027	Work with building principals to identify an individual who would serve as the lead on wellness initiatives within their school and as a representative on the District Wellness Committee. The responsibilities associated with this role will be jointly determined by the Wellness Committee and the building principals.	