

Beaufort County School District

Wellness Goals for 2025-2026 School Year

Nutrition Education & Promotion:

1. Increase the number of eligible schools participating in the USDA Fresh Fruits and Vegetables (FFV) program from 2 to 6.
2. By May 2026, implement the Farm-to-Table Nutrition Education Program in at least 10 classrooms across the district.
3. September 30, 2026, launch a monthly Wellness newsletter to be posted on the website and distributed to parents.

Physical Activity

4. By April 1, 2025, all elementary schools will remain in compliance with the 90-minute physical education and 60-minute physical activity requirement
5. Increase number of schools participating in the Spring 2026 District Dash 5K from 22 to 26.

Other School-Based Wellness Activity

6. Every BCSD school shall designate a Wellness Champion for the 2025-2026 School Year.
7. By April 1, 2026, the number of BCSD schools participating in the MUSC wellness Award program shall increase from 25 schools (2024-25 SY) to 28 schools.

Let's Work Together for a Healthier School Year!

Parents, teachers, and students—your support makes wellness possible.
Stay tuned for updates and join us in promoting healthy habits across Beaufort County!



BEAUFORT COUNTY
SCHOOL DISTRICT

☀️ Wellness Goals for the 2025–2026 School Year ☀️

🍎 Nutrition Education & Promotion

- ✅ **Fresh Fruits & Veggies:** Increase schools in the USDA FFV program from **2 to 6**.
 - ✅ **Farm-to-Table Learning:** Launch in **10 classrooms** by May 31, 2026.
 - ✅ **Wellness Newsletter:** Monthly updates starting **September 30, 2026**.
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🏃 Physical Activity

- ✅ **District Dash 5K:** Grow participation from **22 to 26 schools** in Spring 2026.
 - ✅ **PE & Activity Compliance:** All elementary schools meet **90 min PE + 60 min activity** by April 1, 2025.
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❤️ Other School-Based Wellness Activities

- ✅ **Wellness Champions:** Every school will have one for 2025–2026.
- ✅ **MUSC Wellness Program:** Increase from **25 to 28 schools** by April 1, 2026.

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