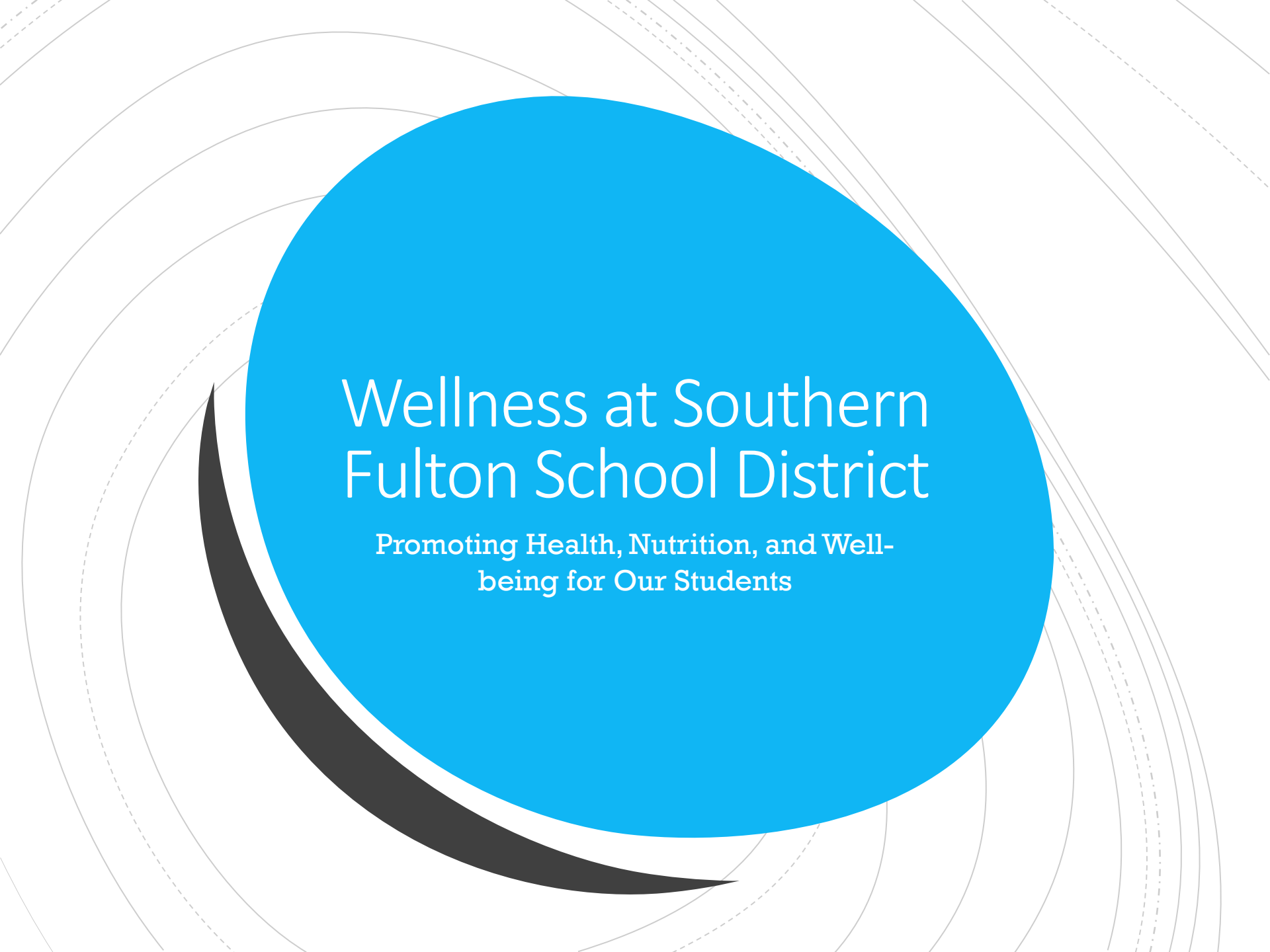




Wellness at Southern Fulton School District

Promoting Health, Nutrition, and Well-
being for Our Students



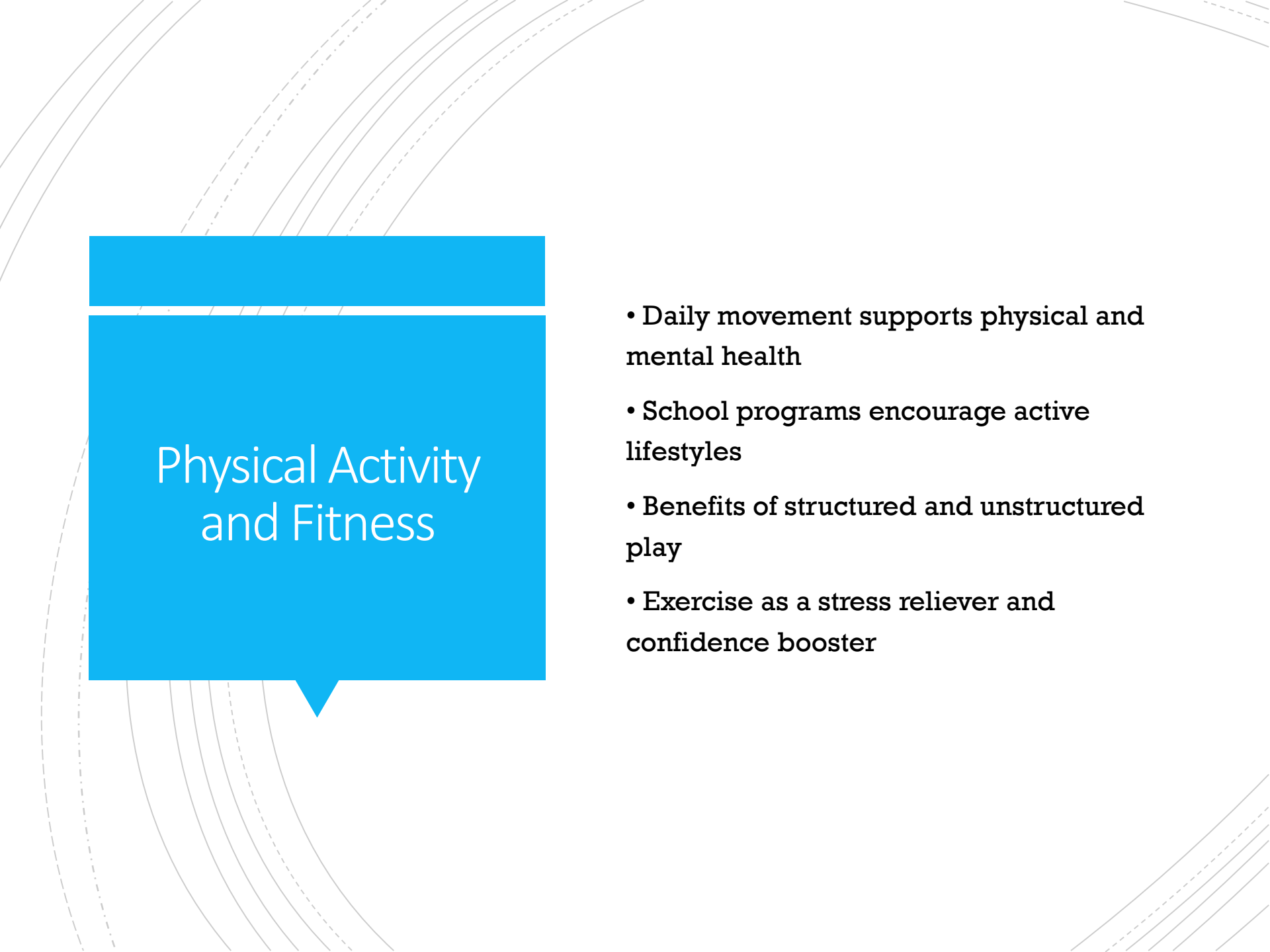
Why Wellness Matters

- Supports student growth and development
- Enhances academic readiness and success
- Encourages lifelong healthy habits
- Improves mental and physical well-being

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Nutrition and Healthy Eating

- **Balanced meals improve focus and energy**
- **School initiatives promote nutritious choices**
- **Importance of hydration and portion control**
- **Healthy eating habits for lifelong wellness**

