

NUTRITION EDUCATION, NUTRITION PROMOTION, PHYSICAL ACTIVITY, AND SCHOOL ACTIVITIES THAT PROMOTE STUDENT/STAFF WELLNESS

NUTRITION EDUCATION:

Farm to school week

Healthy choices with my plate pamphlets

Conagra monthly newsletters distributed "Quick Bites"

Breakfast week celebrated

NUTRITION PROMOTION:

Colts mascot "blue" fuel up to Play Flyers

Join our school wellness advisory board posted in our newsletter

Student bolster brain power w/ breakfast information

"Gleamers 2 go" food pantry posted information

PHYSICAL ACTIVITY

Blackhawk Walk

Basketball tournament

Girls on the run

Mudd volleyball tournament

Dodgeball fundraiser