

# Athens City Schools

## Yearly Wellness Activities & Goals



### All Athens City Schools

1. Flu Shots for Students and Employees
2. Health Screenings for all Employees
3. Health screening for students:
  - a. Hearing and Vision Checks for Students, upon Teacher Request
  - b. Kid Checks for PreK-6<sup>th</sup> grades (Comprehensive Noninvasive Health Assessment to include dental checks from local dentist office)
  - c. Scoliosis Checks for 5<sup>th</sup>-9<sup>th</sup> grades
  - d. Vision Research/Screenings for PreK, K, 2<sup>nd</sup>, 4<sup>th</sup> grades
  - e. Sports Physicals for all student athletes
4. Monthly Mental Health Newsletters for Employees, Parents, and Students
5. Mental Health Coordinator

### Athens Elementary School

1. Sensory room
2. Playground and PreK Playground - rubber cover, borders, and new swings
3. Daily announcements encouraging healthy choices and teaching manners
4. Healthy Choice lessons
  - Red Ribbon Week activities
5. Spring Field Day
6. Daily recess
7. Vision screening
8. Medical screening
9. Sensory breaks for special needs students
10. Sensory story time

### Brookhill Elementary

1. New walking track in playground area
2. Series of lessons on healthy choices by the counselor throughout the year - Eat healthy, Exercise, sleep well, be positive, stay well, connect with others, Learn - Have a positive growth mindset.
3. Red Ribbon Week activities which focused on making healthy choices
4. The outdoor classroom
5. Daily recess
6. After School Fun – Basketball, Ballet
7. Kids Heart Challenge

#### Spark Academy (Coward Elementary)

1. Health Clinic
2. Vision Screening
3. School Garden - growing vegetables in the classroom
4. Fun Run (fundraiser)
5. Track during PE
6. Recess
7. Playground
8. outdoor obstacle course
9. sensory room
10. sensory path
11. Hydroponic towers for plant growth in classrooms
12. Project Smile for select students who need support in building positive relationships
13. Field Day

#### Heart Academy (Julian Newman Elementary)

1. Annual Fun Run
2. Kids Heart Challenge
3. Presidential and Physical Fitness Awards
4. School Garden –Food to table
5. Daily Recess
6. Student showcase- featuring science, health and medical topics
7. Vision Screening
8. Wellness Screening
9. Student taste testing
10. Keeping Hearts Healthy in February-facts and information on morning announcements about health and wellness.
11. Faculty Dodgeball game vs 3rd grade students

#### Athens Intermediate School

1. Track and Playground for use during PE or brain breaks
2. Outdoor classroom, outdoor gardens
3. School wide dance twice a year
4. Organized "work out" days for cardio fitness and strength exercises weekly during PE and teachers participate
5. Sensory breaks, breathing exercises and brain breaks
6. Annual performance for character building that includes yo-yo activities
7. Annual talent show
8. Kindness week
9. Field Day

## Athens Middle School

1. Red Ribbon Week Activities
2. Alabama Physical Fitness Awards
3. Fitness Check Ups in P.E. class
4. Athletic Teams
5. Connect Lessons
6. Connect Kick Off and End of Year Celebration (Making Healthy Choices)
7. Dodge Ball Tournament
8. Peer Helpers: Kindness Week
9. End of the Year Celebration
10. Dance
11. SCA Activities
12. College Day
13. Career Day
14. Parent University
15. Love Like Lexi Assembly
16. Dangers of Social Media Assembly
17. Awards Day

## Renaissance

1. Running Club
2. Physical Activity Logs
3. Frisbee Golf
4. Walking
5. Spike Ball
6. Frisbee
7. Nursing Home Visits to Limestone Manor
8. Game Night
9. Sports Activities

## Athens High School

1. Boys and Girls Soccer Camp
2. Marching Band Camp
3. Basketball Camp
4. Optimist Club Decorate Windows at Family Resource Center
5. Swim Team Lap-A-Thon
6. Marching Band Night Of Bands
7. Marching Band Performance
8. Pep Rally on the Square
9. Cheerleading Kiddie Camp
10. SCA Life South Blood Drive
11. Homecoming Bonfire
12. Homecoming Parade
13. Health Occupation Students Association (HOSA) @ Foundation of Ageing Fun Fest  
Event Practicing Therapeutic Communication Skills and to Serve Community #  
Limestone County Event Center
14. JROTC Volunteered at Milton Frank Stadium in a Special Olympics Event
15. Marching Band Competed in Marching Band Competitions
16. Dance Team Mini Dance Camp
17. SCA Full Tummy and Soar Christmas Party activities
18. JROTC Participation in Veterans Day Parade
19. Christmas Parade – Marching Band, JROTC, Cheerleading, Etc.
20. JROTC Military Formal Ball
21. Senior Prom
22. SCA Blood Drive
23. SCA Special Olympics Support
24. Pep Rallies on Campus
25. Marching Band performances at Varsity Football Games
26. Nursing Home Visits to Limestone Manor
27. Summer Sports Camps
28. Sports Teams