

# **Green Township School District**

Parent Engagement Session

District Wellness Committee

Wednesday, 10/18/23

The purpose of this committee is to gather feedback and brainstorm with our parents on how to best support the wellness of our students and school community.

## **Parent Engagement District Wellness Committee**

The District Wellness Committee will focus on supporting the overall well-being of our students and staff including nutrition, physical and social-emotional well-being, and making our school a safe and supportive space for all students and staff.

# Nutrition

- \* How are we doing in terms of the school breakfast and school lunch programs?
- \* What is the feedback from the students?
- \* Topics to mention
  - \* Farm to School Week
  - \* Monthly Tastings
  - \* Food Advisory Committee for Students, Staff and Community to be part of this wellness committee.

# Physical Well-Being

- \* The students are receiving 4 periods per week of PE/Health.
- \* Our PE program is dynamic and incorporates team work, physical fitness, agility, and more.
- \* Our attention is to helping each child to improve each day.
- \* What are your children sharing about PE?
- \* Recess is an important component of our day. It is a time for students to relax, move around, and enjoy spending time with friends.
- \* What are your children sharing about their recess experience?

# Social and Emotional Supports

- \* Positive assemblies and speakers
- \* Empowering our students to be role models and leaders
- \* Current Plans for Positive Assemblies and Activities
  - \* Mustang Zone, Horseshoe Awards
  - \* Various Assemblies
  - \* Middle School Fridays
- \* Sports, Clubs, Activities as supports for students...
- \* What do you wish the district would do more or less of as a motivational support?

# Management of Stress in the Life of a Student

- \* How are your children doing balancing school and other activities?
- \* What is their homework load shaping up to be?
- \* How has the revised time of the school day impacted or supported the students?
- \* What do your children need from the school to best support their continued success?

# Upcoming Meetings

The Parent Advisory Committee will focus on ensuring equity for all learners and engaging in discussion about how to make our school community a safe and inclusive environment for every student.

The Farm to School Initiative Committee will work to promote our farm to school plans including gardening experiences with our students and planning events throughout the year to highlight farm to school opportunities for our students and staff.

The meetings will be held on the following dates and times in person in the library. Please park behind the building to enter via the library doors for these parent engagement sessions.

Parent Advisory Committee - Wednesday, November 15th at 6:00 pm – 7:00 pm  
Farm to School Initiative Committee - Wednesday, December 13th 6:00 pm – 7:00 pm



In closing, as we look at the first few weeks of the year, what is your overall impression in terms of wellness for our students?

Thoughts/Feedback/Concerns

Thank you for being a part of this committee!