

Health and Wellness at ALLIES

In the 2023-24 school year our ALLIES Dragons participated in multiple fun activities throughout the year that encouraged and increased both physical and mental wellness for our students.

- We continued our Workout Wednesday tradition of students and teachers working out together every Wednesday, usually with fun games or videos from Go Noodle.
- Students received weekly/regular P.E. class time outdoors working on both fitness components skills and fun sports activities.
- Students were able to enjoy lessons in the beautiful outdoors in our amazing ALLIES garden area (thank you PTA for creating this wonderful space for us!)
- All students enjoyed 'Team Building' field day in September where they participated in fun, physical games and created friendship bonds and teamwork skills with their color groups. Also, the entire school participated in a 2nd outdoor field day to celebrate another great year of being a Dragon.



- Students participated in fun Jump Rope activities and competition as part of our year Heart Challenge fundraiser.
- Students learned about and developed mental/emotional wellness throughout the year with regular lessons on growth mindset, grit, resilience, and perseverance. Growth mindset is embedded in both our daily curriculum as well as special spotlight lessons each and every month.



- New this year – students learned about the 5 components of fitness and set personal goals and challenges to improve each component in their own health and wellness.





BLA

Health and Wellness Success Stories at BLA!

Posted on ~~April 25, 2022~~ (April 11, 2024) by [charritt](#)

23-24 BLRA Wellness Success Story:

During the month of February, our campus participated in Kids Heart Challenge and raised over \$15,000 for the American Heart Association. The students at BLRA had a chance to learn about hands only CPR, signs of a stroke, and learned how to recognize the difference between their active and resting heart rate. Banning Lewis Ranch Academy was the top school in District 49 and also a top School in the Southern Colorado Region to bring awareness to heart disease and stroke. Thank you to the PE department and everyone who helped make this such a success!

23-24 BLRA Wellness Success Story:

This year at BLPA, we implemented and tracked staff participation in our "Motivation Monday" wellness newsletter and health challenge, to include a weekly Health related newsletter and monthly movement challenge for staff. As part of this, we conducted our own in-house Walktober challenge as well as other initiatives to encourage mindfulness, exercise, and healthy eating. Our campus is currently participating in the district wide Feel Like a Million challenge! At our campus we also participated in the American Heart Challenge, hosted the Dare2Dream assemblies, and implemented wellness related activities into our Wish Week! Shoutout to our staff, students, and community for continuing to place value around Wellness!

22-23 BLRA Wellness Success Story:

During the month of February, our campus participated in Kids Heart Challenge and raised over \$21,000 for the American Heart Association. The students at BLRA had a chance to learn about hands only CPR, signs of a stroke, and learned how to recognize the difference between their active and resting heart rate. Thank you to the PE department and everyone who helped make this such a success! BLRA was a top 10 school in the state of Colorado for funds raised to bring awareness to heart disease and stroke.

22-23 BLPA Wellness Success Story:

Our campus recently wrapped up an extremely successful American Heart Challenge! A huge shoutout to our Wellness Team and PE Department for their efforts in planning and executing this for our community. We were able to raise over \$3,500 for the American Heart Association and over 70 families in our community learned hands-only CPR! Thank you to all who participated in raising funds and awareness for congenital heart defects, nutrition security, CPR training, mental well-being and more as we work to end heart disease and stroke.

BLPA AHC Totals:

- Online donations: \$3,564.87
- # Students online: 391
- 13 students completed Finn's Mission
- 73 families learned hands-only CPR!

This year our Health and Wellness committee was committed to teaching the students at BLRA about perseverance, teamwork, and overall health. The Great Endurance Race was a five week PE unit where the students spent 10 minutes at the beginning of each class building endurance as they ran laps. They also kept track of their laps by using tally marks and working together to encourage their partner to set goals and meet them. At the end of the 5 weeks, each class added up all of their laps and converted them to miles to see if they were able to complete the Great Endurance Race. This unit was in alignment with the Fun Run put on by Boosterthon! This was a huge success for BLRA and we are looking forward to having our Bounce House Day and Color Blast first week in May to celebrate reaching our fundraising goal!

