2021-2024

# AUSABLE VALLEY CENTRAL SCHOOL DISTRICT

Wellness Committee Highlights

**Clinton County Health Department's *Creating Healthy Schools and Communities* grant is collaborating with your school's wellness committee to improve policies, practices and environments for physical activity and nutrition in schools.**

## GROW ROOM, CARTS & GARDEN

## 2021-2024 GOALS

- Review, revise and adopt school wellness policy.
- Create Comprehensive School Physical Activity Program (CSAP) plan.
- Increase participation in physical education classes by diversifying the curriculum and promoting lifelong physical activity opportunities ie: badminton, pickle ball, kayaking, disc golf, archery and a summer games unit.
- Promote nutrition education by enhancing hands-on learning opportunities with a school grow room, school gardens and grow carts.
- Increase physical activity in the classroom with the use of party carts.
- Ensure inclusivity by installing adaptive swings.
- Communicate policy and practice changes to the entire school community by posting updates on the school website.

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# PHYSICAL EDUCATION OPPORTUNITIES

Physical education curriculums tend to focus on traditional sports. This model does not appeal to all students. The student population is diverse in activity experience, skill and areas of interest. Physical education equipment was expanded to generate excitement and develop a love of activities that can last a lifetime.

Archery

Gaga Ball

Yoga

Kayaking

Disc Golf

Spike Ball

Badminton

# WELLNESS POLICY SCORE

**100%**
Comprehensive Score:

**93%**
Strength Score:

*Total comprehensive score before revisions: 44.1%.*
*Total strength score before revisions: 32.5%.*

# ADAPTIVE EQUIPMENT

Adaptive swings are now available at both elementary school playgrounds.

# RECESS CARTS

Recess carts and equipment were added in the elementary schools to encourage movement and play during recess.

*These projects are supported with funds from the State of New York.*