

Riverview Charter

2022 Checklist Summary

Getting Started 30

Category Points	30	
Total Points Achieved	251	
<p>1. Select the months you held wellness committee meetings. 1 point for each meeting (must meet at least 4 times). October: October 31st, 2022 December: December 12th, 2022 January: January 24th, 2023 February: February 27, 2023 March: 3/27/2023 April: 4/17/2023 May: 5/8/2023</p>	7	<p>Verified, love how you all are having consistent meetings, great job! by Magie Young @ 4/4/2023 11:36:00 AM</p>
<p>2. Maintain a wellness committee with at least three members. 1 point for each member. Food Service Manager: Lisa Melton School Nurse: Cathy Bridgers School Mental Health Professional (i.e., school counselor, social worker, or psychologist): Hina Patel PE Teacher: Jon Strebe Other Staff Member: Karen Miller, Erica Freeman Wellness Lead: Bethany Byrne</p>	6	<p>Verified, great team! by Magie Young @ 4/25/2023 11:23:49 AM</p>
<p>3. A student is on your wellness committee.</p>	0	
<p>4. A doctor adopts your school wellness committee (MD or DO - Dr. of Osteopath).</p>	0	
<p>5. Another health professional from outside the school is on your wellness committee (ex. DC, DMD, PT, PA, NP, RD, RN).</p>	0	
<p>6. Wellness committee members attend an MUSC Boeing Center wellness training.</p>	1	<p>Verified by Magie Young @ 3/29/2023 12:54:26 PM</p>
<p>7. Wellness committee members attend an MUSC Boeing Center focus group.</p>	1	<p>Verified, thank you for filling out the survey! by Kerrie Hollifield @ 4/25/2023 11:24:04 AM</p>

<p>8. Develop and/or update a wellness mission statement for your school. 1 point: Please see attachment. Uploads RCS Wellness Policy.pdf</p>	1	<p>Verified via email "The Riverview Wellness Committee is forming to promote the school's Wellness Policy. We will bring together staff members representing nutrition, physical education, counseling, nursing, and administration to focus on all aspects of student and employee health. We recognize that all of these areas impact student's academic success and lifelong health and wellness. We plan to meet quarterly to review current programs and ensure we are promoting the health and wellness of our students and staff through education and efforts that encourage habits of wellness at school and at home." by Kerrie Hollifield @ 5/10/2023 8:53:17 AM</p>
<p>9. Complete or update the Healthier Generation's Healthy Schools Assessment or Thriving Schools Integrated Assessment.</p>	10	<p>Verified that Healthy Schools Assessment has been updated. by Magie Young @ 4/4/2023 11:36:33 AM</p>
<p>10. Complete a wellness action plan and create three (3) SMART goals for the year. Show evidence of progress toward SMART goals by end of the school year. 3 points for completing a wellness action plan and the establishment of at least three SMART goals for the school year: Please see attached, used the outline provided. Uploads Wellness Action Plan.docx</p>	3	<p>Verified, fantastic job in establishing SMART goals to further embed wellness at Riverview Charter School by Magie Young @ 3/29/2023 12:53:44 PM</p>
<p>11. Share a success story from this year's wellness initiative. 1 point: Our Wellness Committee has organized a Wellness Week, scheduled for May 1-5, 2023. There will be a different focus each day - Mindful Monday (personal and community safety), Tasty Tuesday (nutrition), Wellness Wednesday (general health topics), Thoughtful Thursday (social emotional learning), and Fitness Friday (physical activity). Each day we will be providing activities for a morning meeting, a lesson lasting about 30min, and one to be done at home that night with the family. These will be differentiated for each cycle: Grades K-2, Grades 3-5, and Grades 6-7. Uploads Wellness Week Logo.png</p>	1	<p>Verified, amazing! by Magie Young @ 4/25/2023 11:24:15 AM</p>
Category Points		30
Total Points Achieved		251

Nutrition 42

Category Points	42
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Total Points Achieved 251

1. Provide salads as an option for students at lunch DAILY.	2	Verified by Magie during site visit on 2/8/2023 This is an absolutely wonderful offering for students! by Magie Young @ 4/4/2023 11:39:06 AM
2. Prohibit the preparation and serving of fried foods to students and staff on school grounds.	1	Verified there is not a frier on site during site visit on 2/8/2023 by Magie Young @ 4/4/2023 11:39:12 AM
3. Register or update your school's Team Nutrition profile and utilize Team Nutrition materials. Ex. Posters and Two Bite Club activities	2	Verified by Magie during site visit on 2/8/2023 that stickers are in use for taste testings and posters are displayed in the cafeteria. by Magie Young @ 4/4/2023 11:39:18 AM
4. PROMOTE entrees in the cafeteria that are made from scratch or semi-scratch. Ex. Signage and marketing materials displayed on serving lines, walls, menu boards. Uploads Soup.jpeg	1	Verified, great job! by Magie Young @ 4/25/2023 11:24:30 AM
5. Provide school breakfast options for students.	2	Verified. This is fantastic, breakfast makes for better prepared learners! by Magie Young @ 4/4/2023 11:40:08 AM
6. Require all students to be seated for 20 minutes or more at lunch daily. The lunch period must be longer than 20 minutes.	1	Verified via email: The time shown on our schedule is 20min for lunch... there is an additional 5 min of transition time that is not included in this 20min. For example, period 2 ends at 10:45, lunch is 10:50-11:20." 3.29.23 by Kerrie Hollifield @ 4/4/2023 11:40:22 AM

