

# Grove Public Schools

## District Wellness Committee



T.E.A.M. - TOGETHER EVERYONE ACHIEVES MORE  
CHANGE COMES WHEN INDIVIDUALS, GROUPS, AND SYSTEMS WORK TOGETHER.

### **District Wellness Committee Members:**

Sandy Coaly	Ed Trumbull
Cindy Weaver	Teresa Royster
Donna Clark	Katie Carmical
Bobby Kreutz	Sean Bridges
Jeff Gibe	Sarah Johnson
Kim Hacker	Eli Lehmann
Kathy Hanna	

### **Purpose:**

Grove Public Schools recognizes that schools and families working in collaboration play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. We recognize that there is a direct link between a student's wellness and their academic success.

The purpose of the District Wellness Committee is to help students, staff, and the community improve personal health and fitness, be physically active every day, eat a nutritious diet, make healthy choices and get preventive screenings as recommended.

### **Benefits of a Healthier School:**

- Studies show that students with better nutrition have better attention spans and better class participation
- Proper nutrition improves academic, behavioral and emotional functioning and leads to increased math grades, lowered absenteeism and improved behavior
- Higher levels of physical activity can relate to higher self-esteem and lower levels of anxiety and stress as well as impact cognitive skills, enhanced concentration and attention and academic behavior —all of which are associated with improved academic performance
- Studies show positive associations between recess and indicators of cognitive skills, attitudes and academic behavior

### **Informational websites:**

- ♦ [shapeyourfutureok.com](http://shapeyourfutureok.com)  
(kid friendly)
- ♦ [certifiedhealthyok.com](http://certifiedhealthyok.com)
- ♦ [www.fns.usda.gov](http://www.fns.usda.gov)
- ♦ [teamnutrition.usda.gov](http://teamnutrition.usda.gov)
- ♦ [www.fns.usda.gov](http://www.fns.usda.gov)
- ♦ [healthiergeneration.org](http://healthiergeneration.org)
- ♦ [actionforhealthykids.org](http://actionforhealthykids.org)

### **For any questions or concerns please contact:**

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