

Wildcat Wellness Committee

Programs area offered to all Halifax students, staff, staff family members, and members of the Halifax community.

Progress is currently assessed by number of participants in each activity. Interests determines the types of challenges offered. We are learning that time of year impacts level of participation.

5/2/16 through 6/12/16: "Reach the Beach:"	150 participants
6/1/16 through August 31, 2016: "Sprint through Summer Wellness Challenge:"	15 participants
Fall 2016: Wildcat Wellness 5K Run/Walk	71 participants
10/1/16 through 10/31/2016: "Walktober Fall Fitness Challenge:"	104 participants
11/15/16 through 1/3/17: "Healthy Holiday Challenge:"	44 participants
3/20/17 through 5/28/17: Spring into Shape	240 participants
6/9/2017 through 8/27/17: "Summer Wellness Bingo:"	60 participants
Fall 2017: Wildcat Wellness 5K Run/Walk	55 participants
Current Challenge: 10/30/17 through 12/10/17: "Fall Football Fitness Challenge:"	TBD participants

ADDITIONAL DATA INFORMALLY TRACKED:

Sponsors:

To date over 50 businesses and health and wellness organizations sponsor Wildcat Wellness events.

Additional Events:

A Benefits Fair for staff is held every August.

Wellness Committee Members offered the *Girls on the Run Program* to elementary students during the 2016-2017 school year. The program will be expanded to include a middle school offering in 2017-2018.

Awards:

Two of the members of the Wildcat Wellness Committee belong to PSAPHERD: The Pennsylvania State Association for Health Physical Education Recreation and Dance. They are presenting at this year's state conference: *"Re-energize Your Wellness Committee: Healthy Lifestyle Challenge: Promote healthy habits by offering wellness challenges to your students, staff, and community. The session will provide your wellness committee with fun and unique ideas."*

Membership:

Aligned to board policy. Includes representatives from health and wellness organizations.

Meetings:

Are held monthly. Teachers are permitted to use their option day (summer in-service day) to plan for events offered during the school year.

<http://halifaxwellness.weebly.com>