Health and Wellness Goals 2026

Nutrition Guidelines

- Continue to participate in USDA reimbursable meals.

Public Involvement

- Include two or more newsletter entries.

School-Based Wellness Activities

- Flu/Covid vaccines to qualified individuals
- Provide two or more wellness activities or opportunities to staff

Physical Activity

- All classes will have one hour of adapted physical education (APE) per week,and 2.5hrs playground time per week

Nutrition Education

- Include two or more nutrition/wellness newsletter articles.
- Students will have at least four opportunities to participate in healthy nutrition-related life-skills labs.

Nutritional Promotion

- Promote wellness policies through the school website, with updates as needed.