

WellnessReport Card



Updated 5.18.23

2020-2023

IMPLEMENTED

PARTIALLY
IMPLEMENTED

NOT YET
STARTED

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 students 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 purchase a sun shade for the playground equipment to promote sun safety.
	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 5.18.23

*We have encouraged students to help “build” our breakfast and lunch menus to promote more participation in our Lunch and Breakfast program to encourage healthy eating that aligns with the National standards.

*We have purchased and received several items for our school garden, shipping delays have prevented the garden from being installed before the end of the 22- 23 school year but will be up and running during the 23-24 school year.

*Display a “featured” nutrition fact in the cafeteria to spread knowledge to all grade levels.

* Continually encourage respectful behaviors for the positive mental wellness of our students and staff.

Areas for Growth

*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.

* Continually find ways to promote mental wellness among staff and students.