

2017-2018 Wellness Committee Annual Report

The purpose of the Wellness committee is to promote the health and well-being of all our students, staff and the community of Wessington Springs Schools.

The Fresh Fruits and Vegetables program for k-6 has been a great success. Donations and fundraising for this program have kept it going. We are now looking into raising the funds for a 7-12 fresh fruit and vegetables to begin in the fall of 2018.

Character Counts was implemented in our high school, elementary school and Spring Valley Colony. Our sophomore students are trained in this each fall. They then teach our elementary students and staff about the importance of each pillar at the end of the month assembly. Those pillars are Respect, Caring, Responsibility, Fairness, Trustworthiness, and Citizenship. We continued this year to use our Character Counts Spartan Tickets. Each student can earn a ticket for following a specific character counts trait. When they earn four out of six different trait tickets they earn a special treat with Mrs. Azure and also a "Do Right" t-shirt provided by Ryan Jensen.

A mentoring program has been established between both staff to students, and student to student. Sophomore and freshman students are trained for this program.

Physical activity is promoted in and out of school. Daily activity in each classroom gives students a chance to get up and out of their seats and move. "Jump Rope for Heart" was also done during PE class to raise money for CPR education for K-5 and CPR training for our sixth graders. Money earned by each student goes toward Jerauld County CPR Training.

We promote health education for students, staff, and our community by providing healthy tips in our daily announcements, high school health classes, and staff physical activity and nutrition challenges.

2017-2018 Spring plays were geared toward bullying and brought awareness to our students, staff, and community.