<p>7. All beverages meet USDA Smart Snacks regulations</p> <p>All schools standards allow:</p> <ul style="list-style-type: none"> - Plain water (with or without carbonation) - Unflavored low fat milk - Unflavored or flavored fat free milk and milk alternatives - 100% fruit or vegetable juice - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners. <p>High Schools standards allow:</p> <ul style="list-style-type: none"> - Additional no calorie and lower calorie beverage options - No more than 20 fluid ounce portions of calorie-free flavored water (with or without carbonation) - Other flavored and/or carbonated beverages that contain < 5 calories per 8 fluid ounces or 10 calories per 20 fluid ounces - No more than 12 fluid ounce portions of beverages with 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces 	2	<p>Verified during site visit on 2/8/2023 students only have access to SMART Snack compliant beverages by Magie Young @ 4/4/2023 11:40:45 AM</p>
<p>8. All food and snacks sold at school meet USDA Smart Snacks regulations.</p> <p>Calorie Limits:</p> <ul style="list-style-type: none"> - Snacks with <200 calories - Entrees with <350 calories <p>Sodium limits:</p> <ul style="list-style-type: none"> - Snacks <200 mg sodium - Entrees <480 mg sodium <p>Fat limits:</p> <ul style="list-style-type: none"> - <35% of calories from total fat - <10% of calories from saturated fat - 0 grams of trans fat <p>Sugar limit:</p> <ul style="list-style-type: none"> - <35% of weight from total sugars 	4	<p>Verified during site visit on 2/8/2023 all food and snacks meet Smart Snack requirements and there is not a staff vending machine or staff store. by Magie Young @ 4/4/2023 11:40:54 AM</p>
<p>9. Promote water drinking at your school through an ongoing water drinking campaign.</p> <p>3 points: During Wellness Week, water campaign on Wednesday encouraged for whole school. Also extra points during Staff 21-day health challenge for taking part in Water Wednesday. Year-round, only water is allowed at school, this is promoted through the handbook and by the teachers particularly at the beginning of the school year. The teachers send reminder emails as needed if students start to bring anything other than water. At lunch all students are able to get a cup and fill with water as needed.</p>	3	<p>I love that you incorporated this during the wellness week for that Wednesday. It appears through your wellness policy water may be promoted year round in an "ongoing" campaign. Can you describe other ways water is promoted during school as well. This can be flyers, announcements, lessons etc. by Magie Young @ 4/25/2023 12:26:34 PM Verified! by Kerrie Hollifield @ 4/26/2023 8:13:52 AM</p>
<p>10. Have a Nutrition Services staff member(s) attend a professional development training this school year where nutrition is the training topic. This does not include food safety trainings (e.g., ServSafe training).</p>	0	

<p>11. Invite a community partner for a professional development opportunity on a nutrition topic. 1 point for a staff member attending a presentation: 2/10/23, Bethany Byrne attended a district nurses meeting during which there was a presentation by Julia na Wishnia who is a MUSC diabetic educator. 3 points for all staff attending school-level presentation: March 20th, 2023 - Meredith Nelson - Nutrition information for all staff</p>	4	<p>Confirmed Meredith Nelson, a personal trainer in the Charleston and Beaufort communities, is scheduled to do a presentation on the importance of nutrition for the entire staff at Riverview Charter School. by Magie Young @ 4/4/2023 11:43:08 AM Verified by Kerrie Hollifield @ 4/25/2023 11:25:58 AM</p>
<p>12. Offer a healthy cooking or culinary club to students. <i>This does not include culinary arts classes.</i> 2 points: TIDEWATCH Afterschool Cooking Class - Cooking for Kids with 4H Healthy Lifestyle Program. Riverview's own Chef Lisa will educate and excite students to learn cooking basics and healthy lifestyle choices through hands on experiences in the kitchen all while making delicious treats with friends!</p>	2	<p>Verified, this is fantastic! by Magie Young @ 4/4/2023 11:43:16 AM</p>
<p>13. Invite local chefs, farmers, Registered Dietitians or others to teach students about healthy eating or cooking.</p>	0	
<p>14. Schedule field trips, in person or virtual, to local farms or farmers markets related to healthy eating and nutrition. 1 point: Bee City Zoo - March 3rd - Kindergarten & 6th Grade 1 point: Seaside Farm created a video for our students - watched video 3/31/23 - First Grade - to segue from their field to table unit to their economics unit they wanted to incorporate a local business.</p>	2	<p>Amazing! Verified by Magie Young @ 4/25/2023 11:26:10 AM</p>
<p>15. Maintain a food-based garden project at your school. Must upload a photo. Uploads 1st grade garden.jpeg cabbage.jpeg 1 point for an accessible garden project for those with physical limitations: There are no steps at our school, which includes the to the garden, and the garden is in raised beds allowing easy access. Currently all RCS students are able to access the garden.</p>	6	<p>Please review the accessible garden guidelines and confirm you meet them. Verified school food garden during site visit on 2/8/2023. I can not wait to see all of the cabbages! by Magie Young @ 4/18/2023 11:18:33 AM Remember to list how your garden is accessible! by Kerrie Hollifield @ 4/25/2023 12:29:07 PM Verified by Kerrie Hollifield @ 4/26/2023 8:14:06 AM</p>
<p>16. Utilize the school garden to teach nutrition education lessons.</p>	3	<p>Verified, love how you all are using the garden to teach about nutrition. The cabbage project and lessons are amazing. by Magie Young @ 4/18/2023 11:20:43 AM</p>

<p>17. Offer a fresh fruit or vegetable tasting event for students at least four times this school year. 3 points for a tasting program: February 8th, 2023 - Cauliflower February 20th, 2023 - Broccoli April 19th, 2023 - Edamame April 26th, 2023 - Baby Carrots Uploads IMG_4486.HEIC 2 points for including nutrition facts and education as part of the tasting: April 19th, 2023 - Edamame Tasting - discussed the nutritional benefits</p>	5	<p>Verified for all 4 taste tests and verified via email 4.25 that education is provided for each taste test item. by Magie Young @ 4/26/2023 8:14:17 AM</p>
<p>18. Cafeteria serves at least 2 locally grown (in your state) fruits or vegetables per month. Ask cafeteria manager to provide the order form or delivery form. Cafeteria, promotes locally grown fruits and vegetables in the school cafeteria, e.g., signage and marketing materials displayed on serving lines, walls, menu boards.</p>	0	<p>I did not see any signage promoting locally grown produce during the site visit on 2/8/2023. Please upload pictures of locally grown produce being promoted and an order form or invoice from the cafeteria manager showing 2 locally grown fruits or vegetables that you serve. by Magie Young @ 4/18/2023 11:23:00 AM</p>
<p>19. Host a school-based farmers market at your school at least four times this school year.</p>	0	
<p>20. Provide students, families, or staff with boxes of fresh produce to be picked up at your school. These boxes can be donated or offered at cost to schools. Examples include partnerships with FoodShare, local food banks, CSAs, etc. Must be offered at least twice a year.</p>	0	
<p>21. Implement a nutrition education curriculum for students consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate.</p> <p>Elementary: Implement a nutrition curriculum for all students in grades K-5 at least once a week. Middle: Implement a nutrition curriculum in at least one grade level. High: Include a nutrition education unit in at least two courses required for graduation.</p> <p>Or:</p> <p>Provide nutrition education lessons on USDA MyPlate or the Dietary Guidelines for Americans in at least one class.</p>	2	<p>Verified during site visit on 2/8/2023 by Magie Young @ 4/4/2023 11:55:43 AM</p>
<p>22. Participate in an MUSC Boeing Center for Children's Wellness supported nutrition related opportunity.</p>	0	
Category Points	42	
Total Points Achieved	251	

