

2023-24 Wellness Committee Goals

Continuation of:

1. Classroom tour of the cafeteria or meet and greet with school nutrition staff (This will be led by Karen Henry through her 6th grade health class).

Adoption of:

1. Providing literature to both parents and students on nutrition and healthy choices
 - a. Literature for parents on nutrition can be passed out during parent information nights.
 - b. Literature/lessons for students on nutrition and healthy choices can be incorporated into classroom instruction.
2. Presentation/Handouts for athletes
 - a. Provide recommended nutrition food options for student athletes in regards to their specific sports (Will work with D1 team and sports medicine teacher).
3. Encouraging students to be active
 - a. Students while taking part in daily recess activity will be encouraged by teachers and recess monitors to become physically active during their time outdoors. This can be done by actively taking part in a game or activity with other students or simply walking the recess space to engage in physical "steps".