

2021-2024

NORTHERN ADIRONDACK 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 CARTS



2021-2024 GOALS

- Review, revise and adopt school wellness policy.
- Create Comprehensive School Physical Activity Program (CSPAP) plan.
- Insure access to free and safe drinking water throughout the school day.
- Increase nutrition education that addresses agriculture and the food system with the use of grow carts.
- Expand opportunities within physical education classes by increasing the variety of equipment/supplies and promoting lifelong physical activity opportunities ie: pickle ball, kayaking, traverse wall, yoga.
- Incorporate physical activity in the classroom.
- Enhance school fitness center to increase access, availability and inclusivity.



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.



Fitness Equipment



Cardio Drumming



Stationary Bike



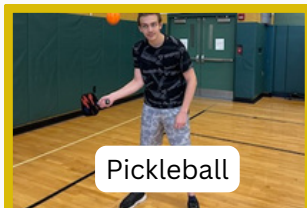
Kayaking



Fun Hoop



Scooters



Pickleball



WELLNESS POLICY SCORE

98%

Comprehensive Score:

88%

Strength Score:

*Total comprehensive score before revisions: 98%.
Total strength score before revisions: 83%.*



HYDRATION STATION

Access to free and safe drinking water throughout the school day was increased with the addition of hydration stations throughout all buildings.



COMING SOON...

NAC plans to install a traverse wall in the elementary building in the 2024-2025 school year. The traverse wall teaches agility, hand-eye coordination, balance, cognitive skills in its users.



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



Creating Healthy Schools and Communities