2023-2024 BRES Wellness Year in Review

Bennett Ranch Elementary loves to ensure that we are doing our best to encourage our students and staff to be healthy. For the 2023-2024 school year we have implemented many things into our Health and Wellness program. This Fall we welcomed Landsharks Running Club into our school. The students had a great time going to practices, building camaraderie, and feeling the sense of accomplishments at the competitions. A second round of Landsharks has continued this Spring and we hope to continue it in the 2024-2025 school year. If you have a child that loves to run or just simply has lots of energy, Landsharks may be a great fit for them!

We also know that with living in Colorado comes unpredictable weather and freezing temperatures which causes us to stay inside for recess. To help keep our minds engaged, we have purchased and put together Indoor Recess Carts. These carts contain a variety of age appropriate games and activities for students to choose from when they cannot go outside. We have found they have been helpful in building concepts like taking turns and working together. Grades 3-5 are thoroughly engaged in the games, while grades K-2 love something simple like coloring.

To help encourage our staff to stay healthy, we started with ensuring they were able to stay hydrated. Getting the daily amount of water as a teacher can be difficult some days therefore, we provided each staff member with a water bottle with motivational statements that helped encourage them to drink more water. We also know the winter months can be hard to get in exercise so staff had the opportunity to participate in the Falcon Zones Biggest Loser Competition. We were able to provide incentives to those winners that competed throughout the zone.

Our Health and Wellness committee has many things yet to accomplish and we look forward to implementing them in the 2024-2025 school year.

WELLNESS POLICY OVERVIEW

District 49's [wellness policy](#) and [supporting guidelines](#) focus on improving the health of students. Anyone interested in serving on the districtwide wellness advisory council should email wellness@d49.org for additional information.

A sample of the Curriculum Food Request Form is available [here](#) .

Nutrition for classroom parties, celebrations, rewards & fundraisers:

- All food items must be store-bought with the nutrition information showing that the product is 100 calories or less, 0 grams of trans fat.
- No candy or sodas are allowed.

Evans 2023-2024 Wellness Success Stories

Our mascot at the D4.9K



- Sports equipment was purchased to increase and support our school sports activities. Students enjoyed having new volleyballs and basketballs to use this year!

- Staff members participated in many District offered fitness events such as the D4.9k, Walktober and Feel Like a Million. One of our teams even took first place this year and all won jackets!

The Pedominators' awards for winning the Walktober competition.



- Staff also had the opportunity to participate in two school-wide Wellness Challenges this year. UMR funds were used to purchase the prizes which included water bottles, hiking belts, oil infusers, cooking tools, puzzle and coloring books, and many more!
- Items were also purchased with UMR funds for a Wildcat Wellness Cart which staff enjoyed choosing a variety of items from such as colored pens and markers, sticky notes, motivational stickers, snacks, and beverages!

2023-2024 WELLNESS SUCCESS STORY

This year at FES we continued "Wednesday Wellness Walks". Because of its popularity from previous years, we increased the frequency to every week. We had consistent participation and positive feedback. Teachers said they enjoyed spending time walking together before school.

Our school participated in various district wellness initiatives. One of the most popular was Walktober. This is always a big hit with our school. We had great participation and many dedicated walkers. We also had many staff members participate in a "Biggest Loser" contest. Several participants reported great success with this program.

At FES, we also enjoyed a fun visit from an olympian. Hunter Kemper, the most decorated U.S. triathlete in history, spoke to our students. He offered encouragement and advice. He promotes healthy living, and inspires students to chase their dreams.

We were able to obtain UMR funding for staff wellness. We bought healthy snacks and sparkling waters to offer to our staff throughout the year. We were also able to buy a variety of yeti, hydroflask, and stanley water bottles to give away to staff members through a drawing. We also applied for and received medicaid funding for student wellness. We used the funding for sensory items, wobble stools for our library, and a mindfulness curriculum.

Overall, we had a successful year promoting wellness within our school. We have an outstanding staff who are always ready for a challenge. I believe all who participated in the various programs were positively influenced.



Wellness Success Story

This year our FMS Wellness Team worked to add a variety of items to our campus. 6th graders up at the annex have limited equipment to use when they go outside throughout the day. The Wellness Team talked with students throughout the building and found out what type of equipment they would like to use. Through a grant, we were able to purchase a variety of equipment such as basketballs, 4-square balls and footballs for use during outdoor time as well as a storage cart to keep all of this equipment for future use.