Physical Activity 48

Category Points	48	
Total Points Achieved	251	

<p>1. Increase physical activity of students by incorporating brain breaks, deskercises, or other physical activity breaks into classrooms. May include exercises over the school intercom or newscast. <i>Claim yoga under Social-Emotional Learning #6.</i> 7 points if in every classroom daily: Included in "Morning Meeting" daily and a once a week on Wednesdays in the "Morning Announcements" for all students. In addition, each teacher uses them additionally throughout the day as needed for th eir students. Pictured are: yoga, dancing, exercising, and walking galleries. Uploads Yoga RCS.jpg Dance morning meeting.jpg Squat.jpeg Morning Dance 2.jpg walk a bout- gallery walk.JPG Use body to count.jpg IMG_4785.MOV</p>	7	Great job! Verified by Magie Young @ 4/25/2023 11:26:43 AM
<p>2. Meet minimum requirements for Physical Education (PE) minutes. Elementary: All students are required to participate in a minimum of 60 (or 90) minutes of PE per week Middle: All students are required to receive PE in a minimum of 1 grade (or 2 grade levels) High: All students are required to receive PE in a minimum of 1 course (or 2 courses)</p>	7	Verified during site visit on 2/28/2023 all students/all grades in the middle school participate in PE by Magie Young @ 4/4/2023 11:59:27 AM
<p>3. Provide integrated physical education activities for all student ability levels or a Unified PE course to support inclusion. Inclusion assumes all children, regardless of ability or disability, have the right to be respected and appreciated as valuable members of the school community, fully participate in all school activities, and interact with peers of all ability levels with opportunities to develop friendships differences and learn and respect. 2 points: All classrooms in our building are inclusive classrooms</p>	2	Verified during site visit 2/ 28/2023 all students are int egrated in to classrooms, th e school does not have spe cial education/contained cl assrooms. All students parti cipate in PE together and m odifications are made as ne cessary. by Magie Young @ 4/4/2023 11:59:30 AM
<p>4. Provide kinesthetic (movement) desks and/or chairs in some or all classrooms. <i>This does not include alternative seating such as couches, bean bags, etc.</i></p>	3	Verified during site visit on 2/8/2023 more than 3/4 of the classrooms had kinesth etic chairs. by Magie Young @ 4/4/2023 11:59:38 AM
<p>5. Incorporate Action Based Learning (ABL) lessons in the classroom. These lessons incorporate movement into the standard curriculum in the classroom, e.g., WalkABOUTs, Minds In Motion. <i>Claim kinesthetic equipment under Physical Activity #5.</i> 5 points for ABL curriculum in all classrooms: A few examples that are used th roughout the school are "gallery walks" (students move from station to station to complete different tasks, give feedback on a topic, or do peer-review on student w ork) and "math scoots" (the teacher places the math equations around the room a nd students walk around trying to solve them, usually 15 minutes).</p>	5	Great job! Verified by Magie Young @ 4/25/2023 11:26:54 AM
<p>6. Classes from at least one grade level regularly rotate through an Action Based Learning Lab that incorporates movement into the standard classroom curriculum.</p>	0	
<p>7. Schedule recess before lunch for ALL classes year round.</p>	0	

<p>8. Provide a minimum of 20-minute recess for all students daily.</p>	1	<p>Verified using lunch/recess schedule provided during site visit on 2/8/2023 by Magie Young @ 4/4/2023 12:01:23 PM</p>
<p>9. Offer daily physical activity opportunities for students before school year-round e.g., open gym, track, and access to sports equipment. 3 points: Mr. Bechtold's "Foundation" club - a group for any middle school boys who would like to meet each morning to get their bodies moving before entering the class room. They participate in group games and exercises.</p>	3	<p>Verified! by Magie Young @ 5/4/2023 10:30:01 AM</p>
<p>10. Incorporate physical activity into organized after school programs. Ex. JROTC, Kaleidoscope, Extended Day, tutoring/mentoring programs. 5 points if 5x/week: TIDEWATCH afterschool program provides recess each afternoon for students and also has numerous enrichment classes that provide physical activity i.e. Wiffle Ball, Running Club, Gymnastics</p>	5	<p>Please describe how physical activity is incorporated in to the after school program 5x/week by Magie Young @ 4/4/2023 12:03:23 PM Verified, this is wonderful! by Magie Young @ 4/4/2023 12:03:21 PM</p>
<p>11. Provide additional non-competitive physical activity opportunities for students. Must be separate from PE and organized after school programs. Ex. Zumba, tennis, dance. <i>Claim yoga under Social-Emotional Learning #6.</i> 1 point for individual/non-structured opportunities: These are provided throughout the year in a variety of ways, for example school dances and campus clean up and/or improvement days are all held after school; service learning projects have both during and/or after school components depending on the grade and projects; kayaking field trip, marsh walk field trips, and Maritime Center naturalist guided walk are during school hours. In addition, our 2nd grade students do their capstone trip to Barrier Island for 3 days and 2 nights, during which they spend the majority of their time outside either walking the beach or the marsh while learning. Uploads kids in kayaks progra4.jpeg IMG_6066.jpg Neighborhood Clean Up.jpg</p>	1	<p>Verified by Kerrie Hollifield @ 5/4/2023 10:31:30 AM</p>
<p>12. Participate as a team of at least three students in a community walk, run, bike, or other physical activity event. 1 point: Beaufort Twilight Run, 3/25/23 1 point: Oyster Boogie 5K, 1/21/23 1 point: Turkey Trot 5K, 11/24/23 1 point: Swing Bridge 5K, 10/15/23 1 point: Palmetto Volleyball Association Championship, 3/31/23 1 point if parents join school team in at least one of the events: Beaufort Twilight Run, 3/25/23</p>	6	<p>Verified! Make sure you enter the date and name of the event that a team of at least three students participated in or upload photos from each event by Magie Young @ 4/19/2023 9:53:20 AM</p>
<p>13. Participate in Walk, Bike, or Roll to School Days.</p>	0	
<p>14. Collect and record student BMIs using CDC BMI Calculator spreadsheet or FitnessGram software for all students in grades 2, 5, 8, and at least once in grades 9-12. Must provide de-identified class summary sheet, only the CDC spreadsheet or FitnessGram report will be accepted. Uploads 8th Grade BMI.pdf</p>	3	<p>Verified by Magie Young @ 5/4/2023 10:31:45 AM</p>
<p>15. Conduct fitness education and assessment using the FitnessGram software for all students in grades 2, 5, or 8 or at least once in high school. Must provide de-identified class summary sheet.</p>	0	<p>Make sure you upload or provide Magie a de-identified FitnessGram Report by Magie Young @ 4/18/2023 11:56:23 AM</p>

