

2021-2024

SARANAC 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.

HALLWAY ACTIVITIES



2021-2024 GOALS

- Review, revise and adopt school wellness policy.
- Create Comprehensive School Physical Activity Program (CSPAP) plan.
- Increase access to free, safe drinking water throughout the school day.
- Increase physical activity during the school day by incorporating activity hallways.
- Develop and enhance a walking trail.
- Increase access and availability of physical activity resources for recess and intramurals.
- Eliminate caffeinated beverages during the school day.
- Increase physical activity by establishing running clubs in each building.



PHYSICAL ACTIVITY RESOURCES

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.



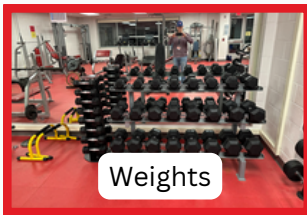
Pickleball



Gaga Ball



Badminton



Weights



Table Soccer



Air Hockey



Snow Shoeing

WALKING TRAIL

A nearly half mile walking trail was installed at Morrisonville Elementary in 2023. The trail runs the perimeter of the outdoor property and is open to members of the public outside of school hours. A storybook trail is also featured on the path and classroom teachers are encouraged to take their students on the path to combine literacy with physical activity.



WELLNESS POLICY SCORE

94%

Comprehensive Score:

67%

Strength Score:

Total comprehensive score before revisions: 89%.

Total strength score before revisions: 53%.



Comprehensive: includes all or nearly all recommended components.
Strength: contains language that ensures compliance.

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



Creating Healthy Schools and Communities

