

2025-2026 Annual Wellness Update

Upon completion of the 2025-2026 school year, there are a variety of wellness updates to report. In terms of nutrition, building on last year's Sun Meals Program, Mrs. Dickerson has partnered with the Life Skills classes to open the Creekside Market at all five schools. This program works in conjunction with the Second Harvest Food Bank of NW PA to provide an in-house Food Pantry at each of our schools. Students can choose 8-10 items each week to bring home, and can request other health needs, such as necessary toiletries and hygiene products. ANY child in our district can participate in this program every week, providing our students the opportunity to receive healthy meals and nutrition outside of the school building.

From a physical education standpoint, some of our newly approved physical education courses experienced incredible growth this year. The Outdoor Adventures class allowed students to be introduced to unique exercise opportunities like hiking, snowshoeing, and mountain climbing. This course has had increased enrollment for next year, and has provided a new niche of physical education for students who do not generally engage in these types of elective courses. Additionally, the Diversity in Exercise & Sport classes have partnered with the Life Skills and Autistic Support classes to essentially engage in adapted PE on a regular basis, giving all levels of students a chance to engage in healthy physical education practices.

In terms of mental and social-emotional health, we were able to offer voluntary SEL Groups and Check Ins to address overall student well-being in an effort to continue to maximize academic success and civic potential. Sessions focused on mindfulness, growth mindset, emotional processing, and peer collaboration based on lessons and topics from Navigate 360 Compass Curriculum. The groups eventually transitioned to peer-led sessions that encouraged leadership, collaboration, and real-world application of SEL skills.

Finally, the introduction of our cell phone policy had an immense impact. We witnessed improvements in student engagement, peer relationships, and overall school pride and belonging. To continue this positive momentum, we have been working to revisit how we celebrate our school and our students. The Creek Chronicle weekly newsletter was created, and a new Athletics/Activities website was built. This year, we plan to continue to grow these new mediums to provide a dedicated platform to share our story, as well as providing students, families, and the community a resource to have more meaningful conversations about all the great things happening at HC, without the need for constant 'scrolling.' We believe this consistent approach will help continue to reduce the stress and anxiety of social media, improve mental health, and increase both social interaction and student engagement. All of this is also consistent with House Bill 1814, and will help us better achieve HCSD's mission and vision of creating a positive learning environment that supports our students' physical, emotional, and social well-being.