<p>16. Adopt and promote: Open Community Use - individual school allows free community access to outdoor physical activity facilities before or after school hours. School can provide policy or signage showing open community use. 1 point for allowing free community access: Our playground facilities that are not fenced in are allowed to be used to outside working hours.</p>	1	<p>Verified, this is fantastic! by Magie Young @ 4/4/2023 12:13:09 PM</p>
<p>17. Provide community organizations with access to school facilities to host programs and activities related to physical activity through a Facility Use Agreement.</p>	3	<p>Verified copy of Facilities Use Agreement with Coach Livesay's Basketball Camp provided to Magie during 2/8/2023 site visit by Magie Young @ 4/4/2023 12:13:14 PM</p>
<p>18. Invite a community partner for a staff professional development opportunity on physical activity topics. 1 point for a staff member attending a presentation: Shelby Sauls - November 14th-16th - SCRPA Conference - Mountain Biking, Adult Recess, Playgrounds</p>	1	<p>Verified, so glad staff have the ability to attend conferences! by Magie Young @ 4/4/2023 12:13:21 PM</p>
<p>19. Participate in an MUSC Boeing Center for Children's Wellness supported physical activity related opportunity.</p>	0	
Category Points		48
Total Points Achieved		251

Social Emotional Wellness 53

Category Points		53
Total Points Achieved		251
<p>1. Conduct a school-wide SEL Assessment utilizing Healthier Generation's RISE Index or CASEL's Schoolwide SEL Rubric and integrate findings into your schools wellness action plan. Uploads RISE eval report Riverview.xlsx</p>	5	<p>Verified! Great work! by Kerrie Hollifield @ 4/25/2023 11:27:25 AM</p>
<p>2. Implement a school-wide, evidence-based, comprehensive SEL program. 5 points for implementing school-wide SEL program: Responsive Classroom - all grade levels (K-8)</p>	5	<p>Verified 2/8/2023 during site visit Responsive classroom is being implemented school wide. by Magie Young @ 4/4/2023 12:14:29 PM</p>
<p>3. Implement individual SEL lessons or activities in addition to or separate from a school-wide SEL program. 2 points: There are lessons for every grade. Here are a few: Kinder : Listening Skills, Voice & Body Control (Impulse Control), Problem Solving, Kindness, Social Skills, Perseverance, Safe/Unsafe Touch (CAPA lessons), Personal Space & Boundaries, Sportsmanship & Cooperation. 1st/2nd: Social Skills & Kindness, Personal Space & Boundaries, & Problem Solving/Sportsmanship/Cooperation (6th gr (10/5/22) - Dr. Brene Brown's lesson on Values & Empathy; 8th gr (10/20/22 - Katie Godowns from the Beaufort Alcohol & Drug Abuse Dept presented on good decision making and risk taking; 4/6/23 - Dr. Brene Brown's lesson on Values & Trust; 4/18/23 - Dr. Brene Brown's lesson on BRAVING). Coordinate with Friends of Carolina Hospice where we have offered a Grief Group for K - 8 students 2/year.</p>	2	<p>Verified! Great job! by Magie Young @ 4/25/2023 11:27:35 AM</p>

<p>4. Implement an evidence-based substance misuse prevention program. This should not be a one time lesson, project or campaign.</p>	0	<p>Make sure you describe the evidence-based substance misuse prevention program/curriculum implemented and with which grades. by Magie Young @ 4/4/2023 12:15:45 PM</p>
<p>5. Implement an evidence-based bullying prevention program. This should not be a one time lesson, project, or campaign.</p>	0	<p>I'm loving the lessons (which fall under SEW #3) and I love the student led bullying prevention campaign (SEW #7)! However, the intent of this is for your school to follow an evidence based curriculum. Please describe which bullying prevention program/curriculum was used, if using one. by Kerrie Hollifield @ 4/25/2023 2:10:55 PM</p>
<p>6. Implement ongoing yoga or mindfulness programs for students that are separate from PE. 2 points: We teach a class called GEMS: Growth, Empowerment, Movement, & Spirit (7th and 8th grade girls). The course is about teaching empowerment, confidence, and growth through mediums including an introduction to cheer, yoga, and social skills for positive self image.</p>	2	<p>Verified! by Magie Young @ 5/4/2023 10:32:29 AM</p>
<p>7. Support an SEL project or campaign. 1 point for school-wide project or campaign Maximum of 2 points: Core values - awarded daily and each trimester 2 points for student-led project or campaign: Fourth grade students participating in "Kindness Rocks Project", where they will create inspirational messages and distribute throughout Beaufort community. Creating during April, distribution date is 5/12/23. The Student Council's Anti-Bullying Committee is working on bullying awareness through the Unity Day lesson; Bullying PSA by students on their Morning Show; Visual examples of bullying to poster the school; Gr 3 student led lesson on bullying. 1 point for school-wide project or campaign Maximum of 2 points: Empty Bowls/Rise Against Hunger</p>	4	<p>Verified for student led campaign. KH Verified both school wide campaigns and discussed in detail during site visit on 2/8/2023-Magie by Magie Young @ 5/4/2023 10:33:15 AM</p>
<p>8. Provide trauma-informed training to staff and implement strategies school-wide. 3 points for all staff receiving training: Equine Assisted Learning (EAL) on the Farm with Kendra Twitty - Trauma Informed Classrooms for teachers and administrators 5 points for implementing trauma-informed strategies : The majority of the Support staff are now CPI trained by BCSD staff. On 3/14 & 3/15/22, counselors attended "PREPaRE School Crisis Prevention and Intervention Workshop 2: Responding to an Acute Traumatic Stressor in Schools." The info was shared with the leadership team to review and integration. In addition, through the Responsive Training our entire faculty and staff are required to do, the principles that apply to our daily trauma informed strategies are how we work to build relationships with students and their families, we work together as a staff to create a safe, predictable, joyful, and inclusive school environment, we look beyond the behavior to understand the child, and we work to meet students where they are.</p>	8	<p>Please make sure you describe how staff has implemented the trauma informed strategies they learned in the training with Kendra Twitty. Verified trauma informed training (https://www.kendra.twitty.com/services) It is absolutely wonderful that your administration supported this training for the entire staff, what an opportunity! by Magie Young @ 4/18/2023 12:10:18 PM Verified! by Kerrie Hollifield @ 5/4/2023 10:33:33 AM</p>

