

## School Wellness Year in Review 2017-2018

The Barkhamsted Wellness Committee picked up where they left off at the end of last school year continuing with the Action Plan. The three main focus areas were communication, staff wellness, and school wide activities to promote wellness.

The School Wellness section on the Barkhamsted School website was updated throughout the year with meeting minutes, activities and events. The Wellness Committee meeting dates were posted on the school calendar, as were Wellness Wednesdays. Special events hosted by the Wellness Committee were added to the calendar and the principal included the activities in her monthly BOE report. The student members of the Wellness Committee came up with health and wellness related facts and shared them every wellness Wednesday during morning announcements. The cook/manager maintained the lunch program bulletin board with various nutritional information.

Staff Wellness was kicked off this year with a Flu vaccine clinic held afterschool for all staff and town employees. Rite Aid was the administrating service, many of the staff took advantage of the clinic. In January the Wellness Committee hosted a staff lunch and learn with a guest nutritionist who spoke about eating to boost your immunity.

Each month beginning in October brought a different theme, with each theme came a variety of activities from food tasting, to making healthy choices, to dancing in the hallways and jumping rope. Each Wellness Wednesday announcement would follow the monthly theme with facts, tips, and reminders. These activities encompassed physical activity, nutrition, health and personal safety.