

# Activities that support School Wellness

USD 376-Sterling 2015-2016

## Grade School:

Black & White Newsletter which contains 'Nurse's Notes'

Dental Checks yearly/cleaning & fluoride treatment in Fall 2015

Food 4 Kids: provide Friday food packs for children in danger of chronic hunger

Non-food rewards: Inflatables, Roller Skating, Bowling, Swimming

Food rewards: Healthy snack items to go with Movie Party

Bi-annual Body Walk

Bi-Annual Bike Rodeo (K-4)

Annual End-of-Year Field Day (K-6)

Annual 5<sup>th</sup>-6<sup>th</sup> Grade Track Meet

Family Activity Nights (K-4)

Weekly Healthy Minutes (K-6) developed by GS P.E. teacher

Hoe-Down: Annual Family Dancing Activity held during the school day. Includes Square Dancing and the Bunny Hop. A Collaborative effort between the GS Music Teacher and GS PE Teacher.

## Junior High – High School:

Black & White Newsletter which contains 'Nurse's Notes'

Dental Checks yearly/cleaning & fluoride treatment in Fall 2015

Food 4 Kids: provide Friday food packs for children in danger of chronic hunger

BFS class-“Bigger, Faster, Stronger” program for the HS students initiated by a Sterling coach, endorsed and taught by Sterling HS coaches. The BFS classes were offered 6 times in a 2-day block schedule at the HS level. The BFS classes are in addition to the regularly offered P.E. classes. The Junior High equivalent is called “BFS Ready” and was offered 3 times in a 2-day block schedule.

Water Activities-end of the school year water games played on the football practice field

Non-food reward: Letterman's Club spring field trip to Sports World in Wichita