

Athens City Schools

Yearly Wellness Activities & Goals



All Athens City Schools

1. Flu Shots for Students and Employees
2. Health Screenings for all Employees
3. Health screening for students:
 - a. Hearing and Vision Checks for Students, upon Teacher Request
 - b. Kid Checks for PreK-6th grades (Comprehensive Noninvasive Health Assessment to include dental checks from local dentist office)
 - c. Scoliosis Checks for 5th-9th grades
 - d. Vision Research/Screenings for PreK, K, 2nd, 4th grades
 - e. Sports Physicals for all student athletes
4. Monthly Mental Health Newsletters for Employees, Parents, and Students
5. Mental Health Coordinator

Athens Elementary School

1. Sensory room
2. Playground and PreK Playground - rubber cover, borders, and new swings
3. Daily announcements encouraging healthy choices and teaching manners
4. Healthy Choice lessons
 - Red Ribbon Week activities
5. Spring Field Day
6. Daily recess
7. Vision screening
8. Medical screening
9. Sensory breaks for special needs students
10. Sensory story time

Brookhill Elementary

1. New walking track in playground area
2. Fun Run
3. Series of lessons on healthy choices by the counselor throughout the year - Eat healthy, Exercise, sleep well, be positive, stay well, connect with others, Learn - Have a positive growth mindset.
4. Red Ribbon Week activities which focused on making healthy choices
5. The outdoor classroom
6. Daily recess
7. After School Fun – Basketball, Ballet, Karv Maga
8. Kids Heart Challenge

Spark Academy (Coward Elementary)

1. Health Clinic
2. Vision Screening
3. School Garden - growing vegetables in the classroom

4. Fun Run (fundraiser)
5. Track during PE
6. Recess

Heart Academy (Julian Newman Elementary)

1. Student taste testing for nutritional snacks
2. Annual Fun Run
3. Monday Run Day
4. Kids Heart Challenge
5. Presidential and Physical Fitness Awards
6. School Garden –Food to table
7. Daily Recess
8. Student showcase- featuring science, health and medical topics
9. Heart Obstacle Course during P.E. for all grades
10. Vision Screening
11. Wellness Screening

Athens Intermediate School

1. Track and Playground for use during PE or brain breaks
2. Outdoor classroom, outdoor gardens
3. School wide dance twice a year
4. Organized "work out" days for cardio fitness and strength exercises weekly during PE and teachers participate
5. Sensory breaks, breathing exercises and brain breaks
6. Annual performance for character building that includes yo-yo activities
7. Annual talent show
8. Kindness week
9. Field Day

Athens Middle School

1. Red Ribbon Week Activities
2. Alabama Physical Fitness Awards
3. Fitness Check Ups in P.E. class
4. Athletic Teams
5. Connect Lessons
6. Scoliosis Screening
7. Connect Kick Off and End of Year Celebration (Making Healthy Choices)
8. Dodge Ball Tournament

Renaissance

1. Running Club
2. Physical Activity Logs
3. Frisbee Golf
4. Walking
5. Spike Ball
6. Frisbee
7. Nursing Home Visits to Limestone Manor
8. Game Night

9. Sports Activities

Athens High School

1. Boys and Girls Soccer Camp
2. Marching Band Camp
3. Basketball Camp
4. Optimist Club Decorate Windows at Family Resource Center
5. Swim Team Lap-A-Thon
6. Marching Band Night Of Bands
7. Marching Band Performance
8. Pep Rally on the Square
9. Cheerleading Kiddie Camp
10. SCA Life South Blood Drive
11. Homecoming Bonfire
12. Homecoming Parade
13. Health Occupation Students Association (HOSA) @ Foundation of Ageing Fun Fest
Event Practicing Therapeutic Communication Skills and to Serve Community #
Limestone County Event Center
14. JROTC Volunteered at Milton Frank Stadium in a Special Olympics Event
15. Marching Band Competed in Marching Band Competitions
16. Dance Team Mini Dance Camp
17. SCA Full Tummy and Soar Christmas Party activities
18. JROTC Participation in Veterans Day Parade
19. Christmas Parade – Marching Band, JROTC, Cheerleading, Etc.
20. JROTC Military Formal Ball
21. Senior Prom
22. SCA Blood Drive
23. SCA Special Olympics Support
24. Pep Rallies on Campus
25. Marching Band performances at Varsity Football Games
26. Nursing Home Visits to Limestone Manor
27. Summer Sports Camps
28. Sports Teams