

Spending Guide for Wellness Awards

Wellness Awards are designed to help grow and sustain your school's wellness initiatives. This document contains a list of approved ideas for spending your Wellness Award funds. Please contact your Program Coordinator for approval of items that are not listed.

Nutrition

- Kitchen supplies to facilitate healthy food preparation
- Smoothie/salad bar in the cafeteria
- Start a cooking club: buy ingredients, cooking tools, and small appliances
- Healthy snacks for special events: fruit/veggie tray for a parent night, smoothies for a fun run
- Buy/print promotional posters/banners to support locally grown produce and healthy choices
- Reusable water bottles for students
- Water filling station



Garden

- Gardening supplies: Containers, hoses, wheelbarrows, shovels, compost bin, portable greenhouse, raised flower beds, labeling supplies, rain gauges, shade structures
- Vertical Garden
- Hydroponic garden setups
- Sensory plants: Lamb's ears, colorful flowers, honeysuckle, herbs, satiny wormwood
- Field trips to local farms
- Gardening classes for teachers



Training & Professional Development

- Wellness conferences
- Professional Development for Physical Education Teachers
- Mindfulness training
- Training for Nutrition Staff (not food safety)
- Pay for wellness guest speakers at staff and community events: Dietitians, Chiropractors, M.D.s, and mental health experts
- Action-Based Learning training



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Physical Activity

- Exercise equipment: Jump ropes, medicine balls, GaGa ball pit, hula hoops, bicycles, stationary bikes, yoga mats, and treadmills
- Sports Equipment: volleyball nets, sports balls, bats, goals, and basketball hoops
- Build a walking trail on campus
- Frisbee golf course
- Host a community race/wellness event
- Class set of Fitbits (pedometers)
- Supplies for a walking/running club
- Shade coverage for the playground



Classroom Tools

- Brain Break program subscriptions
- Walkabout Curriculum
- Action Based Learning Lab equipment
- Sensory fidgets
- Calming space setups: comfortable seating, calming jars, stress balls
- Kinesthetic seating
- Window gardens



Social & Emotional Wellness

- Yoga classes and yoga mats
- Host a wellness event for the community
- Invest in a social emotional learning curriculum: anti-bullying, trauma, conflict resolution, substance misuse
- Offer parent learning opportunities on social emotional wellness and Mindfulness sessions for students, staff, and parents
- Build a sensory path



Staff Wellness

- Create/ improve the staff relaxation space: comfortable seating, healthy snacks, mini fridge, massage chair
- Group Fitness class
- Offer free additional health screenings: Glucose, BMI, blood pressure, cholesterol
- Offer staff fitness equipment: weights, mats, treadmill
- Offer massage and chiropractor sessions on-site for staff

