



2021-2024

NORTHEASTERN CLINTON 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 (CSPAP) plan.
- Increase access to free and safe drinking water throughout the school day.
- Expand inclusive physical education options for students with special needs, injuries or social/emotional limitations.
- Increase nutrition education that address agriculture and the food system with use of school gardens, greenhouses and grow carts.
- Expand opportunities within physical education classes by increasing the variety of equipment/supplies.
- Develop opportunities for community engagement with the purchase of new, regulation sized soccer nets to be used for school functions, as well as community leagues.

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



Fitness Equipment



Laser Tag



Scooters



Pickleball

DISC GOLF COURSE

In collaboration with the Town of Champlain, a nine-hole disc golf course was installed along the perimeter of the middle/high school grounds.



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

WELLNESS POLICY SCORE

99%

Comprehensive Score:

81%

Strength Score:

Total comprehensive score before revisions: 83.2%.
Total strength score before revisions: 77%.



Creating Healthy Schools and Communities

