



2023-2024 SCHOOL YEAR

# Sparta Area Schools WELLNESS COMMITTEE UPDATE

## Committee Goals

- ❖ To establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of the district-level wellness policy.
- ❖ To update the public annually about our local wellness policy
- ❖ To educate staff, students, and parents/guardians around mental wellness in order to promote social and emotional well-being



## Wellness Committee Accomplishments 2023-24

- ✓ Included a section on the food service webpage to share nutrition information & education with students, teachers, & families
- ✓ Food Service received the 10 cent Local Produce Grant to help serve more local fresh fruits and vegetables in our meal programs.
- ✓ Food Service provides monthly district newsletters to share nutrition and promotional information with students, staff, and families
- ✓ The District created a student/staff wellness challenge for the Month of March
- ✓ To engage and educate students Sparta created Wellness Wednesday, which provides students with wellness activities and information weekly.
- ✓ Sent out a wellness survey to students, staff, and parents to collect data on what information everyone would like to learn more about pertaining to the whole child.
- ✓ Created a Wellness Page on the Sparta Area Schools Website
- ✓ Created a SEL PLT to lead curriculum to help address the social, emotional, and behavioral needs of our students
- ✓ Started the Blue Envelope Project training staff on Suicide awareness and prevention
- ✓ Developed a family and community wellness workshop series-Sparta Thrives Together

## **Wellness Policy Information & Assessments**

**SAS Wellness Committee Website**  
<https://www.spartaschools.org/resources/sas-wellness-committee/>

**SAS LOCAL WELLNESS POLICY**  
[https://drive.google.com/file/d/1HUqBuKz6\\_eR\\_EIZoPuhIjx1UG8f22Fb0/view](https://drive.google.com/file/d/1HUqBuKz6_eR_EIZoPuhIjx1UG8f22Fb0/view)

**SAS WELLNESS POLICY TRIENNIAL ASSESSMENT SUMMARY 2023-24**  
[https://www.spartaschools.org/download/food\\_services/spartas\\_wellness\\_policy\\_triennial\\_assessment\\_2023-24.pdf](https://www.spartaschools.org/download/food_services/spartas_wellness_policy_triennial_assessment_2023-24.pdf)

**chartwells**  
serving up happy & healthy

Have questions?

Please contact Melissa Alley- [melissa.alley@spartaschools.org](mailto:melissa.alley@spartaschools.org)

**Sparta Area Schools**