

2026 Wellness Triennial Assessment Summary

The district is committed to supporting the health and well-being of all students and staff by fostering school environments that promote healthy choices, physical activity, nutrition, and overall wellness. The following goals establish the district's wellness priorities for the next three years and provide a framework for continued growth and evaluation.

Over the next three years:

1. **Staff Wellness & Preventive Care:** The district will expand opportunities for *all* district employees to participate in health and wellness initiatives that promote preventive care and overall mental and physical well-being.
2. **Student Movement & Physical Activity:** The district will increase opportunities for purposeful student movement throughout the school day by providing staff with education, resources, and strategies to effectively integrate movement into classroom routines.
3. **Student Nutrition & Healthy Choices:** The district will strengthen its approach to student nutrition by increasing access to nutritious food options, expanding nutrition education, and creating meaningful opportunities for student voice to inform school nutrition choices and programs.
4. **Wellness Awareness & Communication:** The district will increase awareness and understanding of district wellness efforts and expectations, including guidelines related to food, fundraisers, snacks, and celebrations, and the work of the District Wellness Committee through improved communication and increased stakeholder engagement.