



Caledonia Community Schools

Wellness Committee 23/24 EOY Report

State Requirements for Local Wellness Policy

- The district has a wellness policy
- A copy of the written local school wellness policy is kept on file
- The wellness policy is posted on the school website
- The district updates the wellness policy as needed and as recommended as part of the district's Triennial Assessment


The Caledonia Wellness Committee consists of teachers, parents, administrators, district office representatives, and school health professionals. The team met regularly throughout the 2023-2024 school year to monitor established goals. This year, the team completed a triennial assessment (HSAT) to guide future work and make plans for improvement. These are the notable accomplishments of the Wellness Committee for the 2023-2024 school year:

- To promote physical activity, the Wellness Committee Leadership assisted Principal Brent Huck in applying for a grant through Michigan's Building Healthy Communities program to equip his school with resources for a recess run club. The school was awarded the grant in the fall of 2023. Every Tuesday and Thursday, all students have the opportunity to run or walk during their recess period. Laps are tallied, awards are provided, and everyone has a lot of fun! Overall, 88% of the student body actively participates, with an average of 245 miles being run each day. Through this program, Caledonia Elementary students are developing healthy habits and learning about the benefits of an active lifestyle.
- All schools increased mental health support for the 2023-2024 school year, providing every building with known mental health first responders and regular support to promote a safe and supportive school environment.
- The Wellness Committee Leadership has met with parents, students, and staff members to receive feedback regarding school meals, recess, physical education, and other opportunities for movement. Specific questions were also added to the Parent Climate and Culture survey to gain a broader perspective.
- During the 2023-2024 school year, the Wellness Committee Leadership completed the Healthy School Action Tools ([HSAT](#)) assessment at the district level and in several buildings. This assessment is designed to help Michigan schools and districts create a culture that supports learning by first measuring the health of school environments and then planning and implementing improvements based on best practices. The HSAT will assist the committee in identifying priorities for the next 3 years.

Caledonia Elementary School Top Class

Rank	Name	Distance	
1.	Huver	53.17	
2.	Foster	47.84	
3.	Blovits	45.34	
4.	Palmitier	44.67	
5.	McBride	40.34	
6.	Thompson	40.17	
7.	Beachum	37.17	
8.	Harmens	34.00	
9.	Nelson	33.67	
10.	Chase	31.50	
11.	Petersen	29.84	
12.	King	28.17	
13.	Graham	27.17	

Caledonia Elementary School Top Grade

Rank	Name	Distance	
1.	Third	116.51	
2.	Second	101.17	
3.	First	97.84	
4.	Kindergarten	92.01	
5.	Fourth	85.51	