

Wellness Committee Notes from November 30, 2018 meeting.

We reviewed the Wellness Policy and made sure we did not want to make any changes to our current policy that we approved on May 2017.

We agreed that we are following the wellness policy as a district. Below are areas of activities the district is doing to achieve its goal of meeting guidelines.

Gobles Elementary

This year they will be doing the following

Blue Cross Blue Shield Healthy Grant:

Elementary Wellness Team

Track and Field Day in May

Girls on the Run

45 minute PE classes every third day K – 5th grade

25 minute recess daily

CHOICES – Health/Nutrition Curriculum

Active Brain Breaks and movement activities embedded in all K – 2 classroom each day.

HSMS

This year they will be doing the following

8th Grade PE and Health on semester rotation, while 6th grade all year PE/Health

9th – 12th grade Physical Education Classes. Wide variety of classes students can choose. Just added a open weights and conditioning class that can accommodate beginners and advanced at the same time.

6th and 8th grade health classes.

40% of student body participates in athletics

MS Track and Field Day in May

Bike-a-thon fundraiser from the Biology club

Open Weight Room afternoon and evening for students, staff, and community with a trainer on site.

Clubs and Organizations that are offered at Gobles Public Schools District that promote wellness by engaging students in activities that will keep them active.

Boy Scouts, Cub Scouts, 4H Club for K- 12, Ski Club for K-12, and Robotic Club for MSHS. These groups also go along with the youth sport programs that are organized and promoted in our community and supported by our school district.

Community

Community Service Clean up day. The MSHS will go out and walk through town and clean up from the winter season. This will happen in April.

Promoting more healthier fund raisers such as Walk a Thon, Runs, Basketball Competitions.