

School Wellness

St. Vrain's School Wellness program is designed to encourage healthy eating and physical activity at school. Our goal is to make the healthy choice the easy choice every day.



Let School Wellness help you!

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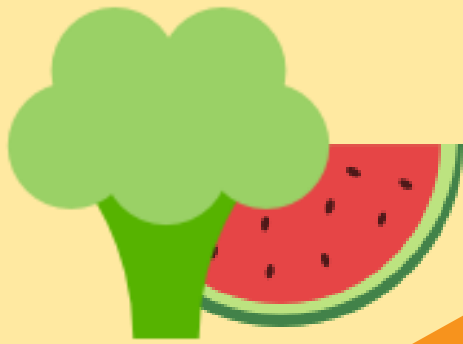


St. Vrain believes that student health is integrally connected to student achievement and that healthy students feel better, learn better, and grow into healthy adults.

At the core of our programs are healthy food guidelines and physical activity best practices, which follow and advance our Wellness Policy.

Our continued success is dependent on the support and inspiration of parents, teachers, students and community partners.

Don't miss out on these amazing programs.
Select from the lists below or we can customize a program just for your school!



In the Classroom

MyPlate Nutrition Education
STEM Projects
Farm Field Trips
Food through Art
School Gardening
Farm to School Activities

In the Cafeteria

Harvest Days
Make a Rainbow Day
National School Lunch Week
National School Breakfast Week
Food Waste Challenge
Chef Demo's and Cook-Off's
Cooking Matters*

Before or After School

Walk to School Day
Bike to School Day
Walk and Wheel Days
Bike and Pedestrian Rodeo
Girls on the Run

For PTO's & PTA's

School Wellness Teams
Healthy Fundraisers
Healthy Rewards
Healthy Celebrations
Wellness Fair
Farmer's Markets

