



Faribault Public School District 2025-2026 Wellness Committee Highlights



District and Site-Level Wellness Goals

Faribault's Wellness Committee's main objective is for each school site to identify health and wellness goals from the results of their *School Health Index (SHI)* that are relevant to the needs of their school communities. **Physical Education (PE) and Physical Activity** was selected as the district-wide area of focus and all sites created action items such as physical activity programs or clubs, PE curriculums, or classroom movement breaks. Across all school sites, the most common topic areas for wellness work were:

- **School Health Services** related to on-site healthcare and emergency response plans.
- **Social and Emotional Climate** focused on positive school culture and student engagement.
- **Employee Wellness and Health Promotion** such as mental health services and programs promoting healthy habits.
- **Community Involvement** through partnerships with community-based organizations and healthcare providers.



Open Gym for High Schoolers

Faribault High School (FHS) began to introduce new opportunities for students to form relationships and socialize with one another, in part to align with their school-wide values of belonging and respect. One new initiative focused on incorporating intentional physical activity times throughout the school day. FHS opens the gyms

for students to participate in various activities both in the morning before school begins and during their lunch periods and hope it incentivizes them to come to school on time and helps establish a strong sense of community and while creating a fun learning environment. Additionally, physical activity is linked to positive classroom engagement, student wellness, and decreases in negative behaviors.



Principal Nate Molitor says, "This has been a huge success in its first year of implementation. Students are actively taking part in these opportunities and it is positively impacting our school environment, as we've seen a reduction in negative behaviors within our building this year."

Faribault Education Center Adult Learners Field Trip

The Faribault Education Center (FEC) offers several types of programming and learning opportunities for community members of all ages. One recent example is a field trip that FEC's adult learners took to the Riverbend Nature Center in Rice County. In addition to time for hiking, their visit included a hands-on experience to learn about how sap turns into syrup and the process of maple syruping from start to finish, including the opportunity to taste the syrup at the end.



District-Wide Staff Yoga Initiative

The district expanded staff wellness opportunities this year through district-wide yoga sessions. The slow-flow and restorative classes focused on enhancing well-being through breath-guided movement, incorporating floor work, standing and balance poses, meditation, and pranayama (breath work). The initiative has seen great participation across the district with lots of positive feedback from staff. Many have shared that it's been a helpful way to reduce stress, recharge, and prioritize their well-being after the workday. The district provides yoga mats, blocks, and straps, which had made it easy for staff of all experience levels to join.



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Little Falcons Visit Faribault Gymnastics Club

Roosevelt Early Learning Center has intentionally increased opportunities for movement and physical activity throughout the school day for its students. As part of this effort, early learners participated in a field trip to Faribault Gymnastics Club, which was an experience designed to introduce them to a new sport, spark interest in movement and activity, inspire future participation in Little Falcons programming. Students who attended were highly engaged, had fun, and benefited from learning meaningful movement exercises to support their overall health and development.



Area Learning Center's Upcoming Programs

Faribault 's Area Learning Center (FALC) has two upcoming programs:

1. Greenhouse Initiative

- FALC will install a greenhouse at their McKinley building for students to learn about and engage with healthy food and growing practices and have opportunities to use the produce to cook healthy and cost-effective meals.
- The space will be also be utilized by Science, Special Education, Physical Education, Health and Math classes. Students will help build the greenhouse and a Hands on Geometry curriculum is being developed to connect what is learned during the building process to elements of the construction trade.

2. New Physical Education Equipment and Gym Space

- FALC purchased new gym equipment for Physical Education (PE) classes and weightlifting to use next school year in their expanded PE curriculum and as part of its own (and first!) on-site fitness center.
- In their new dedicated gym space, students will be able to learn and engage with new activities and educational opportunities to develop skills and knowledge for staying active and healthy throughout their lives.

School Health Services: Allergy Initiative and Signage & Cardiac Emergency Response Planning

Faribault Health Services continued a district-wide initiative to improve allergy awareness by developing and sharing accessible educational resources. Through participation in a microgrant program with the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and Food Allergy Research and Education (FARE), the team created multilingual allergy signage for schools. Materials included classroom posters for younger students and FARE's *Recognize and Respond to Anaphylaxis* posters in English, Spanish, and Somali. These are displayed in health offices and cafeterias to support emergency response and provide clear instructions for using stock epinephrine kits. The team also strengthened the district's Cardiac Emergency Response protocols by reviewing model guidance and creating site-specific plans. Children's Minnesota-Project ADAM was selected as a community partner to support implementation and deliver on-site staff training aligned with Faribault's updated cardiac emergency response plan.



Note: Funding for some of the included wellness initiatives were made possible (in part) by the Centers for Disease Control and Prevention through DP23-0002, *School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-being of Students*.