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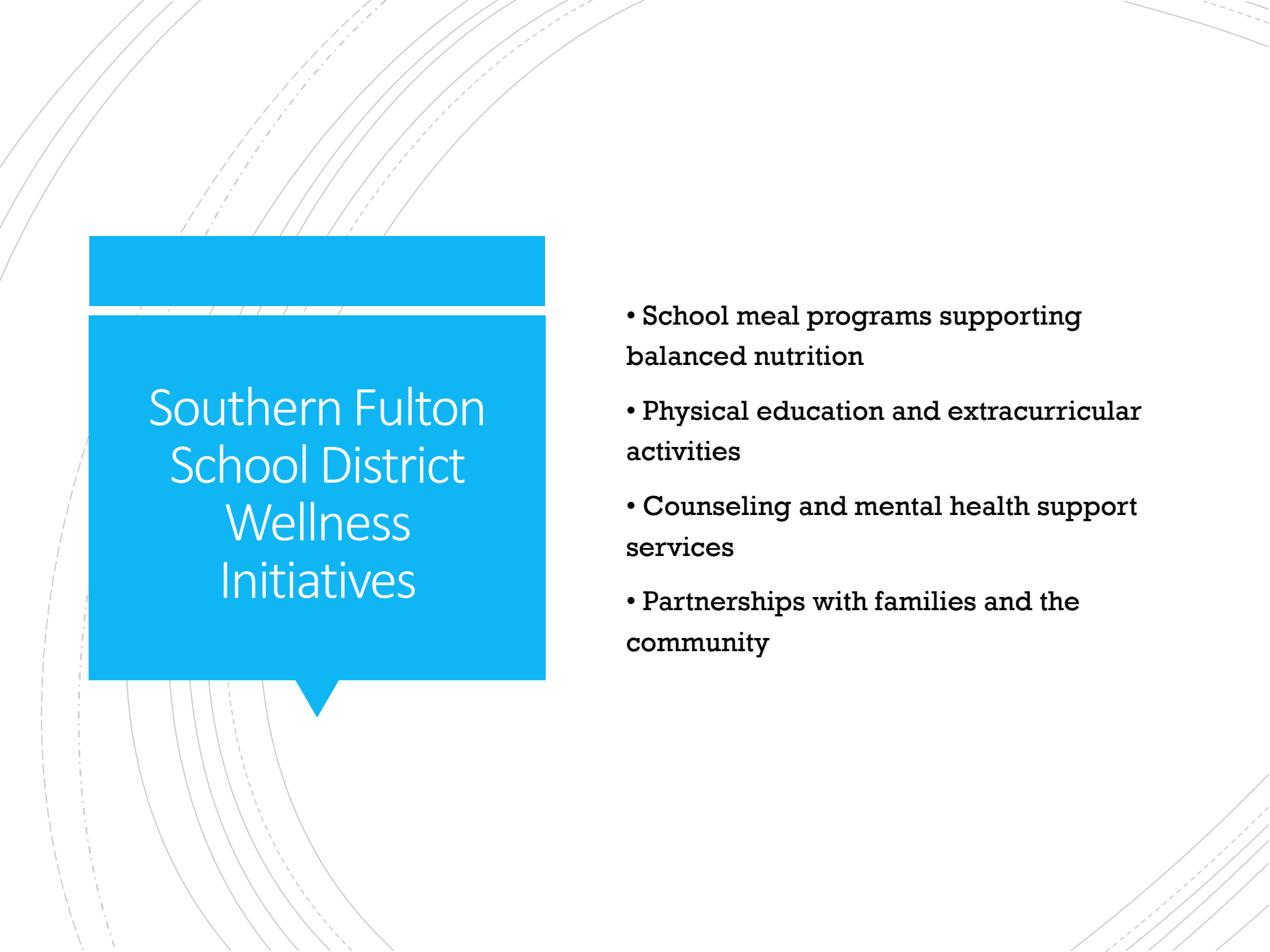
Physical Activity and Fitness

- Daily movement supports physical and mental health
- School programs encourage active lifestyles
- Benefits of structured and unstructured play
- Exercise as a stress reliever and confidence booster



