

TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

Hayes Center Schools desires to have a strong wellness policy in place for the benefit of the school community. The committee used the Alliance for a Healthier Generation’s SWP Assessment to compare local policy to a model school wellness policy. After receiving the results of the assessment, the committee used the results to revise language in our district wellness policy.

SCHOOL WELLNESS COMMITTEE

Superintendent: Tony Primavera	
Aaron Gallegos	Mary Gigax
Dove Lacey	Tiffani Miller
Megan Soundy	Parent: Kim Primavera

WELLNESS POLICY GOALS

Nutrition Promotion and Education
Physical Activity
Other goals for student well being

**See school wellness policy and triennial assessment at
the district website**

<https://www.hccardinals.org/vnews/display.v/SEC/Resources%7CSchool%20Wellness>

ACCOMPLISHMENTS

- Physical Education classes are offered in the Grades 7-12 building. High School students may take Weights or Lifetime Fitness classes. The Junior High Students take a Physical Education classes daily.
- The Elementary School children take a Physical Education class every day.
- In addition to the Physical Education classes, the elementary and junior high students have scheduled recess times during the day.
- New equipment was purchased for the playground.
- New equipment was purchased for the Weight Room.
- The cafeteria features posters encouraging good nutrition and health.
- All students have access to the salad bar every day that contain a variety of fruits and vegetables from which to choose.
- The elementary students attend various fitness and healthy choice days sponsored by local agencies.
- The Lions Club visits annually to provide vision and hearing screenings.
- Hayes Center Schools pay for Grades 7-12 students to get physicals that are administered at the school each year.
- Hayes Center Schools has a Counselor that is available for students and staff. She also teaches a class to the elementary students.