

Green Township School District

Parent Engagement Session

District Wellness Committee

Tuesday, 9/27/22

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
including nutrition, physical well-
being, positive goal setting,
motivational supports, and
management of stress in the life
of a student.**

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?

Positive Goal Setting

- * Each Grade Level handles this sort of experience differently.
- * Goal setting can be part of academics or part of personal goals for students.
- * How does our programming support positive goal setting for your children?
- * What would you like to see maintained or revised?

Motivational Supports

- * Positive assemblies and speakers
- * Empowering our students to be role models and leaders
- * Current Plans for Positive Assemblies and Activities
 - * Pass It Along – Find Your Passion and Purpose, 8th graders
 - * BMX – Motivational and Anti-Bullying Assembly
 - * Theatrical Box Out Bullying Assembly
 - * Green and Gold Awards, Mustang Zone, Horseshoe Awards
- * 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?

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!