

**East Shore Leadership Academy Wellness Review Committee Update  
2018-19**

***Presented at April 15, 2019 Regular Board Meeting***

The Wellness Committee has reviewed the Wellness Policy and the goals and objectives. The plan addresses students physical health/exercise, overall well-being, and how it correlates to learning.

The committee is also aware that it is imperative that students are provided well-balanced nutritious meals that foster good eating habits.

During the formal review, the committee has agreed that the policy is acceptable. The committee did make some minor changes to the goals and objectives for the 2019-20 school year that include the following:

**NUTRITION EDUCATION**

Acceptable as is.

**PHYSICAL ACTIVITY**

**Objective**

Changed:

- i. Add; "activities/gym time" and remove "courses"
- iii. Add; "activity"

**Action Plan**

Removed:

- 2. "Sports Club offered to all students during the school day during Club Day"

**OTHER SCHOOL-BASED ACTIVITIES**

**Action Plan**

Removed:

- 3. "Therapeutic Massage for teachers during teacher appreciation week"

**NUTRITION STANDARDS**

Acceptable as is.

The committee also agrees that progress is being made toward all goals and objectives through the specified action plan under each goal area.

School Improvement Team/Wellness Committee members;

Nancy Gardner  
Deanna Keller

Michelle Gardner  
Danielle Spradlin

Velvet Wilt (parent)  
Melissa Wisniewski (student)

*Wellness Team Review: March 9, 2019  
Board Review/Approved: April 15, 2019*