

# Bristol Local School District

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Christopher J. Dray, Superintendent  
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To the Bristol Board of Education:

Our District Wellness Committee met back on Friday, May 12, 2023. I believe we are doing a good job meeting the majority of goals outlined in board policy so we focused on a few areas we could grow in.

The following recommendations were cited by the committee as potential areas to improve wellness in the district for the 2023-2024 school year:

- Continue to focus on nutritional guidance for students especially at the high school level so students learn healthy habits (exercise and diet) and incorporate them into daily living practices.
- Continue Jump Rope for Heart in the elementary, field day, Jingle Bell Run, and Turkey Trot as all are great activities for students. Consider adding a Color Run event in the future.
- Publicize Mental Health Awareness Month in May, but also year round as we must encourage our students to seek out help when they need it.
- Partner with local organization for donations related to personal health care/hygiene for students. We plan on adding a small pantry stocked with personal hygiene products and food in the future.

I want to say a special thanks to all the members of our committee for taking time out of their busy schedules to meet on such an important topic.

Sincerely,  
Christopher J. Dray  
Superintendent, Bristol Local SD  
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