In addition many students expressed an interest in updating the outdoor classroom at Falcon Middle as well as creating one up at the Annex. Students were selected by their classroom teachers to be a part of a committee that came up with ideas of how an updated outdoor classroom could look and what would be a priority out there. With their suggestions we added equipment to create more outdoor shade, a variety of seating options as well as a large projector screen to use. As the weather warms back up both students and staff are excited to try out this updated area and the Annex is excited to have a new outdoor area to use.

The Wellness Committee will meet with students again next year to see what they like about these spaces as well as what could be added or improved for future use.

Stayed tuned for "Before" and "After" pictures once this project is complete.

Month of the Military Child

Our staff participated in monthly wellness challenges this year. Challenges included kindness, hydration, self-care, walking, and fitness bingo.



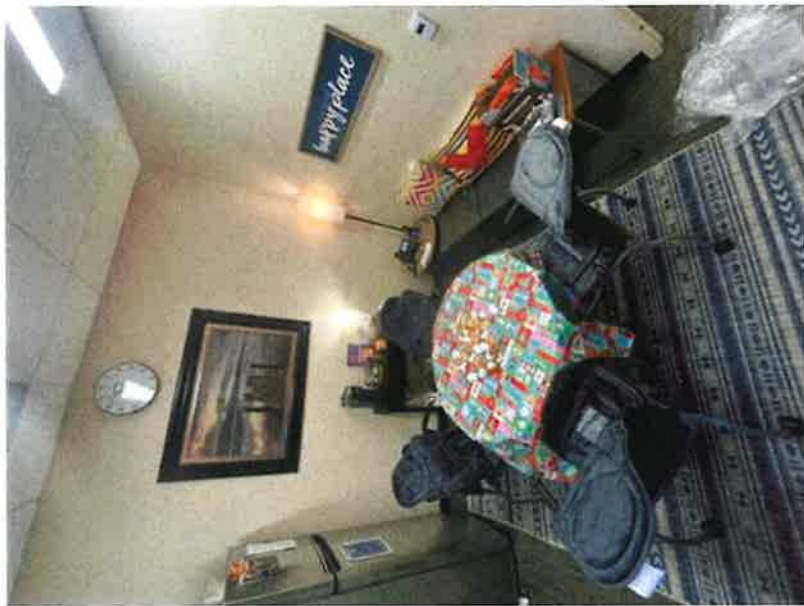
Outdoor Classroom:

We have used our wellness funds this year to add another table to our outdoor classroom. Now we have enough space for a whole class to enjoy learning outside. Additionally, we use these tables to celebrate positive lunch behavior so that classes can utilize these to enjoy lunch outside in the sunshine!



Staff Stress Management:

We continued to focus on improving staff well-being at IVES! We added massage chairs in both staff break rooms to allow staff to relax during their breaks and enjoy a massage as well. Now they can relieve some tension during their lunch breaks. We also restocked our k cups supply, because who doesn't need a pick me up during the day.



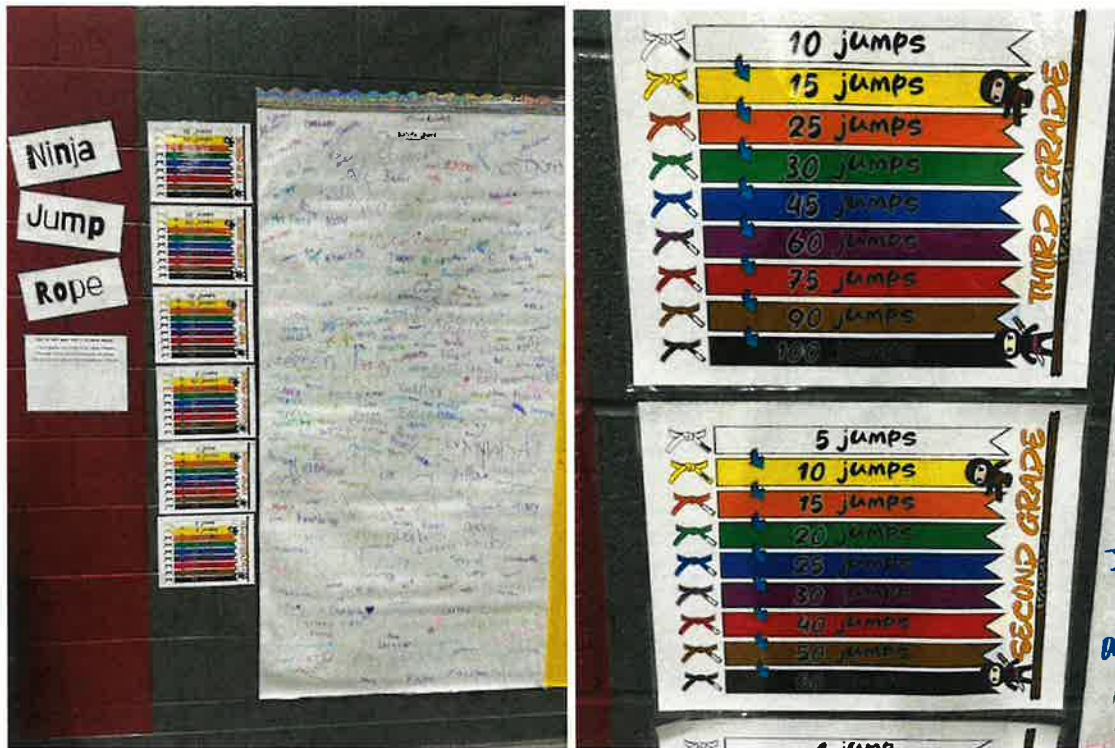
Staff Movement:

