

School Wellness Activity Report

North Fork Elementary School

2018-2019

This year, we were very excited to have our Fresh Fruit and Vegetable Program back at our school. Many thanks to the Sisters of Saint Joseph Health and Wellness School Based Health Center for making this program possible! Our students have enjoyed receiving a fresh fruit or vegetable snack two-three times each week. Ms. Lisa was able to order mushrooms for the first time and many students tried them and ended up liking them.

We coordinated with Experience Learning at the beginning of the school year to plant trees that will grow to bear fruit. Students in Kindergarten-6th grade got to help take part in this. Once these trees mature, they will be used to provide fresh fruits for the students.

Kindergarten planted seeds of their own and watched them grow all year. They planted apple and pumpkin seeds. Our sixth graders explored and presented on mental health as they created unique presentations advertising anti-bullying.

We greatly appreciated all the wonderful activities that Ms. Holly has done with our students. Throughout the year, she provides fluoride treatments to students who have signed up for them. She also came into the second grade classroom to show students how to properly brush and floss their teeth. Second grade students learned the importance of brushing their teeth twice a day and visiting the dentist. Ms. Holly also discussed with our fifth grade students about germs. They were very intrigued when they used lotion that would show germs on their hands under a black light. They learned how to properly wash their hands in order to get the germs off.

This year, we welcomed Ms. Kaylee who took over Mr. Chris' position. She has worked with our students using our Health booklet Curriculum.