

# Goals and Accomplishments for 2016-2017

## Health and Wellness

### **Provide a Health and Wellness Fair for our school and parish communities.**

*How will this goal be accomplished and measured? NDA will track the number of organizations and the number of people who participate and compare it in future years.*

NDA reached out to local health and wellness organizations through school and parish families. Our first Health and Wellness Fair was held in September and was attended by 20 people and we had 12 vendors/organizations at the event.

Our committee has discussed changes that can be made to increase participation in the event and will implement them in the 2017-18 school year.

### **Provide a flu shot clinic to employees, parents, students and parishioners.**

*How will this goal be accomplished and measured? The number of participants will be tracked and measured year over year.*

NDA held its second flu shot clinic this year by accessing the Minnesota Visiting Nurses Association. In 2015-16 we had 20 people get flu shots, which was limited to employees and their children. In 2016-17, it was opened to parishioners, parents, students and employees. We had 52 participants this year in the 2 hour time block.

Our committee discussed how to reach more people and it was determined that we would offer the flu shot clinic during the health and wellness fair.

### **Increase participation in our activity nights and events.**

*How will this goal be accomplished and measured? We will track the number of participants and speak with families on what they like and don't like about the events and adjust as needed.*

NDA continues to offer activity nights and events for families. Our free nights in the gym at school bring in about 20 - 30 people per time, which is typical of our numbers in 2015-16. However, we increased our roller skating attendance from 110 (actual paid skaters) in 15-16 to 135-140 in 2016-17.

We also offered ice skating again in 2016-17 and increased the overall attendance by 30 skaters.

The committee did follow up with people following the events to see what is working and if things need to be changed. Suggestions were made to do things that do not cost money and to consider offering something in the summers.

**Encourage more participation in Marathon.**

*How will this goal be accomplished and measured? NDA will continue to offer the event on a Friday, but will try to include participation in lunch for parents and to connect with the afternoon events to draw in more parents.*

We moved the start time back by 30 minutes and invited parents to stay and have lunch with their children. There were 20 families that participated in the marathon event to help the PK students or attend with their older children. There were families that stayed for lunch, but we did not track the number.

**NDA will write some grants for health/wellness/PE related needs.**

*How will this goal be accomplished and measured? The principal will seek out grants related to wellness, PE, and our playground. The principal will write grants as things are available that fit the school's needs and that meet the grant guidelines.*

NDA wrote a grant for our playground needs this year. We received a call about the grant from the organization as they had a few questions and we hope to receive a positive notification to our efforts by the end of the school year.

**Promotion of lunch program and less waste in the lunchroom.**

*How will this goal be accomplished and measured? The lunchroom and kitchen staffs will work to remind students about portion size by showing proper portions, evaluating the food left on their plates and measuring the waste a few times a year.*

This year, we did a campaign on less waste and only taking what you will eat. Classes discarded food was weighed over the course of a week and students were awarded prizes for the lunch period that had the least amount of waste.

Portion sizes were highlighted through displays and posters.

**Peanut Aware Campaign**

*How will this goal be accomplished and measured?*

We did not reach this goal during the 2016-17 school year.

### **Snack cart upgrades**

*How will this goal be accomplished and measured? The student council advisors will check with the wellness committee/principal about the snacks that are offered.*

The items offered on the snack cart were discussed and items were removed or added based on nutritional value.

### **Spiritual wellness focus**

*How will this goal be accomplished and measured? Scores on the Acre test can be evaluated and the participation of the students and families in weekly Masses and activities and events that are spiritually focused.*

Our middle school students participated in a retreat at the start of the school year. The 8th graders ended their year with a pilgrimage and we had 11 parents who also attended the two day trip in Wisconsin.

All meetings start in prayer, faculty, family, school meetings.

Our teachers and staff participated in an honor retreat through Youth Frontiers.

We started doing all school Rosary activities during the school year.