



Forest Area Wellness Committee Goals

Updated 11/2020

Nutrition Promotion goal(s):

A: Parents will be provided via the district website ect., with health and nutrition resources throughout the school year.

B: Community agencies will be accessed as needed to provide opportunities for student projects related to nutrition throughout the year

Physical Activity goal(s):

The once a month elementary running/walking/be active program will be reestablished. Routine physical activities will be encouraged to be developed and held throughout the district each year.

School-Based Wellness Activity goal(s):

Parents will be invited to participate in these activities as appropriate throughout the school year. Involvement will be encouraged using notes and called home, facebook and website notifications as appropriate.