

Triennial Wellness Assessment Tracking

Outcomes

Completed August 2024 by Wellness Committee

1. Under Nutrition Education Goals, GHS met their goal by including nutrition facts and information daily on our Video Daily Announcements. Students are able to view these tidbits on nutrition daily.
2. Under Nutrition Promotion, GHS has used the Wellness Meetings to discuss any feedback on the meal program at GHS. This includes student input as well. Snacks have improved and include fresher options such as vegetables and fresh proteins versus granola bars and packages crackers and cheese.
3. GHS has actively worked to promote physical activity as a requirement for our daily wellness block. Students and staff struggled to engage and plan for activities during the colder months. *This year, we have a goal to offer a variety of indoor physical activities!*
4. GHS has not been maintaining our webpage to include updates on our wellness goals so this goal was not met in 2023-2024. *This year we have committed to having a member of the wellness committee update the webpage each quarter.*
5. GHS will continue to gather student input into the wellness program through informal and formal discussions after activities and during wellness change overs.