



## Professional Development for Staff

- Staff members attended a wellness conference co-hosted by CHSC and Action for Healthy Kids. The conference highlighted the importance of quality nutrition and physical activity on academic success and overall student health.
- The Elementary school staff and students partook in a SPARK Physical Activity training to increase physical activity during recess and in the classroom.

## Next Steps

- Ensure staff, parents, and students are familiar with the newly revised Wellness Policy.
- Develop an action plan to implement the new provisions of the Wellness Policy.
- Create a Comprehensive School Physical Activity Program (CSPAP) to assist students in getting the recommended 60 minutes of daily physical activity.

## Getting Involved

Join us at a Wellness Committee meeting!  
For more information contact your Wellness Committee Lead.

## Contacts

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## Resources

CHSC at Glens Falls Hospital provides funds and technical assistance to help school districts implement their Wellness Policies. Some of the items our District received include:

- **Activity Works Subscription**
- **SPARK PE and Physical Activity Subscription**
- **Water Polo and Ultimate Frisbee Equipment**
- **Blender**
- **Food Slicer and Chopper**
- **Exercise Equipment for Weight Room**
- **Hydration Stations**
- **Recess Equipment**
- **Active STEM Learning Unit-Simple Machines**
- **Brain Energizers Booklets**
- **Yoga 4 the Classrooms Card Decks**
- **Classroom Physical Activity Packs**
- **Grab and Go Breakfast Warming Cart**
- **Tower Gardens**
- **Taste Testings**
- **Pretzel Warmer**

### School Garden



### Student uses weight room equipment.



### Tower Garden

### Hydration Station



Creating Healthy Schools  
and Communities



Glens Falls Hospital