

# Wellness Report Card



Updated 12.16.22

2020-2023

IMPLEMENTED	PARTIALLY IMPLEMENTED	NOT YET STARTED
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Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

	X		Continue working toward getting a school garden.
	X		Get back to home cooked meals once Covid rules are lifted.
X			*For mental wellness, The District has double counseling efforts and all students are seen through the year by one of our two counselors.
X			*Staff is encouraged to model healthy eating and physical activity. (Wellness Wednesday's & Wellness challenges.)
	X		The District will construct and implement strategies to promote mental wellness for students and staff. Some strategies (are by not limited to) 8 hours Sleep-a-Thon, meditation techniques, journaling, and self-coping techniques for stress.
	X		The District will participate in "Rent Equipment Days" such as, croquet, backgammon, Frisbee golf, and games like chess, sequece and scavenger hunts for mental fitness.
	X		Nutrition education is taught as part of health education to provide students will skills necessary to promote and protect their health (including but not limited to topics on sun safety, eating disorders, accepting body size differences, importance of water consumption and health problems that affect nutrition).
		X	A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's at announcement time. The nutrition fact will accompany an activity that is age/ grade appropriate.
X			Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
	X		The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

# School Wellness Progress Comments



2020-2023

## Highlights

Updated 12.16.21

\*Staff has been encouraged to model healthy eating and physical activity through participation in our Wellness Wednesday's, Spring and Fall wellness challenges.

\*To promote mental wellness, The District has doubled our counseling efforts and all students are seen through the year by one of our two counselors.

\*Purchased playground equipment that promotes more exercise.

\* Various levels of nutrition education is taught in all grades.

## Areas for Growth

\* Get back to home cooked meals, after Covid-19 rules are dismissed.

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

\*A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's 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.

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