

August 29, 2018

Families, Staff, and Community of Gallatin County School,

Gallatin County School has a continued focus on fostering a culture of wellness for students, families and staff. Studies have shown that healthy students—particularly those who engage in physical activity and healthy eating—are better learners.

In 2016 our school received an Upgrade grant (formerly known as the HEROES Initiative), which provides the tools schools need to offer opportunities for students to win in the classroom through healthy choices and physical activity. Upgrade currently supports 30 schools with evidence-based programs to develop healthy student behaviors for daily success.

A few of the things that have been integrated into our school environment as a part of this initiative include:

- [SuperFood HEROES – a taste-testing program that allows elementary students to experience 20 different vegetables and their “super powers”]
- [Walking/Running program]
- [Movement-based physical education]
- [Resources and equipment to enable the cafeteria to serve more fresh fruits and vegetables]

For our Year 3 Project, the wellness council has chosen to install of workout fitness area outside of the school. This will allow students to use the work out equipment during Physical Education and outside of school hours.

The school wellness council, drive these efforts and guide the school to view aspects such as fundraisers, school events, and classroom routines through a lens of health. We ask for your support as we continue to work together to improve our current programs and **also create new healthy living opportunities for all those who enter our building.**

Know that our wellness policy can be found on our school’s website at [gallatincountycusd7.com](http://gallatincountycusd7.com). We look forward to building a foundation that will ensure a sustainable culture of wellness far into the future. Please feel free to contact me with questions regarding this initiative!

To your health,

Mariah Dennison  
Wellness Coordinator