

WELLNESS ACTIVITIES

All schools plan their individual wellness activities around our System Wellness Policy and Goals.

VARIOUS ACTIVITY HIGHLIGHTS:

Health and Physical Education

Fitness Gram

Vision, Hearing, and Dental Screening

Health and Nutrition Nights and Classroom Counseling

Special Olympics

C.H.A.M.P.S.

Kids On The Block

Fire Prevention

Field Days

Jump For Heart – Hoop For Heart – Fun Run

Great Pumpkin Chase – Mighty Milers Run – Rocket Run – Reindeer Run

Stem Program's and Stem Day's and Agriculture Day

Relay For Life

Sports Clinics – Community Sponsored Sports and Events

Athletic Competitions for All Middle and High School Students