Physical Education
Coaching and professional development for PE and classroom teachers
Spark PE and COPA Curriculum

Physical Activity
Active recess during and after school, intramural sports, PlayWorks
Physical activity in the classroom, instant recess, Go Noodle, Brain Breaks
Walking club, walk to school days, 100 Mile Club, Fire Up Your Feet
Recreation equipment, peaceful playground

Staff Wellness
Remodel staff lunge, fitness classes, gym membership, fitness challenge
Physical activity education and promotion
Nutrition

Cafeteria renovations, Smarter Lunchrooms strategies
Extra servings of fruit and vegetables, salad bar, Harvest of the Month
Water stations, Rethink Your Drink campaign
Nutrition education and promotion, Cooking Classes
Healthy celebrations and fundraisers
Breakfast in the classroom

Staff Wellness

Remodel staff lounge, healthy staff meetings
Cooking, nutrition and health education and promotion
Wellness Policy

Implementation and Monitoring

Revise and adopt district wellness policy
Implement district wellness policy
Monitor district wellness policy, Assessments
District wellness committee
School-site wellness council

Staff Wellness

Staff wellness policies
Staff wellness committee