



Nazareth Academy-Victoria
Wellness Committee Report
2017-2018 Spring Report

Goals	Objectives	Evaluation	Outcome
<p>I. Nutrition: Students and faculty will strive to develop lifelong healthy eating habits.</p>	<ul style="list-style-type: none"> *TryDay Friday (monthly) Students and staff will sample healthy food items *Pasture to Plate (Field Trip-Farm & Ranch Show/AgriLife) *"Be a Healthy Buddy" (Field Trip to HEB) *Presentation by Registered Dietitian/Nutritionist *Super TryDay Friday (new addition) 	<ul style="list-style-type: none"> *Encourage favorable attitudes of unfamiliar food *Provide students with a variety of info on food and nutrition (Topics: Balancing Food & Play, MyPlate, Moo U, Meet Your Meat, Pizza Garden, From Fisherman to Fork, Farm in My Lunch Box, Farm Bureau Commodity Trailer) *Students will learn about a well-balanced diet, how to make healthy food choices, portion control and tips for overall health & wellness *Every grade will sponsor a TryDay recipe for taste tasting (parents will make) 	<ul style="list-style-type: none"> *Majority of students and staff sampled the TryDay Friday foods (changed to quarterly) *3rd grade students attended presentations and received lessons on various topics *HEB trip will be on 4/17/18; Kinder, 1st & 2nd graders will attend *Presentation by Nutritionist not done *Students & staff will sample 10 different healthy recipes, learn about the recipes, ingredients & will vote on favorite (will take place on 4/20/18)
<p>II. Physical: Students, staff and family members will be given the opportunity to participate in physical activities.</p>	<ul style="list-style-type: none"> *Students will participate in Nazareth Academy Fitness Program *Students/families will participate in "Jet-a-Thon" *Students will participate in cardio workout & will perform upper & lower body strengthening exercises (in addition to regular PE) *Staff will participate in WWJD Walking Challenge 	<ul style="list-style-type: none"> *Challenge students in 4-8th grade to earn the NA Fitness Award * Students, staff & families will have the opportunity of a day of fun and exercise (walking laps) *Students will participate in Tabata (High Intensity Interval Training); students will use strengthening and resistance bands when exercising *Staff will engage in daily exercise through walking 	<ul style="list-style-type: none"> *143 students earned the Fitness Award *100% students & staff expected to participate in Jet-a-Thon. Family participation unknown (will take place on 5/11/18) *100% students participating in HIIT *11 staff members participating in WWJD program
<p>III. Health Staff and students will be offered information and skills to help lead a safe, healthy life.</p>	<ul style="list-style-type: none"> *WWOW (Weekly Words of Wisdom) Presented every Monday morning to staff and students *Students will participate in the GREAT program *Help! STIC (Sick Teacher in Classroom) *Handwashing During a Water Boil *Kids Safety Fest *Health Day-VC Nursing Program *Students/staff will participate in the "Jet to Good Health" Fair 	<ul style="list-style-type: none"> *Students will present info on topics of nutrition, mental and physical health, and exercise *Provide students skills to help them cope with daily stressors, behaviors and problem solving *Educate students on how to handle an emergency in the classroom (esp. a sick teacher/adult) *Use power point and verbal lesson to educate students on how to clean hands during water boil. Set up Hand Sanitizing Stations in hallways. *Students will attend sessions on Fire, Insect, Wildlife, Passenger, Food & Choking Safety, & CPR *Students learn Hand washing, hygiene, & how to have (keep) a healthy body *Health Fair taking a different form...will be Super TryDay Friday (listed above under Nutrition) 	<ul style="list-style-type: none"> *Miscellaneous health/nutrition info presented to 100% students/staff (in attendance) during Monday morning announcements *GREAT program presently in process (5th & 7th grade) *Help! STIC (in progress, 100% students & will be trained) *100% students & staff viewed lesson on handwashing & demonstrated proper procedure *100% 4th graders expected to attend Kid Safety Fest (4/26/18) *100% PK4 expected to attend (4/13/2018) *Super TryDay Friday, see Nutrition