This year we have continued our Walk Wednesday's for staff. Wellness committee wanted to take it a step further and have started to add monthly staff family hikes. It's great to connect outside of school too in a healthy way!



Meridian Ranch Bulldogs are Jump Rope Ninjas!

We are jumping for joy *and* for heart health at Meridian Ranch Elementary! In P.E., we started Quarter 4 off with our Jump Rope Ninja challenge where students in each grade are jumping their way up to a black belt! Each grade level has their own number of jumps they have to achieve to earn different colored belts. For instance, our Kinders jump one time to get a white belt, while our 5th graders jump 15 times to earn white.



During P.E. each student will earn their white belt in a way that is comfortable and adaptable to their needs. They begin to challenge themselves and practice continuous jumps to earn higher belts. Each class has a range of skill levels, and those reaching higher milestones are encouraged to help and cheer on their classmates. As they reach each level, they get to sign the coordinating Ninja poster to show what belt they are on!



Another great thing with this challenge is that all students are able to participate... even our friends with disabilities! With some extra ninja-like engineering, we have jump ropes that friends in wheelchairs or that have more difficulty with balancing and jumping can use to work their way up the ninja belt ladder!



And that's still not everything... not only are our students jumping - our Teachers and Staff are getting involved as well! Each Wednesday Coach Kari opens up the gym early to encourage "Wellness Wednesday" where all teachers and staff come to jump or do other exercises. In week 2 of our Jump Rope Ninja challenge we have 44% of our Teachers and Staff having already earned at least one belt - plus two of our Substitute Teachers who came to participate. Teachers can also stop by during their classes perspective - and there is nothing like your whole class counting and cheering you on.

Just ask Mrs. Keigher who stopped by when her class was in P.E. and jumped 200 times to earn her black belt! There were lots of cheers as she signed on the black belt wall.



Jumping rope is not an easy skill, and takes a lot of foot and hand coordination. We have been working all year on jump rope skills. Putting into practice what we know about jumping, along with how vigorous activities help us to be heart healthy, everyone is on their own journey to reach new milestones - or belts!



MVA

Yeti Wellness! 2024

This year, we have increased our wellness by providing monthly yoga sessions for staff as well as frequent hikes to get people moving and enjoy comradery. Our administrators brought our “woot woot!” wagon around to staff multiple times this year which had provided staff with lunchboxes, recyclable sandwich bags, essential oil and more! Before summer break, we are hoping to provide employee discounts to local gyms so that staff can stay active throughout the summer. We look forward to expanding on our wellness program next year with new staff and ideas!





We had a great year for wellness at Odyssey. We started the fall off with a bang and earned the golden shoe for having the most participation at the annual D.49 walk. We had a wonderful cross country team of 50+ kids, they enjoyed racing the course at Doherty. Our school hosted our first fun run and enjoyed running with upbeat music and families cheering them on. They also participated in the annual Kids Heart Challenge and loved learning about healthy heart habits. We even tied in a spirit week to fit the Kids Heart Challenge. Field day had wonderful weather and a great group of parents cheerleading and encouraging their children. We have about 60+ kids currently on our spring track team, the athletes are excited to run at the Gerry Berry Stadium.