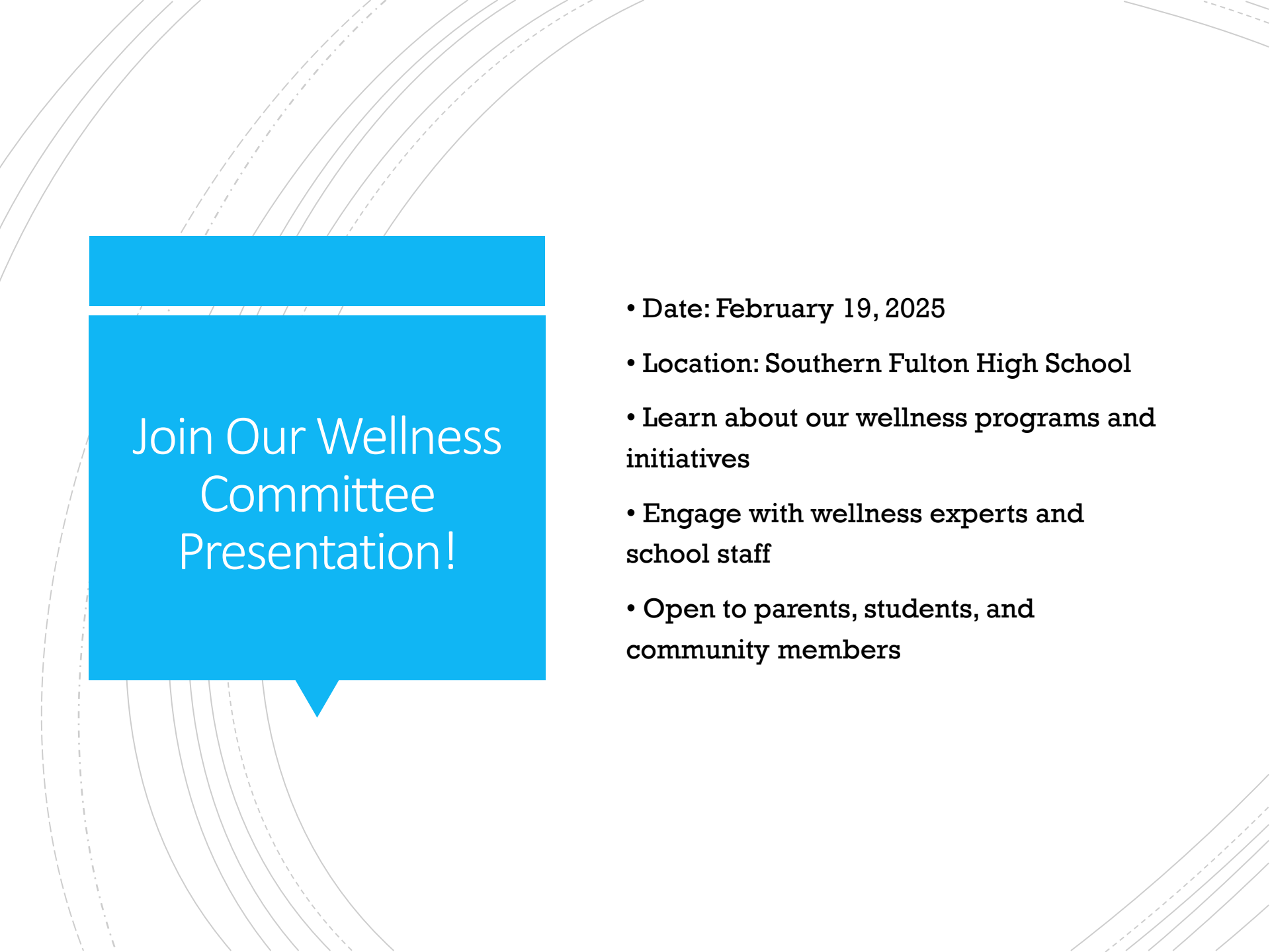
Mental Health and Well-being

- Importance of emotional and social well-being
- Resources available for students
- Strategies for managing stress and anxiety
- Mindfulness and relaxation techniques



Southern Fulton School District Wellness Initiatives

- School meal programs supporting balanced nutrition
- Physical education and extracurricular activities
- Counseling and mental health support services
- Partnerships with families and the community

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Join Our Wellness Committee Presentation!

- **Date:** February 19, 2025
- **Location:** Southern Fulton High School
- **Learn about our wellness programs and initiatives**
- **Engage with wellness experts and school staff**
- **Open to parents, students, and community members**