



BEAUFORT COUNTY SCHOOL DISTRICT

☀️ Wellness Goals and Results for the 2025–2026 School Year ☀️

🍎 Nutrition Education & Promotion

- ✅ **Fresh Fruits & Veggies:** Increase schools in the USDA FFV program from **2 to 6**.
Increased to 5 schools; 1 school shy of goal
 - ✅ **Farm-to-Table Learning:** Launch in **10 classrooms** by May 31, 2026.
Goal Achieved
 - ✅ **Wellness Newsletter:** Monthly updates starting **September 30, 2026**.
In Progress
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🏃 Physical Activity

- ✅ **District Dash 5K:** Grow participation from **22 to 26 schools** in Spring 2026.
As of 4/10/26, 20 schools and the District Office are participating
 - ✅ **PE/Activity Compliance:** All elementary schools meet **90 min PE+60 min activity** by Apr 1, 2025.
In Compliance – Goal Achieved
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💚 Other School-Based Wellness Activities

- ✅ **Wellness Champions:** Every school will have one for 2025–2026.
Goal Achieved
- ✅ **MUSC Wellness Program:** Increase from **25 to 28 schools** by April 1, 2026.
Decreased to 24 schools

Let's Work Together for a Healthier School Year!