

Wellness



Boyne Falls Public School Wellness Committee Annual Report 23-24

The Boyne Falls wellness committee focuses on improving well-being for the staff, students, and community. Listed below are our accomplishments for the 2023-2024 school year:

- October staff and family hike challenge
- November and March open gyms
- December kindness chain challenge at school
- January Community Expo
- February staff and family calendar challenge
- March staff challenge for decluttering, mental health, physical activity, healthy eating, and reading
- May Mental Health poster contest and activities at picnic.
- Wellness points offered to staff for all activities to use for Wellness Wear and various wellness centered gift certificates to local merchants
- Hot beverage bar and wellness updates at staff meetings
- Staff Book Talks
- King's Orchard staff outing
- Monthly Wellness Flowers
- Pickleball for staff
- Logger lap challenge for K-5 students
- Bike to school day with free bike helmets in conjunction with LEO
- Continued healthy celebration treats for classrooms
- Continued wellness Wednesdays with Ms. Julie
- Active recess cart grant from Building Healthy Communities
- Continued hoop house and outdoor garden project
- Run for the Trees Happy Little 5K
- Chair massages for staff in December
- Wellness equipment for staff
- Monthly healthy snack ideas in highlights
- Flower pots in front garden area
- MSU vs UofM challenge and giveaway

The wellness policy can be found at www.boynefalls.org under Wellness.

The delegated district policy leader for the wellness committee is:

Lori Herman, Business Manager
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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