

**Ferndale Area School District Wellness Plan Goals
For years 2023 thru 2024**

	Year 16 2021-2022	Year 17 2022-2023	Year 18 2023-2024
Physical Education/ Health Education	<p><u>Elementary</u> – 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.</p>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Halloween Dance Routine - Recess for All - 3 location Field Day —SADD Members helping 	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Pumpkin Gallery - Recess for All - 3 location Field Day - beginning May - Seniors help Student Council/ NHS Members helping - Pep Rally for winter sports - Caps and gowns for little ones - walk with seniors
	<p><u>High School</u> – 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.</p>	<p><u>High School</u></p> <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 water station - Gym fountain 	<p><u>High School</u></p> <ul style="list-style-type: none"> - Archery Club 2 times per week - Mental Health & Wellness Center opened - Peer Mentoring continues (NHS and Student Council) - Gym fountain
Nutrition	<p><u>Elementary</u> – Continue with Power Up (Grades P4-2). Fresh fruits & vegetables grant approved. CEP grant continues.</p>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Continue with Power Up (Grades K4-2) - Fresh fruits & vegetables grant approved (4 years) - CEP grant continues 	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Continue with Power Up Grades K4-2 - Fresh fruits & vegetables grant approved (5 years) - CEP grant continues
	<p><u>High School</u> – CEP grant continues.</p> <p>All students allowed to have water with them during the school day.</p>	<p><u>High School</u></p> <ul style="list-style-type: none"> - CEP grant continues. - Wellness Policy need to be updated by January 2023-2024 for the State to view 	<p><u>High School</u></p> <ul style="list-style-type: none"> - CEP grant continues. - Wellness Policy need to be updated by January 2023-2024 for the State to view - New breakfast nook for grab-n-go
School Health Services	<p><u>Elementary</u> – 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</p>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Early Vision Screenings Primary Grades K4-2 - Continue good handwashing and hand sanitizer use - Early hearing screenings K3-3 	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Early Vision Screenings Primary Gr. K3-2 - Continue good handwashing and hand sanitizer use - Early hearing screenings K3-3

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	<p>sanitizer. Continue with COVID procedures.</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 	<ul style="list-style-type: none"> - Puberty talks Gr. 4, 5, 6 - Swim lessons at YMCA? - Breakfast Club/Lunch Bunch (REACH) - Suicide Prevention Awareness Month <p><u>High School</u></p> <ul style="list-style-type: none"> - CPR “Hands Only” Gr. 9 - Continue use of handwashing and hand sanitizer use - Early vision screening - Early hearing screening Gr. 7 and Gr. 11 - “Catch My Breath” – Health classes - Vape detectors at HS bathrooms - Suicide Prevention Awareness Month (Guidance Counselor) - Small group lunch bunch (Guidance Counselor / F&CS Teacher) - Smokeless Saturdays
School Counseling, Psychological, and Social Services	<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>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</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 <p><u>High School</u></p> <ul style="list-style-type: none"> - Integrate School Counselors into Health Classes - Red Ribbon Week painting and speaker 	<p><u>Elementary</u></p> <ul style="list-style-type: none"> - Botvin Life Skills (Guidance Counselor) - Safe and Unsafe Touching K4-2 - Victim Services Healthy Relationships Gr. 5, 6 - Attorney General - sexting/ inappropriate posts Gr. 5, 6 - Strengthening Families add Gr. 7, 8 (Age 10-14) - Lunch Bunch, Breakfast Club (REACH) - Peer Mentoring <p><u>High School</u></p> <ul style="list-style-type: none"> - Integrate School Counselors into Health Classes - Red Ribbon Week painting and speaker

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	nicotine. Continue PBIS.	- R.E.A.C.H.	- R.E.A.C.H. - BLUES Program - Boys' Health Gr. 9 (School Psychologist) - Girls' Health Gr. 9 (Guidance Counselor) - Botvin – Gr. 7, 8 (F&CS Teacher)
Health Promotion for Staff	Staff flu shots, Beacon/Wellness newsletters, CPR for all staff. Staff COVID boosters. Nicole Babik looking into ballroom dancing through Sherry-Lynn Dance.	- Continue flu shots - Opening Mental Health and Wellness Center for staff	- Continue flu shots - Opened Mental Health and Wellness Center for staff and employees - Exercise with exercise physiologist – shut down gym one night - EAP Mental Health Program for staff and families
	Strengthening Families (Learning Lamp)	- 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	- Strengthening Families - Parent involvement nights at Elementary - NHS or Student Council students help plan events - Mental Health and Wellness Center open to community