

Wellness



Boyne Falls Public School Wellness Committee Annual Report 22-23

The Boyne Falls wellness committee focuses on improving well-being for the staff, students, and community. Listed below are our accomplishments for the 2022-2023 school year:

- October staff and family hike challenge
- November staff and family healthy family dinner challenge
- December kindness chain challenge at school
- January Community Expo
- February staff and family board game challenge
- March staff and family eating breakfast together challenge
- April staff and family Earth Day challenge
- May Walk/Ride for Mental Health as well as other activities to raise awareness for mental health.
- Wellness points offered to staff for all activities, and they were able to purchase Logger wear with points.
- Pickleball for staff
- 3 Logger lap challenges for students
- Open gym in February and March
- Healthy snack list
- Healthy celebration treats for classrooms
- Wellness Wednesdays with Ms. Julie
- Social emotional learning education for staff and K-7 students
- Hoop house and outdoor garden project
- Run for the Trees Happy Little 5K.
- Chair massages for staff in December
- Staff challenges for movement, nutrition, water intake, decluttering, reading and stretching
- Healthy selfies for staff
- Wellness equipment for staff

The wellness policy can be found at www.boynefalls.org under the community tab.

The delegated district policy leader for the wellness committee is:

**Lori Herman, Business Manager
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231-549-2211 ext. 30006**

The wellness committee meets the third Thursday of each month September-May. Meetings are held in the media center at 3:15. Staff, parents, students, and community members are encouraged to join us.

To contact the wellness committee please email wellnesscommittee@boynefalls.org