

The Wellness Policy goals have been reviewed and assessed by district staff (teachers, administrators, cafeteria staff, nurse, counselors). The district has done a good job meeting the goals of the Wellness policy.

**Things the High School is doing to promote student wellness:**

1. Bi-weekly "Culture Club" school wide assemblies. These assemblies provide positive messages to the students. Speakers discuss healthy choices and decision making, social emotional learning (SEL) lessons, and above the line behaviors.
2. Students have a SEL resource library and google classroom to visit during their advisory period.
3. Outside agencies (CBHC, Allwell) provide services for more intense mental health treatment. They provide individual and group counseling, as well as case management services.
4. We partner with Nationwide Children's Hospital for suicide prevention education, screening, and treatment.
5. Anti-virus program (cyber bullying education)
6. Anti-vaping program through MVHC and CBHC
7. The school social worker (McKinney-Vento coordinator) provides home based services.
8. The cafeteria staff is working on offering more fresh fruits and vegetables and creative ways to serve healthy foods students will eat.
9. There is an onsite Health Clinic available to students and staff. It will open July 25<sup>th</sup> for students who need sports physicals or vaccines.
10. Personal items and clothing are available for any students who might need something.
11. "Trauma Tip of the Week" emailed to staff with tips for student wellness.

**Things the Elementary is doing to promote student wellness:**

1. Roll call once a month to check on student well-being.
2. Kindergartners receive visits from the school counselor.
3. Health clinic available to all students.
4. Gro-Mart (clothing for students) is available for all students.
5. CBHC and Allwell provide mental health services to students when needed.
6. The cafeteria staff is working on offering more fresh fruits and vegetables.
7. Section in the school newsletter spotlighting wellness.
8. The school social worker (McKinney-Vento coordinator) provides home based services.
9. Chris Campbell is hoping to start student yoga beginning the 2022-23 school year.
10. Events encouraging family participation. Family reading night had an attendance of over 500!
11. "Trauma Tip of the Week" emailed to staff with tips for student wellness.

**Things the District is doing to promote staff wellness:**

1. Staff access to Kid's America.
2. There are Mindful Movement and Zumba classes held on campus.
3. Health clinic on campus that's available to staff.
4. 10 minute chair massages for staff.
5. Food Trucks available at different times throughout the year.
6. "Trauma Tip of the week" sent by email with tips for staff wellness.

With regards to nutrition requirements for school meals, the milk and grain requirements have been updated. Schools may now offer 1% flavored milk instead of fat free flavored milk. At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains). The Wellness Policy should be updated to reflect the changes.