

**Ferndale Area School District Wellness Plan Goals  
For years 2024 thru 2025**

	<b>Year 17 2022-2023</b>	<b>Year 18 2023-2024</b>	<b>Year 19 2024-2025</b>
<b>Physical Education/ Health Education</b>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Halloween Dance Routine</li> <li>- Recess for All</li> <li>- 3 location Field Day</li> <li><del>—SADD Members helping</del></li> </ul>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Pumpkin Gallery</li> <li>- Recess for All</li> <li>- 3 location Field Day - beginning May - Seniors help</li> <li>Student Council/ NHS Members helping</li> <li>- Pep Rally for winter sports</li> <li>- Caps and gowns for little ones - walk with seniors</li> </ul>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Pumpkin Gallery</li> <li>- Recess for All</li> <li>- 3 location Field Day - beginning May - Seniors help</li> <li>Student Council/ NHS Members helping</li> <li>- Pep Rally for Homecoming</li> <li>- Caps and gowns for little ones - walk with seniors</li> </ul>
	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- Archery Club 2 times per week</li> <li>- New Mental Health and Wellness Center in Jr. Hi Gym</li> <li>- Peer Mentoring continues</li> <li>- Boys' Locker Room water station</li> <li>- Gym fountain</li> </ul>	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- Archery Club 2 times per week</li> <li>- Mental Health &amp; Wellness Center opened</li> <li>- Peer Mentoring continues (NHS and Student Council)</li> <li>- Gym fountain</li> </ul>	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- Archery Club 2 times per week</li> <li>- Mental Health &amp; Wellness Center opened</li> <li>- Peer Mentoring continues (NHS and Student Council)</li> <li>- Training Jr Hi students in Weight Room in 2<sup>nd</sup> semester - limit students time in the gym until trained</li> <li>- Teaching canning in Ag. Club</li> <li>- Gluten Free cooking in FCS</li> <li>- Botvin Life skills (grades 7/8)</li> </ul>
<b>Nutrition</b>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Continue with Power Up (Grades K4-2)</li> <li>- Fresh fruits &amp; vegetables grant approved (4 years)</li> <li>- CEP grant continues</li> </ul>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Continue with Power Up Grades K4-2</li> <li>- Fresh fruits &amp; vegetables grant approved (5 years)</li> <li>- CEP grant continues</li> </ul>	<p><u>Elementary</u></p> <ul style="list-style-type: none"> <li>- Continue with Power Up Grades K4-2</li> <li>Expand to 4</li> <li>- Fresh fruits &amp; vegetables grant approved (5 years)</li> <li>- CEP grant continues</li> <li>- Fruit bar with Field Day</li> <li>- Power Up expand to K3-4</li> </ul>
	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- CEP grant continues.</li> <li>- Wellness Policy need to be updated by January 2023-2024 for the State to view</li> </ul>	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- CEP grant continues.</li> <li>- Wellness Policy need to be updated by January 2023-2024 for the State to view</li> <li>- New breakfast nook for grab-n-go</li> </ul>	<p><u>High School</u></p> <ul style="list-style-type: none"> <li>- CEP grant continues.</li> <li>- New breakfast nook for grab-n-go</li> <li>- Teaching canning/growing in Ag. Club (Babik, Karcher)</li> </ul>

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	<b>Year 17 2022-2023</b>	<b>Year 18 2023-2024</b>	<b>Year 19 2024-2025</b>	
<b>School Health Services</b>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Early Vision Screenings Primary Grades K4-2</li> <li>- Continue good handwashing and hand sanitizer use</li> <li>- Early hearing screenings K3-3</li> </ul>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Early Vision Screenings Primary Gr. K3-2</li> <li>- Continue good handwashing and hand sanitizer use</li> <li>- Early hearing screenings K3-3</li> <li>- Puberty talks Gr. 4, 5, 6</li> <li>- Swim lessons at YMCA?</li> <li>- Breakfast Club/Lunch Bunch (REACH)</li> <li>- Suicide Prevention Awareness Month</li> </ul>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Early Vision Screenings Primary Gr. K3-2</li> <li>- Continue good handwashing and hand sanitizer use</li> <li>- Puberty talks Gr. 4, 5, 6</li> <li>- Ferndale Rec for YMCA Swim lessons</li> <li>- Breakfast Club/Lunch Bunch (REACH)</li> <li>- 5/6 grade Suicide Prevention Awareness Month</li> <li>- Mandated for K3/K4 Programs (physical immunizations, flu shots, dental)</li> <li>- Breakfast Club, Lunch Bunch for 5/6 grade boys (SarLouis)</li> </ul>	
	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- CPR “Hands Only” 9<sup>th</sup> Grade</li> <li>- Continue use of handwashing and hand sanitizer use</li> <li>- Early vision screening</li> <li>- Early hearing screening 7<sup>th</sup> and 11<sup>th</sup> Gr</li> </ul>	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- CPR “Hands Only” Gr. 9</li> <li>- Continue use of handwashing and hand sanitizer use</li> <li>- Early vision screening</li> <li>- Early hearing screening Gr. 7 and Gr. 11</li> <li>- “Catch My Breath” – Health classes</li> <li>- Vape detectors at HS bathrooms</li> <li>- Suicide Prevention Awareness Month (Guidance Counselor)</li> <li>- Small group lunch bunch (Guidance Counselor / F&amp;CS Teacher)</li> <li>- Smokeless Saturdays</li> </ul>	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- CPR “Hands Only” Gr. 9</li> <li>- Continue use of handwashing and hand sanitizer use</li> <li>- Early vision screening</li> <li>- Vape detectors at HS bathrooms</li> <li>- Suicide Prevention Awareness Month (Guidance Counselor)</li> <li>- Small group lunch bunch (Guidance Counselor / F&amp;CS Teacher)</li> <li>- Smokeless Saturdays</li> <li>- Vaping in Health Class taught</li> </ul>	

