

Physical Activity Goal	Nutrition Goal	Other Wellness/Mental Health Goal
<p>1 Elementary and preschool students who arrive between 7:45 a.m. and 8:00 report to the gym, where they are encouraged to walk until the bell rings to report to class.</p> <p>2 All junior and senior high school students report to the gym after lunch where they are encouraged to play volleyball, basketball, walk or participate in some form of physical activity.</p> <p>3 All Elementary students have a PE class.</p> <p>4 All Junior High students who do not participate in the daily seasonal sport during class must walk or exercise during the class period as they are able.</p> <p>5. We encourage all 7-12 students to take a PE class and Weights throughout high school.</p> <p>6. We encourage all 7-12 students to participate in extracurricular activities.</p>	<p>1. Our vending machine in the lunchroom only sells healthy drinks such as gatorade and bublr.</p> <p>2. We encourage students to bring water bottles to school.</p> <p>3. We have started a Beef Boosters Program called Scott's Meat Mission. This is just getting off the ground.</p> <p>4 Promote nutritional education by putting posters in the lunchroom.</p> <p>5 Foods grown in the FFA tower garden are utilized and fed in the lunchroom. We also use our greenhouse to grow vegetables.</p> <p>6. We have a careers cluster for JH students and one of the quarter classes is an FCS class geared towards making healthy choices.</p>	<p>1 We have an LMHP that comes and visits with our students, twice a week. We do have a full time school counselor.</p> <p>3. We use Second Step in our elementary guidance education.</p>