

2021-2024

# PLATTSBURGH CITY 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.

## WELLNESS WEDNESDAY

The Wellness Committee kicked off the First Annual Wellness Wednesday in 2024 at Stafford Middle School. Students and parents were able to meet and interact with local health and safety organizations.



## 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.
- Support *Safe Routes to School* and increase the number of students using active transportation to school by updating crosswalks and adding creative crosswalks.
- Increase physical activity throughout the school day with the installation of sensory paths in the elementary buildings.
- Increase access to the PHS weight room for all district staff.
- Host a *Wellness Month* to include students, staff and parents in activities to educate on physical activity and nutrition.



# 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.



Pickleball



Gaga Ball



Fitness Equipment



Hula Hoops



Treadmill



Sensory Path



Tennis Thrower

# HYDRATION STATION

Access to free and safe drinking water throughout the school day has been increased with the addition of a new hydration station.



# STORYBOOK TRAIL

A storybook trail was added at Momot Elementary school where classroom teachers are encouraged to take their students on the path to combine literacy with physical activity.



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



## WELLNESS POLICY SCORE

**98%**

Comprehensive Score:

**77%**

Strength Score:

Total comprehensive score before revisions: 54.7%.  
Total strength score before revisions: 44.7%.



Creating Healthy Schools and Communities

