

Wellness Committee Events

2025-2026

September 4, 2025

Dental Hygiene Assembly (Four Rivers Community Health)

September 5, 2025

Schoolwide Vision Screenings (Lions Club)

September 23, 2025- Committee Meeting

September 23 – September 25, 2025

Smile Mobile

January 9, 2026 – February 27, 2026

Hearing Screenings for Staff (Southwestern Hearing Centers)

February 2026

American Heart Association Kids Heart Challenge

March 4, 2026 – Committee Meeting to Assess Local Wellness Policy

March 12, 2026

AHA Field Trip to The Zone

April 1, 2026 - Committee Meeting

April 10, 2026 – Wellness Dance

6:00 pm - 8:00 pm

May 14, 2026 - Field Day

9:00 am – 3:00 pm

2024-2025

October 8 – October 10, 2024

Smile Mobile

October 16, 2024 – Committee Meeting to Assess Local Wellness Policy

November 6, 2024 - Committee Meeting

November 19, 2024 – “Parents Night Out” Event

3:45pm – 7:00 pm

March 4, 2025 – Committee Meeting

March 7, 2025 – Daddy/Daughter Dance

6:00 pm - 8:00 pm

March 19, 2025 – Committee Meeting

April 14 – April 18, 2025

Wellness Week
American Heart Association Kids Heart Challenge

April 22, 2025 – Committee Meeting

May 9, 2025 – Mommy/Son Dance
6:00 pm - 8:00 pm

May 19, 2025 – Field Day
9:00 am – 3:00 pm

2023-2024

August 2023 – Committee Meeting to Assess Local Wellness Policy

Student Events throughout the year:

- * Personal Hygiene Education for Preschool through 8th grade
(personal hygiene products distributed to 3rd through 7th grade students)
- * Dental Hygiene Education for Preschool through 8th grade
(dental supplies provided to students)
- * Germ Education with hands-on education for Preschool through 8th grade
 - * Drug Awareness Education during Red Ribbon Week
- * Hosted the Smile Mobile for students in need of dental care
 - * Head Lice Prevention Education
 - * Covid-19 Prevention Education
- * School-wide Flu Shot Clinic (in partnership with the local Health Department)
- * Water Bottle Distribution (in conjunction with Intercounty Electric Cooperative) to help students with hydration in the classroom setting
 - * Fall Coat Drive to provide coats for students in need

2022-2023

August 17, 2022 – Committee Meeting to Assess Local Wellness Policy

September 8, 2022 – Back to School Fun Night at the Zone

5:00 pm – 8:00 pm

September 16, 2022 - Glow Stick Sock Hop

3:45 pm – 5:00 pm

October 18, 2022 – Committee Meeting

December 16, 2022 – Popcorn, Hot Chocolate, and a Movie

1:30 pm – 3:15 pm

March 9, 2023 – Committee Meeting

April 21, 2023 - Student Appreciation Event

8:00 am – 3:35 pm

2021-2022

No events scheduled due to COVID-19

2020-2021

August 29, 2020 – Wellness 5K Back-to-School Fun Run

(CANCELLED DUE TO COVID-19)

2019-2020

August 28, 2019 – Committee Meeting

November 6, 2019 – Committee Meeting

January 8, 2020 – Committee Meeting

March 3, 2020 – Committee Meeting

April 6, 2020 – Committee Meeting

(CANCELLED DUE TO COVID-19)

April 17, 2020 – Dodgeball Tournament

3:15 pm – 5:00 pm

(CANCELLED DUE TO COVID-19)

May 11, 2020 – Wellness Fun Day

3:15 pm – 5:00 pm

(CANCELLED DUE TO COVID-19)

2018-2019

September 5, 2018 – Committee Meeting

October 17, 2018 – Planning and Work Meeting

**November 1, 2018 – Soup-n-Dunk
4:00 pm – 7:30 pm**

January 9, 2019 – Committee Meeting

April 4, 2019 – Committee Meeting

April 16, 2019 – Planning and Work Meeting

**May 2, 2019 – PCR-III Wellness Fun Day
3:15 pm – 5:00 pm**

2017-2018

September 6, 2017 – Introductory Committee Meeting

December 6, 2017 – Committee Meeting

**February 2, 2018 - Soup-R-Bowl
5:00 pm – 7:30 pm**

April 4, 2018 – Committee Meeting

**May 12, 2018 – Wellness Obstacle Course
11:00 am – 1:00 pm**