9. Provide restorative practices training to staff and implement practices school-wide.

0

-3 points "All teachers and staff are required to be trained in Responsive Classroom within their first year of employment. Part of this program is focused on restorative practices." and -5 points "Two examples of school-wide practices we use from our Responsive Classroom program are: 1. Logical Consequences - A non-punitive response to misbehavior that allows teachers to set clear limits and students to fix and learn from their mistakes while maintaining their dignity. 2. Closing Circle - A five- to ten-minute gathering at the end of the day that promotes reflection and celebration through participation in a brief activity or two. In addition, our Cycle 2 leader attended a restorative practices workshop (<https://www.leavingthevillage.com/understandingrp>) last fall to help reinforce our school strategies. Responsive Classroom is our whole staff training which includes Restorative Practices." Specifically here with restorative practices we are looking for a staff member who is certified within IIRP (<https://www.iirp.edu/>) to then train all staff on Restorative Practices or provide facets of restorative practice to your school. Although the practices listed are great pieces they don't include all the elements of the restorative practice model.
by Kerrie Hollifield @ 5/4/2023 10:35:43 AM

10. School-based mental health supports are available to all students and their families.

2

Verified 2/8/2023 by Magie during site visit
by Magie Young @ 4/4/2023 12:29:33 PM

11. Create and display classroom shared agreements developed by teachers and their students that foster a culture of respect and collaboration.

5

Verified 2/8/2023 during site visit
by Magie Young @ 4/4/2023 12:29:43 PM

<p>12. Create a designated calming space for students.</p>	5	<p>Verified 2/8/2023 during site visit. It is absolutely wonderful to see a calming space in every classroom! by Magie Young @ 4/4/2023 12:29:49 PM</p>
<p>13. Provide sensory outlets for students.</p>	4	<p>Verified 2/8/2023 during site visit. Love all of the sensory outlets you make available to students in the classroom and hallways! by Magie Young @ 4/4/2023 12:29:54 PM</p>
<p>14. Implement a sequential health education curriculum. Must be consistent with South Carolina Standards for Health and Safety Education (2017) or the national standards. Lesson topics must include the five SEL competencies: Self-awareness, Self-management, Social awareness, Relationship skills, Responsible decision-making and not focus on reproductive health education alone. Grades K-6: Classroom teacher implements health education curriculum for all students for 75 minutes per week year round. Grades 7-8: Implement health education curriculum for one nine week course. Grades 9-12: Students must receive comprehensive health education at least once during grades 9-12 as part of an existing course or separate course.</p>	0	<p>Make sure you provide the name of the health education curriculum used and how the 5 SEL competencies were incorporated as well as which grade level(s) were taught the curriculum. by Magie Young @ 4/4/2023 12:35:36 PM</p>
<p>15. Invite local organizations to teach students about SEL topics. 1 point: 10/20/22 - Katie Godowns from the Beaufort Alcohol & Drug Abuse Dept presented to 8th graders on good decision making and risk taking 1 point: 10/26/22 - Katie Godowns from the Beaufort Alcohol & Drug Abuse Dept presented on vaping to all 8th graders. 1 point: 2/13/2023-2/14/2023 - CAPA - Comprehensive School-based Child Abuse and Neglect Prevention Education: effectively educate and empower children to recognize, interrupt, and report unsafe or uncomfortable behaviors and situations. They do separate presentations for each grade, K-8, over the course of the two days.</p>	3	<p>-1 point "3/10/23 - Dr. Eve Ashby and Dr. Bill Martin came to speak with 8th grade girls and boys, respectively, about puberty and sexual education, including but not limited to hormone changes, responsible relationships, and self advocacy related to health topics." while sex education is extremely important it does not fall within our Checklist©. -1 point "Twice per year - Friends of Carolina Hospice, we offer a Grief Group for K - 8 students." Verified katie Godowns and CAPA by Magie Young @ 5/9/2023 10:54:53 AM</p>
<p>16. Invite a community partner for staff professional development opportunity on an SEL topic. 1 point for a staff member attending a presentation: Ashton Forrest attended "Helping Stakeholders Recover from Traumatic Events (PD Training)" Tuesday, March 14 · 9:00am – 12:00pm 3 points for all staff attending school-level presentation: 10/3/22 - Katie Godowns from the Beaufort Alcohol & Drug Abuse Dept presented to all faculty on what to watch for in students related to vaping, substance abuse, and abuse of social media.</p>	4	<p>Verified! by Magie Young @ 4/25/2023 11:28:17 AM</p>

<p>17. Engage parents in your school's SEL opportunities.</p> <p>Uploads Bubble Gum Communication.png How to Tie Shoes Communication.png</p> <p>3 points for offering parent trainings on SEL topics: Parent/family training on "Vaping & Social Media Safety" presented by Heidi van Esselstyn and school counseling department on 11/3/22.</p>	4	<p>Verified!</p> <p>by Magie Young @ 5/4/2023 10:42:12 AM</p>
<p>18. Implement a universal SEL screener.</p>	0	
<p>19. Participate in an MUSC Boeing Center for Children's Wellness supported social emotional wellness related opportunity.</p>	0	
Category Points		53
Total Points Achieved		251

Establishing a Wellness Culture 41

Category Points		41
Total Points Achieved		251
<p>1. Include an educational message about nutrition, physical activity, or social-emotional wellness at least once per week in morning announcements. 1 point: Wednesday Morning Announcements</p>	1	<p>Verified 2/8/2023 during site visit. This is wonderful!</p> <p>by Magie Young @ 4/4/2023 12:41:03 PM</p>
<p>2. Hold non-food fundraisers or healthy food fundraisers (must meet USDA Smart Snack regulations). <i>Claim Wellness Committee fundraisers under Sustainability #4.</i> 2 points: Uniform Free Friday 2 points: Spirit Days 2 points: Discount Cards 2 points: Beaufort Twilight Run 2 points: Empty Bowls</p>	10	<p>Verified, you all do a lot of fundraising and it is great to see how many of these efforts are non-food! To be a role model for other schools!</p> <p>by Magie Young @ 4/4/2023 12:41:09 PM</p>
<p>3. Provide teachers with a list of alternative ideas for behavior management that include non-food rewards and other ideas that neither deny nor require physical activity as a punishment.</p>	2	<p>Verified 2/8/2023 during site visit</p> <p>by Magie Young @ 4/4/2023 12:42:50 PM</p>
<p>4. Adopt and promote a school-wide non-food reward policy stating students do not receive any type of food or certificate for free unhealthy food as a reward. This policy must be signed by principal or in the current school handbook. 1 point for promotion of policy outside the school handbook : This policy was discussed as part of a morning meeting topic for all grades before spring break and Easter. "At Riverview we celebrate birthdays with unique experiences instead of sweet treats - we do this because there are many fun, healthy ways to celebrate besides just with food. Food is fun, but it can be more fun to be creative! Some healthy ways to celebrate holidays or special occasions might be a game night, a trip to a trampoline park or water park, a family bike ride or hike, a trip to the beach or the park, or even a special craft that means something special to you. What are non-food ways you would like to celebrate something special?"</p>	3	<p>Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)</p> <p>by Magie Young @ 4/4/2023 12:42:58 PM</p>

