



Pomerene Elementary School Wellness Policy Checkup.

There are three main goals we are focusing on this year and this is where we are at in reaching those goals.

***Continue working toward getting the school garden up and running.**

We should have visual progress on this by the end of the year. Woo-hoo for us and the kids! Thank you to everyone who is helping to make this goal move forward.

***A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesdays at announcement time. The nutrition fact will accompany an activity that is age/ grade appropriate. This will also include extra nutrition information for sports athletes.**

This is partially implemented. Fun food facts are displayed in the cafeteria on the bulletin board once a month. We look forward to continuing this goal and expanding on this in the years to come.

***Implement more strategies to promote mental wellness for students and staff.**

For the staff we have a presentation each month from one of our counselors during our staff meetings. We also have Wellness Wednesday newsletters from our insurance company, Fall and Spring Wellness Challenges from Meritain (Insurance company).

For most of our students they participate in Go Noodle brain breaks during the day and all students participate in a once-a-month lesson on character education. The students also, participate in weekly character development with one of our counselors as well. We promote outside play when the weather allows so the children can benefit from the fresh air and sun.

Updated: December 7, 2022