

August 2018

Families, Staff, and Community of Fifth Street Elementary,

Fifth Street Elementary has a continued focus on fostering a culture of wellness for students, families and staff. Studies have shown that healthy students—particularly those who engage in physical activity and healthy eating—are better learners.

In 2010, our school received an Upgrade grant (formerly known as the HEROES Initiative), which provides the tools schools need to offer opportunities for students to win in the classroom through healthy choices and physical activity. Upgrade currently supports 30 schools with evidence-based programs to develop healthy student behaviors for daily success.

A few of the things that have been integrated into our school environment as a part of this initiative include:

- Walking Program
- Movement-based physical education
- Fear Factor Food Challenges
- Healthy Fundraisers
- Health Fairs
- Purchased new PE equipment
- Partnered with HOPE Garden
- Healthy Birthday Celebrations
- Water for all students in the classroom
- Community Whisker Walk

The school wellness council, as well as other foundations, drive these efforts and guide the school to view aspects such as fundraisers, school events, and classroom routines through a lens of health. We ask for your support as we continue to work together to improve our current programs and also create new healthy living opportunities for all those who enter our building.

Know that our wellness policy can be found on our school's website at <http://www.neola.com/gjcs-in/>

We look forward to building a foundation that will ensure a sustainable culture of wellness far into the future. Please feel free to contact me with questions regarding this initiative!

To your health,

Fifth Street Wellness Council