5. Adopt and promote a school-wide monthly birthday celebration policy stating all the birthdays that month are celebrated on the same day OR a policy where birthdays are not recognized with unhealthy foods. This policy must be signed by principal or in the current school handbook.

2 points for a new or existing policy: Birthday Pencil... pages 79 and 88 discuss this. https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf

1 point for promotion of policy outside the school handbook: Daily Morning Announcements and recognition of students with birthdays - they are called to the front office to receive their birthday pencil.

3

Love the idea of a Birthday Pencil. Please make sure you provide the link to your school's student handbook where this policy may be found or upload a copy of your school's policy

by Magie Young @ 4/4/2023 12:45:29 PM

Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)

by Magie Young @ 4/4/2023 12:44:01 PM

This is an incredible policy. Verified

by Kerrie Hollifield @ 4/25/2023 2:22:07 PM

6. Adopt and promote a school-wide celebration policy stating classroom or club achievements are not celebrated with unhealthy food, but rather with healthy foods or non-foods. This policy must be signed by principal or in the current school handbook.

1 point for promotion of policy outside the school handbook: These policies are promoted by our teachers to parents at the start of each school year. They are reinforced through birthday celebrations for each child in grades K-2, focused on the child, their family, and celebrating who they are - but do not include unhealthy food. This is also a topic in our Wednesday morning announcements that focus on health and wellness.

3

Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)

by Magie Young @ 4/4/2023 12:45:50 PM

7. Adopt and promote a school-wide policy stating water is the only drink permitted in the classroom and hallways during the course of the school day. This policy must be signed by principal or in the current school handbook.

1 point for promotion of policy outside the school handbook: These policies are promoted by our teachers to parents at the start of each school year. Parents are reminded through inclusion of the topic in weekly notes. Students are reminded by teachers and administrators.

3

Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)

by Magie Young @ 4/4/2023 12:46:15 PM

8. Adopt and promote a school-wide policy promoting physical activity by neither denying nor requiring physical activity as a means of punishment. This policy must be signed by principal or in the current school handbook.

2

Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)

by Magie Young @ 4/4/2023 12:46:22 PM

<p>9. Adopt and promote a school-wide policy outlining rules against bullying, reporting procedures, and accessing your school's support system for victims of bullying. This policy must be signed by the principal and in the current school handbook.</p> <p>1 point for promotion of policy outside the school handbook: School-wide Unity Day on 10/19/22, encouraged to wear orange and inclusion topics discussed in each class.</p>	3	<p>Verified I absolutely love how you demonstrate your commitment to creating a culture of wellness by including policies in your student Handbook (https://riverviewcharterschool.org/wp-content/uploads/2021/09/2022_2023_Family-Handbook-FINAL.docx.pdf)</p> <p>by Magie Young @ 4/4/2023 12:52:01 PM</p>
<p>10. Adopt and promote a school-wide breastfeeding policy. This policy must be signed by principal or in the current school handbook.</p>	0	
<p>11. Provide a designated lactation room. Must have signage, door that can lock, privacy curtain, and seating. This room may not be a bathroom.</p>	1	<p>Verified 2/8/2023 during site visit.</p> <p>by Magie Young @ 4/4/2023 12:52:09 PM</p>
<p>12. Students advocate in support of wellness changes at the local, state or national level. Ex. Write to legislators or speak publicly to school board or government body.</p>	0	
<p>13. Implement a school-wide, year-round program for students that positively reinforces healthy choices and behaviors surrounding nutrition, physical activity, and social-emotional wellness. Ex: Health tickets provided to students following observation of healthy behaviors that can be used to earn non-food prizes or privileges. Please note, the healthy reward must be for making healthy choices related to nutrition, physical activity, or social-emotional wellbeing.</p>	0	
<p>14. Support a student-led wellness committee with a minimum of three students who meet at least four times per year and promote wellness to peers.</p>	0	
<p>15. Student Wellness Committee or student group completes the Fuel Up to Play 60 School Wellness Investigation.</p>	0	
<p>16. Integrate nutrition, physical activity, or social-emotional wellness as the focus of an art, creative writing, or STEM project in more than one class.</p> <p>2 points for an art project: This example is from the 1st graders project incorporating a "balanced meal" in clay since they have just been working on Field to Table. Attached are a few of their sketches which they plan to make in clay in the next couple weeks.</p> <p>Uploads Nutrition Art 2.jpeg</p> <p>2 points for a creative writing or journaling project : The media class produces weekly video news reports, of which there is one segment on a wellness topic. Coming up, students in the 7th grade media class are participating in Health Week (5/1-5/5) by brainstorming, creating, producing, and distributing segments via video announcements to all students. The daily topics for Health Week include personal and community safety, nutrition, wellness, SEL, and fitness. Videos are not completed yet, but attached is notes from their meeting about what topics they will be focusing on.</p> <p>Uploads Media class outline .pdf</p> <p>2 points for a STEM project: Students are researching the health benefits of state parks and producing an infographic in technology class.</p> <p>Uploads National Parks.pdf</p>	6	<p>Verified</p> <p>by Kerrie Hollifield @ 4/27/2023 8:27:57 AM</p>

