

# **WELLNESS ACTIVITIES AND PROMOTIONS**

Athletic Competitions for All Middle and High School Students

C.H.A.M.P.S.

Family Health Nights

Field Days

Fire Prevention

Fitness Gram

Fresh Fruit and Vegetable Programs

Great Pumpkin Chase – Mighty Milers Run – Rocket Run – Reindeer Run –  
National Walk To School Day

Health and Nutrition Nights and Classroom Counseling

Health and Physical Education

Jump For Heart – Hoop For Heart – Fun Run

Kids On The Block

Monthly Newsletter and Website Promoting Wellness

Nutrition Education Library in Parent Centers

Relay For Life

School Clubs Promoting Walking

School Sporting Events

Special Olympics

Sports Clinics – Community Sponsored Sports and Events

Stem Programs and Stem Days and Agriculture Day

Student Ambassadors Reinforcing Health and Wellness Initiatives

System Intentional Wellness Initiatives for Students and Staff

Vision, Hearing and Dental Screening