

Wellness Committee Goals for 2021-2024

1. Our PE/Health (Wellness) teacher will receive standards-based training and professional development on a yearly basis. The Wellness teacher will engage and involve families in nutrition education efforts by sharing nutrition education information via Facebook, monthly. The Wellness teacher will receive professional development through the Nutrition Toolbox or through USDA to earn training badges. We can use the Nutrition Toolbox for resources. The Wellness teacher will share nutrition info via Facebook each month and throughout the school. This information will also include a list of food banks on our website. <https://www.fns.usda.gov/tn/guide-professional-standards-school-nutrition-programs>
2. GMCS will partner with community organizations that promote physical activity, such as Karate Studio, Soccer Camp, Healthy Adams County
3. GMCS will try to schedule more PE classes for our students and incorporate Health into PE vs. teaching it separately. (Alex, if you would like to clarify your thoughts on this, I would appreciate it.)
4. GMCS will provide the nutrition content of school meals to the school community.
5. GMCS will re-establish a School Garden - either with grade band plots or garden club.
6. GMCS will include health and nutrition info into school announcements.