

Gouverneur Central School District

Wellness Committee Highlights

In Partnership with Creating Healthy Schools and Communities

2015-2020

Wellness Policy



Updated and Board of Education approved in 2017

Meets state and federal regulations, and reflects local needs and interests

Contents include goals for nutrition promotion and education; physical activity and education; nutrition guidelines for foods sold and marketed in school, and; opportunities for school community member involvement

The entire policy #5661 can be viewed on the [district website](#)

Resources & Supplies



Active academic supplies such as alphabet beanbags and Math & Movement mats

Blender bike for healthier celebrations and rewards

Giant games like Jenga, chess and dominoes

Indoor and outdoor recess supplies, from tricycles to obstacle course equipment

Physical education equipment such as a climbing wall and backyard games

Fitness center equipment

Nature and fitness trail equipment

Activities



Collaboration with the Technology Summit to offer training and equipment for Geocaching GPS Units

Partnership with the Elementary PTO to hold summer and winter book walks

Collaboration with the meal program for oatmeal taste testing

Healthier snack, fundraising & celebration ideas list distribution

Regular wellness committee meetings

Professional development for faculty and staff

Walk to School Day



To learn more or get involved...

Contact Wellness Committee Co-Chairs Kelly Ayen or Lindsey Carvel at 315-287-4870 **OR** visit the [Gouverneur CSD District Committees webpage](#)