

To: Board of Education

From: Paula Murrish, executive director, nutrition & wellness/ purchasing & printing  
Denise Johnson, assistant director, health & wellness  
Lindsey Morgan, supervisor & registered dietitian  
Jennie Lazarus, outdoor education coordinator

Re: Wellness and Farm 2 School Update

Date: June 7, 2018

Background:

The Board of Education recognizes that schools play a critical role in promoting student and staff health. When students are fit, properly nourished and living healthy lifestyles they are better able to attend school on a regular basis, concentrate during the school day, and perform well academically.

Report:

This report will inform the Board of Education on wellness initiatives for the 2017-2018 school year and will include a booklet with details in addition to the highlights in the report. Areas of focus are growth of the Farm 2 School program including the USDA planning grant; developments in health curriculum, and physical education, and the benefits and challenges of all wellness programming. Wellness initiatives allow students to learn about the growing process and gain access to local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.