The staff enjoyed our healthy snack cart that made its way around the school monthly. We participated in some fun and goofy Goosechase challenges. We walked as a school for the Walktober challenge. The Harlem Wizard assembly was a home run! Staff are looking forward to playing in the Harlem Wizard game coming up soon.



The "Thought Bubble" was named by Patriot Students and built and designed by them with items donated by the school, parents, students, and the community. It is a place where students can be quiet and loud, safe and brave, timid and assertive, thoughtful, mindful, curious, social and alone. The counselors are here to respond to the needs of the students and to offer ideas, guidance, help but the Thought Bubble is the Students' place, when they need a place to be themselves.

Make it a great day!

Sharon Gwynn

Patriot student Michael Axt is our wellness success story! He has made great strides in wellness and fitness and continues to strive for wellness and fitness even during e-learning and Covid-19 safer at home policies.

- 1) Before participating in Mr. Newman's strength and conditioning class, how often did you workout?
 - a. Before I started the class, I practically never worked out. I was very skinny, and even though I hated looking that way, I never had enough motivation to stick to a workout/diet plan. So, once I joined your class I didn't really have a choice. My options were, do nothing for an hour and fail the class, or just say screw it and give weight lifting a shot.
- 2) Did this class inspire you to workout more?
 - a. Yes, the class inspired me to workout more. Once I started, I began feeling better all-around and more mentally sharp throughout the day.
- 3) In regards to your knowledge of weight training before this class, how would you rank your increase in knowledge through this class (on a scale of 1 not at all - 10 greatly improved)?
 - a. I would say that I'm at a 7 right now. I knew a little bit about weight training maybe from YouTube videos, but I never really put it into action. I'm eager to learn more and continue to improve.
- 4) What were your favorite exercises?
 - a. My favorite weight training exercise was definitely bench press. It's a fundamental exercise that was easy to learn and I saw the most improvement with it. I also liked the reverse barbell curl.
- 5) How has this class influenced you during the corona pandemic?

This year, the Campus Wellness committee offered the campus students an opportunity to participate in CPR & First Aid training. We had over 35 students participate in training and receive their CPR/First Aid certification while learning about life saving activities.



Staff Team-Building with Art: After the winter break, PPEC and SSAE teachers engaged in a fun, team-building activity by painting gnomes! This event, hosted by the Wellness Committee and Goodwin's Mercantile, was the perfect way to ease back into the Spring semester.




REMINGTON ELEMENTARY SCHOOL WELLNESS


RES

RES Success Story for 2023-2024

During the 2023-2024 school year, our wellness committee was able to continue to support the implementation of thirty-eight calm centers in classrooms school-wide. The feedback from staff said that these centers provided students with a place to safely and positively regulate their emotions within the classroom environment. Our wellness team set a goal that by the end of May 2024, we will have implemented emotional regulation centers (calm corners) for student emotional well being in 80% of classrooms. These centers will provide students the opportunity to regulate and manage their feelings in a healthy and safe way in their classrooms. This initiative will support students' emotional well being. These centers will provide students with a space to regulate emotions and use healthy coping skills. This resource will be available to all students as a school-wide emotional support system.

Additionally, as we continue to work on wellness, our wellness committee focused on continuing to support the Remington staff zen/recharge room. With wellness funds we were able to update this space. This space provides staff with an opportunity to focus on self-care and use healthy coping strategies to help reduce stress. Our staff zen/recharge room provides a quiet, calm, restful atmosphere to provide a chance to "reset."

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- Physical activity can include recess, physical education classes, fitness breaks, active classroom activities, exercise programs, or active field trips.

RVES

SUCCESS STORIES



It was another great year of fun health and wellness activities at Ridgeview this school year! We had our annual Boosterthon in August, in which we did our culminating Fun Run at Jared Jensen Park. Walking Club had its earliest start in middle August, so that we could capitalize on the warmer weather. Our 48 registered walkers enjoyed their fresh air and walking with friends on Wednesday mornings before school. The Medicaid grant allowed us to replenish our recess equipment shed, which made for a fun surprise in February. Our annual Nature Fair in May was welcomed with a beautiful day and a bunch of newly painted rocks to add to our RVES rock garden. The children also had a fun time creating their pinecone pals and sketch art. It made for a great opportunity to unplug from electronics and get outside. Some classes completed a nature scavenger hunt, while others took time to have class or read-to-self time. The Nature Fair has



become an annual event that our Huskies look forward to!



