Gallia County Local Schools Wellness Goals

Goal #1:

The district will promote nutrition education, personal hygiene education, and healthy decision-making in order to enhance student and staff wellness, securing at least _____% participation.

Please list potential action step ideas that might help us to meet the goal. We will meet again at the end of the first semester to choose the action steps to be implemented.

Potential Action Step	Explanation of Activity
Example: Encourage students to brush teeth	Example: Hand out small bags containing a toothbrush, toothpaste, and dental floss

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Goal #2:

The district will promote physical activity initiatives in order to enhance student and staff wellness, securing at least _____% participation.

Please list potential action step ideas that might help us to meet the goal. We will meet again at the end of the first semester to choose the action steps to be implemented.

Potential Action Step	Explanation of Activity
Example: Encourage students to walk	Example: Offer incentives for meeting weekly walking goals