



Safe Harbor Academy Wellness Plan 2016-2017

Safe Harbor Academy students and faculty/staff are working to improve personal health and nutrition through the following tasks.

Students:

- Project Based Learning...School Garden...Aquaponics...Outdoor Classroom (landscaping)
- Food Handlers Certification
- Kinesthetic Learning
- Aquaponics Food Preparation and Maintenance

Faculty:

- Weekly Invitations to Humana Vitality Step Challenges
- Walking or Active Faculty Meetings
- Project Based Learning...School Garden...Aquaponics...Outdoor Classroom (landscaping)
- Yoga and Pound classes for staff after school
- Aquaponics Food Preparation and Maintenance

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Lesley Gilpin	
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Stephen Powers	
Glenn Faulkner	
John Muenks	
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