

Nutrition and Wellness Goals 2021

Schools	Nutrition and Wellness Goals
Ashland Blazer High School	Provide physical activity and fitness programs for staff members.
Ashland Middle School	Provide physical activity and fitness programs for staff members. Provide stress management programs for staff members.
Charles Russell Elementary	Ensure all foods sold during the school day meet the USDA's SMART Snack guidelines. Provide individual health assessment opportunities for staff members.
Crabbe Elementary	Provide professional learning opportunities for staff that address individual staff well-being reflection. Allow students and caregivers input on policies/practices regarding nutrition and wellness.
Hager Elementary	Provide stress management progress for staff members that are accessible, free or low cost at least once a year.
Oakview Elementary	Provide educational resources for families that address parenting strategies such as rewarding desirable behavior, communication skills, and modeling healthy behaviors.
Poage Elementary	Provide healthy eating/weight management programs for staff that are accessible, free or low cost.
Ashland Independent School District	Begin the process of exploring a comprehensive school physical activity program (CSPAP) plan for each school. Collaborate with community partners to provide information for students, parents and the community to address overall wellness.