WELLNESS RESOURCES

ON THE MOVE!

On the move! Staff from all facets of the SCHS workforce teamed up for this year's Health and Wellness Challenge. Motivated through camaraderie we challenged our bodies and minds. Teams with the most minutes of exercise each week won cool prizes they can use in the classroom, office, or at home.



Stetson's 2023-24 Wellness Success Story

This year Stetson Elementary School had many successes in student and staff wellness.

- Stetson purchased more all-weather umbrellas with the money we received from UMR funding. These umbrellas can be used to help protect them from all different weather conditions.
- More fitness equipment was purchased using UMR funds for staff to use in the staff fitness space to release stress and for physical activity.
- Recess balls and therabands were purchased with Medicaid funds for student use during the school day at recess.
- The students participating in the American Heart Association Kids Heart Challenge raised over \$7,578.70
- Stetson Elementary School (along with all the other Sand Creek feeder elementary schools) took part in boys and girls 4th-5th grade youth basketball.
- Multiple staff members participated in the “Walktober” multi-district steps competition. Staff members also participated in the November gratitude challenge and the “Feels Like a Million” challenge in April and May.
- The SES staff started playing Pickleball after school on Thursdays in the gym. UMR funds helped us purchase pickleball equipment! Usually 4-8 staff members participated each week.



WELLNESS POLICY OVERVIEW

- District 49's [wellness policy](#) and [supporting guidelines](#) focus on improving the health of students. Anyone interested in serving on the districtwide wellness advisory council should email wellness@d49.org for additional information.

A sample of the Curriculum Food Request Form is available [here](#) .

Nutrition for classroom parties, celebrations, rewards & fundraisers:

- All food items must be store-bought with the nutrition information showing that the product is 100 calories or less, 0 grams of trans fat.
- No candy or sodas are allowed.
- Birthday celebrations with treats must follow the [Wellness Policy Guidelines](#).
- Fresh fruits and vegetables are excluded from calorie and sugar limits.
- Food prepared in a private home may not be served at school to students because knowledge of ingredients, sanitation, preparation, and temperature of food in storage or transit is not available, nor can quality and sanitation standards be controlled.
- Fundraiser guidelines may also be found in the [Wellness Policy Guidelines](#).

Skyview Wellness Success Story 2023-24

At Skyview Middle School this year our school staff wanted to refresh intramurals to all students who attend Skyview. The wellness team came together and collaborated on what would be most beneficial for all students. The decision was made to introduce Paddle Smash. To promote the before school program the P.E. department incorporated Paddle Smash into the curriculum. During the 4th quarter we had sixteen students and two staff run the Paddle Smash intramural program. The kids eat it up and want to play all the time!



Skyview had a wellness week right before holiday break. This gave healthy choices for staff to eat during the holiday season. This brought the staff together. The staff had a great time! Thank you Wellness Team!!!



HEALTH & PHYSICAL EDUCATION

SRES



Mr. Jeffrey Ingram

Welcome to the Springs Ranch Elementary P.E. page! Here you will find information about Mr. Ingram, the [P.E. curriculum](#), upcoming events, and some of the extracurricular sports and activities that are offered at Springs Ranch. The goal of the [P.E. program](#) is to equip students with the skills, knowledge, and enthusiasm to be fit, active, and healthy for a lifetime. In addition, PE allows the students a unique and authentic opportunity to master [21st century skills](#). Please feel free to contact me if you have any questions. Also, for more information, you can visit the [Springs Ranch Elementary Facebook Page](#)

Phone: 719.495.1149 ext. 6542

Email: jingram@d49.org

Degrees and Certifications:

B.S. Health and Exercise Science (Colorado State University, 2002) M.S. Sport Administration (University of Northern Colorado, 2008)

ANNOUNCEMENTS

SRES Staff has taken several opportunities this year to participate in fun teambuilding events. We have had a cornhole tournament, staff Whirlyball day, bowling, and more! Mr. Winston has been pivotal in planning these events and they're supported by our School Wellness Committee.

It has been great to see the staff play together as well as they work together. These events have really



strengthened our already strong school culture!

