

2021-2024

BEEKMANTOWN CENTRAL SCHOOL DISTRICT

Wellness Committee Highlights



MS Main Campus

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.

GAGA PITS

Gaga Ball is sweeping the PE nation. The game combines dodging, striking, running, and jumping, with the objective of being the last person standing. In Gaga, the more players the better. This allows many students to be active participants and practice a wide range of developmentally necessary skills.



2021-2024 GOALS

- Develop a diverse, active school wellness committee.
- Review, revise and adopt school wellness policy.
- Create Comprehensive School Physical Activity Program (CSPAP) plan.
- Ensure access to free, safe drinking water throughout the school day.
- Enhance opportunities in Physical Education classes by increasing the variety of equipment/supplies.
- Expand traverse climbing wall offering to offsite elementary building.

BCSD WELLNESS COMMITTEE:

- **Shana Hileman:** MS PE Teacher
- **Ryan Converse:** HS PE Teacher
- **Dylan Carter:** BES PE Teacher
- **Camden Secone:** BES PE Teacher
- **Justin Frechette:** Associate Principal/ Administrator of Athletics
- **Rachelle Roberts:** Physical Therapist
- **Jordynne Oshier:** Health Teacher



TRAVERSE CLIMBING WALL

Beekmantown Central installed a traverse wall at the main campus in the 2022-2023 school year. Its popularity with students and staff was quickly apparent. Enough so, the Committee decided to invest their grant funds, the following year, to support the purchase and installation of a wall at the offsite elementary building. Doing so allowed all children in the district, from pre-K to 12th grade, to have access to this activity. The traverse wall teaches agility, hand-eye coordination, balance, cognitive skills in its users and is an added fun component with the obstacle course.



MS Main Campus



MS Main Campus



Cumberland Head Elementary



Cumberland Head Elementary



WELLNESS POLICY SCORE

97%

Comprehensive Score:

71%

Strength Score:

Total comprehensive score before revisions: 39%.
Total strength score before revisions: 25%.



OUTDOOR HYDRATION STATION



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



Creating Healthy Schools and Communities