<p>17. Host a student vs. staff recreational game or relationship building event at the school. 1 point: Kickball and Volleyball</p>	1	<p>Verified, this is fantastic! by Magie Young @ 4/4/2023 12:57:53 PM</p>
<p>18. Host a health and wellness fair at the school for families which includes presentations and demonstrations from community partners on healthy food choices, nutrition education, physical activity stations, social-emotional wellness, community health resources, etc.</p>	0	
<p>19. Promote your wellness initiative to the community by submitting a press release to local news media or sharing highlights on social media. Tag us #MUSCboeingcenter Uploads Screen Shot 2023-04-04 at 1.00.27 PM.png</p>	1	<p>Verified! by Kerrie Hollifield @ 4/25/2023 11:29:23 AM</p>
<p>20. Offer a healthy nutrition class, cooking class, or grocery store tour to caregivers. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>21. Implement fresh fruit or vegetable tastings at parent meetings or family events. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>22. Implement physical activity breaks at parent meetings or family events. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>23. Implement mindfulness activities at parent meetings or family events. <i>This is separate from a health and wellness fair.</i></p>	0	
<p>24. Include wellness topics related to nutrition, physical activity, or social-emotional wellness in communication with families at least quarterly. Uploads Family Comm A&P.pdf Family comm blood drive.pdf Family Comm Winter Health.pdf Family Comm Fall.pdf</p>	2	<p>Verified via email documentation by Magie Young @ 5/9/2023 10:57:07 AM</p>
<p>25. Mentor a school that has not participated in the School Wellness Checklist or has a new wellness leader. The school must submit a qualifying checklist this year.</p>	0	
Category Points	41	
Total Points Achieved	251	

Staff Wellness 21

Category Points	21	
Total Points Achieved	251	
<p>1. Conduct a wellness needs or interest survey with staff this year. 1 point: https://docs.google.com/forms/d/e/1FAIpQLSdv8KDOt22OFvL8cLNEDauT89pbZHRGEAjuy8teimBxCUhKNw/viewform</p>	1	<p>Verified 2/8/2023 during site visit, great job collecting interest data from your team. by Magie Young @ 4/4/2023 1:04:54 PM</p>

<p>2. Offer staff health screenings at your school for cholesterol, BMI, glucose, blood pressure, or preventative cancer screenings. 1 point for Cholesterol screening: April 25th, provided by the Carolina Occupational Health Screening Group through PEBA State Health Plan (yes, provided at Riverview Charter School in our conference room :)) 1 point for BMI screening: April 25th, provided by the Carolina Occupational Health Screening Group through PEBA State Health Plan (yes, provided at Riverview Charter School in our conference room :)) 1 point for Glucose screening: April 25th, provided by the Carolina Occupational Health Screening Group through PEBA State Health Plan (yes, provided at Riverview Charter School in our conference room :)) 1 point for Blood Pressure screening: April 25th, provided by the Carolina Occupational Health Screening Group through PEBA State Health Plan (yes, provided at Riverview Charter School in our conference room :)) 1 point for Cancer Preventative screenings: April 25th, provided by the Carolina Occupational Health Screening Group through PEBA State Health Plan (yes, provided at Riverview Charter School in our conference room :))</p>	5	<p>Verified! by Magie Young @ 5/4/2023 10:45:57 AM</p>
<p>3. Promote staff health screenings organized by the district to all staff members at your school. 1 point for promoting district health screenings: Email sent to staff, may participate in health screening at our school or any other school in the district, may also participate by going to Doctors Care. All offer the same screening to staff.</p>	1	<p>Verified that this was advertising health screenings district wide. by Kerrie Hollifield @ 4/25/2023 11:31:25 AM</p>
<p>4. Implement a weight management program at school for staff. Ex. Weight Watchers, Biggest Loser-type competition, Step Challenge. 1 point: Step Challenge for all faculty and staff, 5/2022</p>	1	<p>Great! Verified by Kerrie Hollifield @ 4/25/2023 11:31:30 AM</p>
<p>5. Offer fitness classes at school for staff. Ex. Zumba, kickboxing, pilates.</p>	0	
<p>6. Provide access to weight and fitness rooms to all staff.</p>	0	
<p>7. Participate as a team of at least three staff members in a community walk, run, or sporting event. Ex. 5k, tennis, kayaking. 1 point: Stingray Scramble - November 12, 2022 1 point: Turkey Trot, November 24, 2022 1 point: Swing Bridge Run, October 15, 2022 Uploads IMG_5278.jpeg 1 point: Oyster Boogie, January 21, 2023 1 point: Beaufort Twilight Run, March 25, 2023</p>	5	<p>Verified, love how active you all are as a team! by Magie Young @ 4/4/2023 1:13:59 PM</p>
<p>8. Create an organized staff walking or running group with at least three staff members participating.</p>	0	
<p>9. Connect with chiropractors or massage therapists to offer free massages at your school for staff.</p>	0	
<p>10. Provide ongoing social-emotional wellbeing programs for staff at school. <i>These programs must be ongoing, not one-time activities.</i></p>	0	
<p>11. Invite a community partner for a staff professional development opportunity on a staff wellness topic. 3 points for all staff attending a school-level presentation: Meredith Nelson, 3/20/23, How to decipher a food label, Meet your macros - carbs, proteins, fats, and Exercise 101</p>	3	<p>Verified by Kerrie Hollifield @ 4/25/2023 11:32:15 AM</p>

<p>12. Incorporate intentional opportunities into existing staff meetings to encourage team building and connectedness. <i>These programs must be ongoing, not one-time activities.</i></p>	1	<p>Verified 2/8/2023 during site visit discussed the vast array of team building activities the staff does throughout the school year. by Magie Young @ 4/18/2023 1:14:59 PM</p>
<p>13. Incorporate physical activity breaks into existing staff meetings. <i>These programs must be ongoing, not one-time activities.</i></p>	0	
<p>14. Create and display staff shared agreements developed by all staff that foster a culture of respect and collaboration.</p>	0	
<p>15. Implement a school-wide, year-round program for staff that positively reinforces healthy choices. The healthy incentive must be for making healthy choices related to nutrition, physical activity, or social-emotional wellbeing. <i>This does not include weight management program or staff walking or running clubs.</i></p>	0	<p>-2 points "Staff receive discounts for annual memberships at the YMCA and at Effervescence Yoga Spa." -3 points "School-wide 21 day wellness challenge being held 4/17/23-5/7/23. Each person sets personal goals related to health and wellness - nutrition, fitness, mental health, get outside goals, spiritual goals, etc. Incentives include gift cards and PTO hours (paid time off). Attached is email sent to staff and weekly planning guide sent to staff." For this question we want to see schoolwide, year round incentive program. The YMCA is great but not schoolbased. by Kerrie Hollifield @ 5/4/2023 10:47:34 AM</p>
<p>16. Create a designated relaxation space for staff to use. Space can be inside or outside and must be separate from workroom area and students.</p>	0	
<p>17. Distribute and promote Employee Assistance Program information to all staff. 1 point: Shared with staff the free monthly webinars for staff that were offered by Healthier Generation and Kaiser Permanente. One screen shot of the emails sent to staff for each of the webinars in attached. https://api.healthiergeneration.org/resource/1575?utm_source=delivra&utm_medium=email&utm_campaign=Webinar%20Follow%20Up%202022-12-15%20Staff%20Well-Being%20HG%20KP%20CDE&utm_id=4637996 Uploads Screen Shot 2023-04-25 at 2.25.36 PM.png</p>	1	<p>Verified that school does send out EAP information to staff. by Kerrie Hollifield @ 5/9/2023 10:57:42 AM</p>
<p>18. Share a universal self-assessment tool for staff to reflect on personal wellbeing, such as the Professional Quality of Life Measure, Resilience at Work Scale, etc.</p>	0	

