



School Wellness Program

Elementary School

- The P.E. teacher organizes the Dogger Dash. Students in pre-k-5th grade participate. Students and teachers walk or run one mile in town. Citizens line up on the streets to cheer the students on.
- The P.E. teacher has received a grant from the Cherokee Nation to teach the C.A.T.C.H. program. Students (whose parents gave permission) had their BMI measured. The program focuses on vigorous activity. This will be taught the 2nd semester. In May, students' BMI will be measured again to determine personal progress.
- The P.E. teacher utilizes the Project Fit equipment and takes students through stations where they learn how to focus on different muscle groups.
- Students in pre-k-5th participate in a track day at the end of the year.
- The goal this year is for every student to be able to run one mile by the time the track meet gets here.
- In order to stay hydrated, students are allowed to have water in clear bottles in the classroom and are able to refill them when needed.
- The elementary has a morning and an afternoon recess. The morning recess is 15 minutes. The afternoon recess has been increased to 20 minutes based on the research of the importance for children to be able to have time to play. Research shows that students who are given time to play outside perform better in school.
- Teachers have "brain breaks" in their classroom. This is a time where students stop what they are doing and exercise to a video, song, etc.
- Many teachers have incorporated flexible seating. This method allows students to sit where they feel most comfortable, rather than at a standard desk all day.
- The students have a bicycle rack on the playground and are allowed to ride their bikes to school beginning in 3rd grade (due to safety concerns for younger students).
- Teachers offer exercise classes and yoga to fellow staff members outside of the school day to promote wellness.

Middle School

- Physical Activities during Weekly FLEX time in the gym and on the football field. This impacts 50 students per week.
- Annual Teachers vs. Students Dodgeball Game in March. 100 students participate in this activity.
- In our Life Skills class, we have a speaker who presents on healthy hygiene, nutrition, and self-care. All of our 7th graders receive this curriculum.
- On a daily basis, during lunch, all students have the opportunity to participate in physical activity including but not limited to 4 square, football, freeze tag, etc.
- All DMS Students receive 9 weeks of Physical Education curriculum, where they are required to participate up to the level of their capabilities.
- In order to stay hydrated, students are allowed to have water in clear bottles in the classroom and are able to refill them when needed.

- Various interscholastic athletics programs for boys and girls are offered.

High School

- In alternating years, a stand alone Health course and a stand alone Nutrition course is offered as an elective.
- Clubs such as SLAM (Students Learning About Mental Health) and the Outdoor Recreation Club provides opportunities for wellness activities.
- Anti-Vaping Education programs are an established part of the FLEX program.
- Wellness graphical information is regularly displayed on the TV monitors that are displayed at various points in the HS.
- In order to stay hydrated, students are allowed to have water in clear bottles in the classroom and are able to refill them when needed.
- Various interscholastic athletics programs for boys and girls are offered.