WHAT A BLAST!

Staff Team-Building with Art

After the winter break, PPEC and SSAE teachers engaged in a fun, team-building activity by painting gnomes! This event, hosted by the Wellness Committee and Goodwin's Mercantile, was the perfect way to ease back into the Spring semester.



Student CPR & First Aid Training

This year, the Campus Wellness committee offered the campus students an opportunity to participate in CPR & First Aid training. We had over 35 students participate in training and receive their CPR/First Aid certification while learning about life-saving activities.





D49 Wellness Policy





VRHS Wellness Program



Promoting a positive and healthy culture.



During the course of this year, the VRHS Wellness team has been focused on promoting inclusivity and respect for diversity in all aspects of school life, from classroom interaction to extracurricular activities. A display case located in the front foyer featuring a theme each month focused on the diversity of culture represented in our school's population. Each day, a fact based on the monthly theme is shared during announcements. Vista Ridge offers many types of clubs. Our other focus has been to promote staff wellness by opening the weight room for staff, organizing a Soup potluck during State testing week, and having healthy snacks and teas available on Fridays during staff coffee morning.

As a school, we participate in the following activities:

- Free breakfast and lunch
- Drive Safe expo
- Cocoa & Cram during Finals week
- Blood Drive sponsored by our HOSA students
- Senior Retreat
- Art Show
- Theater productions

WELLNESS POLICY OVERVIEW

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Nutrition for classroom parties, celebrations, rewards & fundraisers:



2023/2024 Woodmen Hills Elementary Success Story

PTA Fun Run

We had our annual Fun Run on September 21, 2023! This program involves character education, fitness, and fundraising. Our PTA uses this fundraiser to raise money for teacher grants, family literacy projects, capital improvements and other encompassing activities and services.

Brain Breaks

This is the eleventh year for our GoNoodle activity breaks. GoNoodle is an internet site that has many different types of videos that encourage physical activity. Many of the options are tied to core academics as well. Parents are able to create their own family accounts and engage in physical activity at home.

Along with GoNoodle, teachers have begun implementing NetFlex kids for brain breaks. The mission of NetFlex is to “create education opportunities through unique sports programming.” Students engage in activities ranging from workouts and dance routines through interactive games which are updated multiple times per week!

These two programs are available in all classrooms and used daily.

Staff Fitness

Our district offers various health incentive programs throughout the year. For example, from January 11th through March 7th, staff participated in the 4th Annual Falcon Zone Biggest Loser. Participants weighed in weekly with prizes being awarded to the biggest weight loss per week and a monetary grand prize to the biggest loser of the zone!

D49 staff receive a free educator subscription to Headspace for guided mindfulness and meditation. Periodically throughout the year, staff members have enjoyed healthy snacks and beverages in the teacher’s lounge to encourage healthy habits.

Based on data from the 22-23 School Wellness Survey, staff indicated they desired more opportunities to improve flexibility and muscle tone. Using UMR funds, staff were provided with five resistance bands for strength training. Along with this, a weekly resistance band circuit guide was sent to staff to provide workouts ranging from beginner to intermediate.

School Garden

We continue to revitalize our school garden! Last spring we started cleaning it up and got some vegetables and sunflowers planted. In the fall, we were able to harvest the vegetables, mostly squashes, and do fun science with the sunflowers. We hope to continue to utilize this wonderful outdoor resource.

Tornado Hollow Outdoor Classroom!

Outdoor classrooms have always been a way to create space for more engaging hands-on instruction. The Covid Pandemic accelerated the movement to an outdoor learning

environment which allows for more social distancing options, room to move, and fresh air. Research shows outdoor learning and play improve physical and mental health, cognition, attention, and engagement in learning. This project supports our School Health Improvement Plan for designing an outdoor learning space to support SEL and helps us create an environment that will be comfortable, engaging, and safe for learning.

The outdoor classroom was constructed outside the 5th grade modular building in July of 2021. It is bordered with timbers and filled with mulch. There are enough tree stumps for seating 30 students and includes an outdoor white board with storage for teaching and materials. This last summer we added shade sails. We realized with the heat we start the school year with, we needed shade to tolerate being outdoors in the hot sun. The posts were cemented in barrels so we are able move them as necessary and also decorate them with flowers or other embellishments.

Watch for more events and activities coming next year from our healthy school!