

## **East Shore Leadership Academy Wellness Committee Update 2017-18**

*Presented at April 19, 2018 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 and the goals and objectives for the 2018-19 school year will include the following changes:

### **NUTRITION EDUCATION**

Action Plan:

Delete "books are available in the library on good nutrition"

Add "MSU Extension will teach all students in grades K – 8 classes on health eating throughout the school year

Add "Nutrition section to website and/or FB that contains information and resources on exercise/health and nutrition"

### **PHYSICAL ACTIVITY**

Action Plan:

Delete "CATCH program through the YMCA"

Add "Sports Clubs offered during the school"

### **OTHER SCHOOL-BASED ACTIVITIES**

Action Plan:

Add "Therapeutic Massage for teachers during teacher appreciation week"

### **NUTRITION STANDARDS**

Action Plan:

Delete "Any items sold in vending or drink machines will meet Smart Snack Regulations Eating Environment"

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

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