



First State Montessori Academy

Deep Roots, New Branches

Annual Progress Record for First State Montessori Academy Wellness Committee

The Wellness Committee is designed to ensure that the school is working in partnership with families to maximize health and well-being of our students, staff, families and community. Our goals this year according to our Wellness Policy, have been exceeded in regards to our nutritional and physical lessons and activities. Our policy outlines what we hope to accomplish each year. The committee follows through with implementation and planning and review of goals. We have coordinated with classrooms, administration, the PTO, and outside community members to promote, teach, model, encourage and support healthy behaviors within FSMA as referenced by the state and USDA guidelines as well as maintaining Montessori principles. The Wellness Committee also emphasizes and ensures that physical activity breaks or periodic opportunities to stretch/be active are offered throughout the day and that children are offered at least 20 minutes of recess or more. Our Montessori Model of education incorporates these ideals on a regular and on-going basis naturally.

A few lessons and/or activities that you may have heard about this year are:

- March Muscle Fitness Challenge
- The Winter Olympics
- Afterschool physical fitness clubs: Tennis, Soccer Shots, Girls on the Run, Boys Run, Yoga
- Gardening club
- Room 17 growing their own garden and harvesting for salads.
- Health class with Kerry for sixth graders with curriculum.
- Making applesauce, apple dehydration
- Orange juice squeezing
- Daily mindfulness lessons
- Deep breathing
- Yoga
- Carrot peeling
- Caring for others' feelings
- Reading food labels for reading comprehension
- Jumping/ recharging/ movement breaks
- Peace Awareness
- Energizers: call out ideas and physically act out
- Field trips to local farms
- Handwashing
- A variety of fruits have been offered with lunches this year: honeydew, grapes, apples, oranges

- Agricultural promotion

Our committee has met and discussed new ideas and goals to implement for next year. Our three priorities at this moment include:

1. Orchestrating more farm to table ideas within the academic environment via speakers, presentations, and opportunities for hands-on lessons.
2. Continue to maintain and promote physical and nutritional wellness within the FSMA community.
3. Begin to collaborate and work on a third piece to our Wellness Policy that involves mental wellness for students, staff and community.
4. Continue to reach out for recruitment to parents/caregivers, families and the community in hopes to build our membership.

If interested in joining the Wellness Committee at FSMA, please reach out to Tara Weaver at Tara.weaver@fsma.k12.de.us for more information. We look forward to another healthy year at First State Montessori Academy!