

# TYPES OF WELLNESS

## EMOTIONAL/SOCIAL WELLNESS



1

- Clubs/Student Groups/Dances (MDHS, PLMS)
- Health Screeners: Vision, Hearing, Immunizations, Dental
- Community: Guest Speakers, The Streak
- Awards: Extracurricular/Academic/Clubs
- Mentors/Teachers Aide: MDHS/HHS to Elem.
- Clean Facilities / Sanitizer & Water Fill Stations
- Wellness Day Benefit for qualifying staff
- EAP Benefits

2

## PHYSICAL WELLNESS



- Healthy Fundraisers (ie. Jog-a-thon, Apples/Peaches)
- Field Trips
- Fitness Club Membership Discounts
- Fitness Classes/Opportunities: Spin Classes
- Recess K-8
- Athletics/Community Events/Clubs

## NUTRITIONAL WELLNESS



3

- Breakfast & Lunch Programs - all schools
- Farm to School Program
- School Gardens/Composting
- Daily Salad Bar or Salad Option - all schools
- Snack Options/Grants K-8
- Technology Tools to help advertise/process/print menus

## GOALS TO DO 2025

- Summer Food Program - 2025 FREE!
- Staff Wellness Module for PD
- Promote School Breakfast & Lunch Programs
- Staff Lunch Paid Options - a la carte
- Student Feedback: Data, Menu Planning, Samples
- Audit technology tools for programming success.
- Audit fundraisers

**WELLNESS TEAM UPDATED 2/2025**