

Bridgeport Public School's Wellness Reaching Goals

May 2026

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A new Wellness Policy was adopted in April of 2024 as requested by the Wellness Committee to address failures in the former policy. It was again revised and discussed in May of 2026 to provide a better understanding and effort in the 2026/2027 school year.

Lack of secondary health classes- we will continue to look at additional resources to provide more classes for our students. We DO have some very good AG classes as well as a cooking class for our students but will continue to see each year what additional ones can be added.

Promotion of Healthy Eating Habits- The meal program director (Lauren Faessler) and the school nurse (Mrs. Norman) will continue to investigate and promote healthier options for all students.

Physical Activity- The administration will discuss during the teacher in-services before students return in the fall. Our PE/Weights instructors will continue to promote active exercises and goals for students throughout the year.

Healthy Snacks- We will continue to promote our fresh fruits and vegetables at the salad bar for all students as well as ask parents to provide healthier options when bringing treats to the school for parties/birthdays etc.

The meal program director and the school nurse will continue to provide nutritional information to students throughout the school year. The meal program director will also continue trying to find new ways to promote healthier eating that is fun and appealing for the students.