

Activities that support School Wellness 2019-2020

(Highlighted items indicate cancellation due to Covid-19)

USD 376 STERLING

District:

Yearly Dental checks-cleaning, fluoride treatment and sealants for students PK-12

Flu Shot clinic for Staff and students PK-12

Black & White Newsletter-Nurse's Notes in each edition

Food 4 Kids (Kansas Food Bank): Friday food packs for children in danger of chronic hunger

Grade School:

Non-food rewards: Inflatables, Roller Skating, Bowling, Kick ball Extravaganza

Healthy food rewards at school-wide events: string cheese, whole grain items, fresh fruit

Weekly Healthy Minutes developed by GS P.E. teacher: K-6

Weekly lessons by GS Counselor: Advocating good choices for personal health, mental health and social health

Ididaprob: 5th grade six-mile bike ride with planned stops for team math problem solving. Healthy snacks at end of the event.

Salad Building Event: Annually for 5th graders to create salad "masterpieces" using familiar and unfamiliar ingredients.

Bike Rodeo: Every other year for grades 1-4 (scheduled for SY 2019-2020)

Field Day: Annually for K-6. A day of creative play and activity with healthy snacks/water provided.

Track meet: Annually for grades 5-6

Hoe down: Annual dancing activity held during the school day for grades K-4 and their families. Includes Square Dancing and the Bunny Hop. A collaborative activity offered by the GS Music teacher and GS PE teacher.

Basketball Skills for grades 3-6: A free 1-hour basketball activity offered daily afterschool from after Spring Break until the end of school. It is then offered through the summer for a nominal cost of \$1 per day.

Free Breakfast/Lunches served 5 days a week during Covid-19 school closure, March 23-May 29, at various sites in Sterling and in Alden.

Free Breakfast/Lunches offered as **Covid-19 Summer Lunch Program** served 3 days a week for 5 days of meals, June 1-July 31 at various sites in Sterling and in Alden.

Big Buddies: Activity night of games, crafts & play for 2nd grade students and HS FCCLA members

Junior High-High School:

Non-food rewards: Letterman's Club Community Service City Clean-up Day (held during school day)

P.E. Lifetime skills/activities class: CPR training, social skills and lifetime sports

Black Bear Power (HS) and Bear Cub Power (JH)-Classes that offer strength and conditioning training