**Wellness**

We encourage our students, faculty, staff and community, to be active, to eat a healthy well-balanced diet, and to prioritize their mental wellness.

* We are constantly evaluating and expanding our food service program and encourage all students to eat healthy.
* Our physical education and health curricula are regularly updated to reflect the latest research in physical and mental wellness.
* Our staff is encouraged to be in the moment. Breathing exercises have helped our staff to give their energy to the students in the classroom and leave other stresses behind.
* We encourage students to stretch and move. Our building walking programs encourage community members to be active even in the winter months.

Our community partners provide weekend backpacks full of nutritious foods for students with food insecurity on the weekends.