

**Ferndale Area School District Wellness Plan Goals
For years 2022 thru 2023**

	Year 15 2020-2021	Year 16 2021-2022	Year 17 2022-2023
Physical Education/ Health Education	Elementary – Did Fun Fitness. Did dance challenge for the American Heart Association. Cleaning physical education equipment for next year. Adding a hygiene unit. Health and safety fair with fire department.	Elementary – Did Fun Fitness. Did dance challenge for the American Heart Association. Cleaning physical education equipment for next year. Adding a hygiene unit. Health and safety fair with fire department. Grow field day to large all day event at end of year. Recess for all grades. Continue Halloween dance routine.	Elementary <ul style="list-style-type: none"> - Halloween Dance Routine - Recess for All - 3 location Field Day - SADD Members helping
	High School – Continue with community involvement. Archery Club 2x per week. Go Noodle at the Middle School level was discussed.	High School – Continue with community involvement. Archery Club 2x per week. Volleyball Club back. Check for Vaping Assemblies. Water fountains for locker rooms. Get peer mentoring going again.	High School <ul style="list-style-type: none"> - Archery Club 2 times per week - New Mental Health and Wellness Center in Jr. Hi Gym - Peer Mentoring continues - Boys’ Locker Room fountain - Gym fountain
Nutrition	Elementary – Continue with Power Up (Grades P4-2). Fresh fruits & vegetables grant approved. CEP grant continues. Hydration stations to be installed & water bottles to be given to all students.	Elementary – Continue with Power Up (Grades P4-2). Fresh fruits & vegetables grant approved. CEP grant continues.	Elementary <ul style="list-style-type: none"> - Continue with Power Up (Grades K4-2) - Fresh fruits & vegetables grant approved (4 years) - CEP grant continues
	High School – Hydration stations to be installed. All students to get a water bottle. CEP grant continues.	High School – CEP grant continues. All students allowed to have water with them during the school day.	High School <ul style="list-style-type: none"> - CEP grant continues. - Wellness Policy need to be updated by January 2023-2024 for the State to view
School Health Services	Elementary – puberty talks for Grades 4, 5, 6 boys. Early vision screenings. Temperature checks on each student everyday upon entry to school building.	Elementary – puberty talks for Grades 4, 5, 6 boys. Early vision screenings for K4-2. Temperature checks on all students & visitors everyday upon entry to school building. Continue to encourage all students good handwashing, use of hand sanitizer. Continue with COVID procedures.	Elementary <ul style="list-style-type: none"> - Early Vision Screenings Primary Grades K4-2 - Continue good handwashing and hand sanitizer use - Early hearing screenings K4-3

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	<p><u>High School</u> – ImPACT testing for those students who don’t do athletics. CPR “Hands Only” for 9th & 12th grades. Temperature checks on each student everyday upon entry to school building.</p>	<p><u>High School</u> – CPR “Hands Only” for 9th & 12th grades. Temperature checks for all students & visitors everyday upon entry to school building. New vision screener will detect more visual problems than the old vision screener. Continue to encourage all students good handwashing, use of hand sanitizer. Continue with COVID procedures. Continue with COVID procedures.</p>	<p><u>High School</u></p> <ul style="list-style-type: none"> - CPR “Hands Only” 9th Grade - Continue use of handwashing and hand sanitizer use - Early vision screening - Early hearing screening 7th and 11th Gr
	<p><u>Elementary</u>- Assurance Counseling began, Botvin Life Skills – Learning Lamp Good Touch Bad Touch, Attorney General’s Office - cyberbullying, Strengthening Families.</p>	<p><u>Elementary</u>- Assurance Counseling began, Botvin Life Skills – Learning Lamp Good Touch Bad Touch, Attorney General’s Office - cyberbullying, Strengthening Families. Continue PBIS.</p>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Stephanie Popp teaches Botvin Life Skills - Safe and Unsafe Touching K4-2 - Victim Services Healthy Relationships 5th, 6th - Attorney General – sexting/ inappropriate posts - Strengthening Families add 7th, 8th grade - R.E.A.C.H. – Lunch Bunch, Breakfast Club
School Counseling, Psychological, and Social Services	<p><u>High School</u> – Assurance Counseling began, Women’s Help Center weekly, Frank Cacisno Addiction Program, Suicide Prevention/Yellow Ribbon, Adigio Health presented on vaping and nicotine.</p>	<p><u>High School</u> – Assurance Counseling began, Women’s Help Center weekly, Frank Cacisno Addiction Program, Suicide Prevention/Yellow Ribbon, Adigio Health presented on vaping and nicotine. Continue PBIS.</p>	<p><u>High School</u></p> <ul style="list-style-type: none"> - Integrate School Counselors into Health Classes - Red Ribbon Week painting and speaker - R.E.A.C.H.

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Health Promotion for Staff	Staff flu shots, Beacon/Wellness newsletters, CPR for all staff	Staff flu shots, Beacon/Wellness newsletters, CPR for all staff. Staff COVID boosters. Nicole Babik looking into ballroom dancing through Sherry-Lynn Dance.	<ul style="list-style-type: none"> - Continue flu shots - Opening Mental Health and Wellness Center for staff
		Strengthening Families (Learning Lamp)	<ul style="list-style-type: none"> - Strengthening Families - Parent involvement nights at Elementary - FCS students help plan events - Movie night/Parents night out - Mental Health and Wellness Center open to community