**ELIADA ACADEMY WELLNESS POLICY**

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**PROGRESS IN MEETING GOALS:**

**Nutrition:**

* Wellness Policy is posted on website ([www.eliada.org](http://www.eliada.org)).
* Health & Wellness class added to daily educational program.
* Water bottles provided for students.
* Nursing refers individual students for nutritional counseling as needed.
* Residential cottages all have raised bed garden plots as part of educational program.

**Physical Activities:**

* Recreation Committee organizes after-school fitness and sports activities.
* Staff and community volunteers facilitate and lead after school fitness/sports activities.
* School curriculum has incorporated daily fitness activities.
* Health/Wellness teacher helps students set individual fitness goals based on individual assessments as part of the educational program.
* New resources/programs include: Slack Line/Mindfulness, Football, Lacrosse.
* Student participation is encouraged and facilitated in summer canoeing program offered by volunteers.
* Summer educational program maximizes physical activity and fitness oriented field trips.
* Staff – collaboration with Gold’s Gym (reduced membership fees).
* Staff – hosted two trainings on Group Building activities emphasizing teamwork and fitness.

**Goals (Improvement needed):**

* Ensure that Intake is notifying parents regarding Wellness Policy during the admission process and make sure that parents/guardians know how to access the policy through the website.
* Availability of water at the Weight Barn and Field. Students need access to large drinking water coolers at these locations. Coolers need to be obtained and a plan developed to keep them clean and filled with ice and water.