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	<b>Year 17 2022-2023</b>	<b>Year 18 2023-2024</b>	<b>Year 19 2024-2025</b>
<b>School Counseling, Psychological, and Social Services</b>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Stephanie Popp teaches Botvin Life Skills</li> <li>- Safe and Unsafe Touching K4-2</li> <li>- Victim Services Healthy Relationships 5<sup>th</sup>, 6<sup>th</sup></li> <li>- Attorney General – sexting/ inappropriate posts</li> <li>- Strengthening Families add 7<sup>th</sup>, 8<sup>th</sup> grade</li> <li>- R.E.A.C.H. – Lunch Bunch, Breakfast Club</li> </ul>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Botvin Life Skills (Guidance Counselor)</li> <li>- Safe and Unsafe Touching K4-2</li> <li>- Victim Services Healthy Relationships Gr. 5, 6</li> <li>- Attorney General - sexting/ inappropriate posts Gr. 5, 6</li> <li>- Strengthening Families add Gr. 7, 8 (Age 10-14)</li> <li>- Lunch Bunch, Breakfast Club (REACH)</li> <li>- Peer Mentoring</li> </ul>	<p><b><u>Elementary</u></b></p> <ul style="list-style-type: none"> <li>- Botvin Life Skills (Guidance Counselor)</li> <li>- Safe and Unsafe Touching K4-2</li> <li>- Victim Services Healthy Relationships Gr. 5, 6</li> <li>- Attorney General - sexting/ inappropriate posts Gr. 5, 6</li> <li>- Lunch Bunch, Breakfast Club (REACH)</li> <li>- Peer Mentoring</li> <li>- Backpack Program</li> <li>- CCBP &amp; Snack Pantry</li> <li>- Hygiene products for students</li> <li>- Clothing Boutique</li> </ul>
	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- Integrate School Counselors into Health Classes</li> <li>- Red Ribbon Week painting and speaker</li> <li>- R.E.A.C.H.</li> </ul>	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- Integrate School Counselors into Health Classes</li> <li>- Red Ribbon Week painting and speaker</li> <li>- R.E.A.C.H.</li> <li>- BLUES Program</li> <li>- Boys’ Health Gr. 9 (School Psychologist)</li> <li>- Girls’ Health Gr. 9 (Guidance Counselor)</li> <li>- Botvin – Gr. 7, 8 (F&amp;CS Teacher)</li> </ul>	<p><b><u>High School</u></b></p> <ul style="list-style-type: none"> <li>- Integrate School Counselors into Health Classes</li> <li>- Red Ribbon Week speaker - SADD</li> <li>- R.E.A.C.H.</li> <li>- Boys’ Health Gr. 9 (School Psychologist)</li> <li>- Girls’ Health Gr. 9 (Guidance Counselor)</li> <li>- Botvin – Gr. 7, 8 (Health Teacher)</li> <li>- Make students aware of necessity locker in specials/health (morning announcements)</li> </ul>
<b>Health Promotion</b>	<ul style="list-style-type: none"> <li>- Continue flu shots</li> <li>- Opening Mental Health and Wellness Center for staff</li> </ul>	<ul style="list-style-type: none"> <li>- Continue flu shots</li> <li>- Opened Mental Health and Wellness Center for staff and employees</li> <li>- Exercise with exercise physiologist – shut down gym one night</li> <li>- EAP Mental Health Program for staff and families</li> </ul>	<ul style="list-style-type: none"> <li>- Continue flu shots</li> <li>- R.E.A.C.H. Mental Health and Wellness Center for staff and employees</li> <li>- Exercise with exercise physiologist – shut down gym one night</li> <li>- EAP Mental Health Program for staff and families</li> <li>- ? Personal fitness for staff – using exercise physiological – Shut down gym one night?</li> <li>- Windber ladies wanting to teacher Pound Class</li> </ul>

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<ul style="list-style-type: none"> <li>- Strengthening Families</li> <li>- Parent involvement nights at Elementary</li> <li><del>- FCS students help plan events</del></li> <li>- Movie night/Parents night out</li> <li>- Mental Health and Wellness Center open to community</li> </ul>	<ul style="list-style-type: none"> <li>- Strengthening Families</li> <li>- Parent involvement nights at Elementary</li> <li>- NHS or Student Council students help plan events</li> <li>- Mental Health and Wellness Center open to community</li> </ul>	<ul style="list-style-type: none"> <li>- Parent involvement nights at Elementary</li> <li>- NHS or Student Council students help plan events</li> <li>- Mental Health and Wellness Center open to community</li> </ul>