<p>19. Include wellness topics related to nutrition, physical activity, or social-emotional wellness in communication with staff at least quarterly (must be separate from communication to families).</p> <p>Uploads Riverview Charter School Mail - Faculty Wellness Challenge - with prizes!.webarchive Staff Followup - Guest speaker Monday at 3:30!.webarchive Health Screenings Tuesday, April 25.webarchive Staff Drive - Blood drive at Riverview - please consider giving!.webarchive</p>	2	<p>Verified via documentation sent in email as well as discussion. by Kerrie Hollifield @ 5/10/2023 8:54:48 AM</p>
<p>20. Provide duty-free lunch for at least one grade level monthly throughout the school year.</p>	1	<p>Verified 2/8/2023 during site visit all teachers have a duty free lunch period. This is accomplished by having other staff members cover the lunch period. by Magie Young @ 4/4/2023 1:27:58 PM</p>
<p>21. Participate in an MUSC Boeing Center for Children's Wellness supported staff wellness related opportunity.</p>	0	
Category Points		21
Total Points Achieved		251

Sustainability 12

Category Points		12
Total Points Achieved		251
<p>1. Apply for wellness-related grants to improve student or staff nutrition, physical activity, or social-emotional wellness. <i>1 point for applying for each wellness-related grant.</i> See Sustainability #2 to claim additional points for grants received.</p>	0	<p>-1 point "Applied to be one of America's Healthiest Schools through Alliance for a Healthier Generation. Application submitted 4/7/23." great job! however, this is not considered a grant by Kerrie Hollifield @ 5/4/2023 11:06:24 AM</p>
<p>2. Receive a wellness-related grant for which your school applied.</p>	0	<p>-5 points "Recognized as one of 2022 America's Healthiest Schools by Alliance for a Healthier Generation. https://www.healthiergeneration.org/campaigns/american-healthiest-schools#state-sc" this is great! but not considered a grant by Kerrie Hollifield @ 5/4/2023 11:06:49 AM</p>
<p>3. Staff member(s) attend a community-based wellness training. These include: state cooperative extension gardening training, Farm to School training, Action Based Learning training. For any other wellness-related trainings not listed here, please contact your coordinator for consideration. 2 points: Bethany Byrne - Responsive Classroom - May</p>	2	<p>Verified 2/8/2023 during site visit. by Magie Young @ 4/18/2023 1:21:02 PM</p>
<p>4. Host a non-food fundraiser or healthy food fundraiser (must meet USDA Smart Snack regulations) to raise funds for your wellness committee.</p>	0	

<p>5. Maintain a community partnership with a business or organization that provides time, services, or items to collaborate on wellness activities, other than presentations, at your school.</p> <p>2 points: Teddy Bear Clinic - Battery Creek High School HOSA</p> <p>2 points: Mentor Program - Individuals within the community, National Honors Society at Battery Creek High School</p> <p>2 points: Backpack Buddies - Lowcountry Food Bank</p> <p>2 points: Beaufort Twilight Run - Sheriff's Department, County EMS, Burton Fire Department, Habersham Community</p> <p>2 points: Oyster Boogie - Beaufort Area Hospitality</p>	10	<p>Verified 2/8/2023 all community partner relationships during site visit. The support you have from the community is phenomenal.</p> <p>by Magie Young @ 4/18/2023 1:21:11 PM</p>
<p>6. Maintain a community partnership that provides funding to your school wellness committee. Must see a copy of the check.</p>	0	
<p>7. Describe how your wellness committee spent last year's wellness award money, i.e., how funds were spent and how much was spent.</p>	0	
Category Points	12	
Total Points Achieved	251	

Bonus 4

Category Points	4	
Total Points Achieved	251	
<p>1. BONUS: Claim up to four points for one Nutrition, one Physical Activity, one Social-Emotional Wellness, and one Staff Wellness related item your school implemented not already captured in the other checklist categories. These will be reviewed individually before points are awarded by the checklist review team.</p> <p>1 point for Nutrition Bonus: 2/8/23 - school nurse did lesson for third graders on diabetes, main focus on type 1, how the the body uses food and how the pancreas and insulin work.</p> <p>1 point Physical Activity Bonus: St Jude Challenge - school principal joined the Challenge to raise money by doing 100 pushups every day for the month of November. He raised money via social media, but also encouraged the students and teachers to join him in doing pushups. Multiple classrooms and teachers participated and did push ups every day for a month.</p> <p>1 point Social-Emotional Wellness Bonus: For their Service Learning Project, 8th grade students are exploring the Big Idea of Balance by answering the question, "How can we balance awareness and empathy to make a difference in our own community?" Students aim to lift spirits, bring joy and promote self-care by making care packages for local cancer patients. In science class, students are exploring the medical applications of electromagnetic waves that are at the heart of many cancer treatments. In math class, students are collecting bivariant data regarding the prevalence of cancer in their families. In ELA class, students are writing notes of encouragement to place in the care packages.</p> <p>1 point Staff Wellness Bonus: School-wide 21 day wellness challenge for all faculty and staff. Each person sets personal goals related to health and wellness - nutrition, fitness, mental health, get outside goals, spiritual goals, etc. Bonus points offered for wellness activities as well, for example Meatless Monday, Thankful Thursday, Fitness Friday, etc. Incentives include gift cards and PTO hours (paid time off).</p>	4	<p>Verified Nutrition, PA Bonus, Staff Wellness and SEW Bonus.</p> <p>by Kerrie Hollifield @ 5/4/2023 11:00:47 AM</p>
Category Points	4	
Total Points Achieved	251	