Ferndale Area School District Wellness Plan Goals
For years 2025 thru 2026

	Year 18 2023-2024	Year 19 2024-2025	Year 20 2025-2026
Physical Education/ Health Education	**Elementary** - 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 **High School** - Archery Club 2 times per week - Mental Health & Wellness Center opened - Peer Mentoring continues (NHS and Student Council) - Gym fountain	**Elementary** - Pumpkin Gallery - Recess for All - 3 location Field Day - beginning May - Seniors help, Student Council/NHS Members helping - Pep Rally for Homecoming - Caps and gowns for little ones - walk with seniors **High School** - Archery Club 2 times per week - Mental Health & Wellness Center opened - Peer Mentoring continues (NHS and Student Council) - Training Jr Hi students in Weight Room in 2nd semester - limit students time in the gym until trained - Teaching canning in Ag. Club - Gluten Free cooking in FCS - Botvin Life skills (grades 7/8)	**Elementary** - Pumpkin Gallery - Recess for All - 3 location Field Day - beginning May - Seniors, Interact Club Members help - Pep Rally for Homecoming - Caps and gowns for little ones - walk with seniors. Time machine for seniors/K3, K4 - Fitness Club **High School** - Mental Health & Wellness Center opened - Training Jr Hi students in Weight Room in 2nd semester - limit students time in the gym until trained - Botvin Life skills (grades 7/8) - Fitness testing in grades 7/8 and personal fitness - Aerobics class
	Elementary - Continue with Power Up Grades K4-2 - Fresh fruits & vegetables grant approved (5 years) - CEP grant continues **High School** - 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	**Elementary** - Continue with Power Up Grades K4-2 Expand to 4 - Fresh fruits & vegetables grant approved (5 years) - CEP grant continues - Fruit bar with Field Day - Power Up expand to K3-4 **High School** - CEP grant continues. - New breakfast nook for grab-n-go - Teaching canning/growing in Ag. Club (Babik, Karcher)	**Elementary** - Continue with Power Up Grades K4-2 Expand to 4 - Fresh fruits & vegetables grant approved (5 years) - CEP grant continues - Fruit bar with Field Day - Power Up expand to K3-4 **High School** - CEP grant continues. - New breakfast nook for grab-n-go - Whole grains/Healthy Choices meal planning (Grant from Beef Cow School)

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			- "Bake for Good Program" flour free from King Arthur Baking. Bread made went to the community in need.
School Health Services	**Elementary** - Early Vision Screenings Primary Gr. K3-2 - Continue good handwashing and hand sanitizer use - Early hearing screenings K3-3 - Puberty talks Gr. 4, 5, 6 - Swim lessons at YMCA? - Breakfast Club/Lunch Bunch (REACH) - Suicide Prevention Awareness Month	**Elementary** - Early Vision Screenings Primary Gr. K3-2 - Continue good handwashing and hand sanitizer use - Puberty talks Gr. 4, 5, 6 - Ferndale Rec for YWCA Swim lessons - Breakfast Club/Lunch Bunch (REACH) - 5/6 grade Suicide Prevention Awareness Month - Mandated for K3/K4 Programs (physical immunizations, flu shots, dental) - Breakfast Club, Lunch Bunch for 5/6 grade boys (Sarlouis)	**Elementary** - Early Vision Screenings Primary Gr. K3-2 - Continue good handwashing and hand sanitizer use - Puberty talks Gr. 4, 5, 6 - Ferndale Rec for YWCA Swim lessons $945 swim, $1001 other sports. Ferndale Borough pays for all Ferndale students. ? Help from other boroughs and townships. ? Flyer in Spring - Breakfast Club/Lunch Bunch (REACH) starts after Christmas - Gr 6 Suicide Prevention Awareness Month - Mandated for K3/K4 Programs (physical immunizations, flu shots, dental) - Breakfast Club, Lunch Bunch for 5/6 grade boys (Sarlouis)
	High School - 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	**High School** - CPR "Hands Only" Gr. 9 - Continue use of handwashing and hand sanitizer use - Early vision screening - Vape detectors at HS bathrooms - Suicide Prevention Awareness Month (Guidance Counselor) - Small group lunch bunch (Guidance Counselor / F&CS Teacher) - Smokeless Saturdays - Vaping in Health Class taught	**High School** - CPR "Hands Only" Gr. 9 - Continue use of handwashing and hand sanitizer use - Early vision screening - Vape detectors at HS bathrooms - Suicide Prevention Awareness Month (Guidance Counselor) outside speaker last year "Mavrick's Mission" - Small group lunch bunch Gr 7 (REACH) - Smokeless Saturdays - Vaping in Health Class taught

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School Counseling, Psychological, and Social Services	**Elementary** - 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	**Elementary** - 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 - Lunch Bunch, Breakfast Club (REACH) Peer Mentoring - Backpack Program - CCBP & Snack Pantry - Hygiene products for students - Clothing Boutique	**Elementary** - Botvin Life Skills (Guidance Counselor) - "Safe Touch, Smarter Parents, Safer Kids" (REACH) - Parent Program – get Amazon gift card - Cyberbullying Gr 5-6 (State Police) - Lunch Bunch, Breakfast Club (REACH) starts after Christmas - Peer Mentoring implementing a rewards program with students with behavioral needs who have something to excel at - Backpack Program - CCBP & Snack Pantry - Pittsburgh Pantry cupboard empty, waiting for them to call back - Hygiene products for students - Clothing Boutique (Lisa Campbell)
	High School - Integrate School Counselors into Health Classes - Red Ribbon Week painting and speaker - 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)	**High School** - Integrate School Counselors into Health Classes - Red Ribbon Week speaker - SADD R.E.A.C.H. - Boys' Health Gr. 9 (School Psychologist) - Girls' Health Gr. 9 (Guidance Counselor) - Botvin – Gr. 7, 8 (Health Teacher) - Make students aware of necessity locker in specials/health (morning announcements)	**High School** - Integrate School Counselors into Health Classes - Red Ribbon Week speaker – SADD No teacher has taken over - R.E.A.C.H. - Boys' Health Gr 9 (School Psychologist) - Girls' Health Gr 9 (Guidance Counselor) - HS starting Blues Program Group – Learning Lamp for students who have experienced trauma - Botvin – Gr. 7, 8 (Health Teacher) - Make students aware of necessity locker in specials/health (morning announcements) - Independent Living taught coping skills

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Health Promotion	- 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	- Continue flu shots - R.E.A.C.H. 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 - ? Personal fitness for staff – using exercise physiological – Shut down gym one night? -	- Continue flu shots (unable to get flu shots for employees this year) - R.E.A.C.H. Mental Health and Wellness Center for staff and employees (short decompression sessions) - EAP Mental Health Program for staff and families Paid ala cart – pay as used - Staff use Fitness Center 5:00 am – 11:00 pm - PBIS – appreciation for teacher activities - Moral boosters
Family/Community Involvement	- Strengthening Families - Parent involvement nights at Elementary - NHS or Student Council students help plan events - Mental Health and Wellness Center open to community	- Parent involvement nights at Elementary - NHS or Student Council students help plan events - Mental Health and Wellness Center open to community	- Parent involvement nights at Elementary - Mental Health and Wellness Center open to community – need help to staff - Interact Club - Tooth Fairy pillows (Kindergarten) - STEAM Saturdays (Stern) - Santa Workshop (NHS)