



☀️ **Wellness Goals for 2026 - 2027** ☀️

NUTRITION & EDUCATION PROMOTION

- 🥕 Expand participation among eligible schools in the USDA *Fresh Fruits and Vegetables Program* from 5 schools to 7 schools.
- 🍴 Increase the number of meals served in the Summer Food Service Program from 48,151 meals served in 2025 to 150,000 meals in 2026 by implementing the Groceries To-Go Program.
- 📧 Launch a District Wellness Newsletter by September 30, 2026, with the support of the Communications Office.

PHYSICAL ACTIVITY

- 🏃 Expand participation in the 2027 BCSD District Dash 5K, with a goal of engaging 32 schools.
- 🏆 Host district-wide wellness and activity nights for students and families.

OTHER SCHOOL-BASED ACTIVITIES

- 🏥 Partner with Beaufort Memorial's Well at Work Program to offer meaningful staff wellness initiatives (e.g. lunch and learn, mental health first aid, etc.).
- 📅 Create a monthly wellness calendar for the district office featuring health screenings, vendor fairs, and other wellness activities.
- 🏆 Increase engagement in the MUSC Wellness Award Program, growing from 24 to 32 participating schools, supported by a dedicated point of contact to encourage success.

☀️ **Let's Work Together for a Healthier School Year!** ☀️