

WELLNESS REPORT

Wellness Policy

- ▣ Nutrition
- ▣ Health and nutrition education
- ▣ Physical activity
- ▣ Active transport

Wins this year

- ▣ Followed through on the policy that recess exclusion cannot be used as a punishment and more teachers allowing water in class
- ▣ 100% of juniors had CPR training
- ▣ Microsociety allowed for more integration of health/wellness education in the middle school
- ▣ More students eating meals this year at school, especially over the summer
- ▣ October 30 clinic had more kids get flu shots this year
- ▣ More students walking or biking to school

Challenges

- ▣ Students still missing school for health reasons (taking the whole day to go to the doctor)
- ▣ Teachers still using unhealthy food for parties and events
- ▣ Fundraisers are not always using healthy choices (i.e. chocolate bars)

What are we doing?

- ▣ Continue to put more emphasis on healthy choices with teachers (leverage principals to disseminate information)
- ▣ Leverage on-campus clinics to keep attendance up