

Dear Pine Valley Staff,

The Health and Wellness Committee would like to take this opportunity to present our 2017-2018 initiative. A recent presentation was brought to the attention and discussed during a Board of Education meeting that outlined what exactly we want to achieve this year. As per our Health and Wellness policy, we want to create a "healthy celebration" initiative throughout the entire district. Celebrations may include: birthdays, holidays, curriculum/grade achievement/etc. If "you" feel there is another type of need for a celebration, that is up to you. Here is the fun part.....

You may ask yourself, "what is a healthy celebration?". A healthy celebration happens when healthy food is replaced with unhealthy food. Examples of unhealthy food may be: pizza, chips, cookies, cake/etc. As a replacement, a healthier choice may be: games, physical movement, a creation of a "celebrate me" book, dried fruit without added sugar, vege trays, yogurt, low fat pudding/etc. As you already know, the list goes on-and-on. You may also incorporate non-food celebration as noted previously. That is your choice! 😊

HOW TO COMPLETE:

The initiative will encompass both the elementary, middle, and high school. There is a form online under the "Health and Wellness" heading that the teacher needs to print and complete. That completed form should be sent to Jim Weiss. This form will then be documented and sent to the appropriate personnel to uphold a form of reference that our district is striving to implement a healthy celebration atmosphere. If some of "you" need great ideas for celebrating healthy, there are also links you can follow within the health and wellness link.

Attached you will find the form that would be completed as a reference for future development. As always, thank you so much for your support and for the support of our children.

Warm Regards,

Jim Weiss

Pine Valley CSD

Health and Wellness Director