



SYRACUSE-DUNBAR- AVOCA PUBLIC SCHOOLS



Wellness Goals:

Implementing Physical Activity Initiatives:

Encourage schools to develop and implement physical activity programs that promote regular exercise and movement among students. This could include structured physical education classes, after-school sports programs, and initiatives to incorporate physical activity into the daily routine.



Promoting Mental Health Awareness:

Increase awareness and understanding of mental health issues among students, teachers, and staff. This can involve providing resources and training for recognizing signs of mental health challenges, promoting positive coping strategies, and fostering a supportive school environment where students feel comfortable seeking help when needed.

Improving Nutrition and healthy eating habits:

Work towards providing nutritious meals and snacks in school cafeterias, as well as promoting education on healthy eating habits. Encourage the integration of nutrition education in the curriculum, as well as initiatives to increase access to fresh foods, vegetables, and whole foods within the school community.

**The Syracuse Pre-K on a walk
for “Walking Wednesday”**



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Prioritizing the wellness of our students and staff is at the core of what we do here at Syracuse-Dunbar-Avoca Schools. From fostering a supportive learning environment to promoting physical and mental health initiatives, we're committed to nurturing the well-being of our school community. Together we're dedicated to create a safe and healthy environment where everyone can thrive.

TRIENNIAL WELLNESS ASSESSMENT RESULTS

Areas for Strength

1. Physical activity is being implemented in the classroom and "Walking Wednesday."
2. Mental health programs have been implemented with curriculum and training.
3. Nutritious meals and promotion of healthy meals are evident in our cafeteria and food program.

Opportunities for Improvement

1. Smart snacks could be promoted better to parents and teachers in regards to celebrations.
2. Staff mental health training and support could be better provided.
3. Physical activity could be promoted better district wide.