



DIMMICKFIT

FITNESS | SEL | NUTRITION | FITTEST

In order to support Dimmick school's strategic plan's vision of exceptional learning, character, and leadership, we must provide them with the skills they need to succeed. The foundation to achieving this goal is to instill a desire within our students to make decisions that are beneficial to their physical and mental health.

FITNESS

At Dimmick School we provide daily physical education classes that allow for students to be physically active by participating in fitness activities and games. We are lucky enough to have heart rate monitors at Dimmick School and we use them to provide feedback in determining the most effective exercises for each student. It also allows students to set and reach individual fitness goals. In addition to physical education classes, Dimmick School provides a unique opportunity to train for and participate in a school sponsored annual 5k race called the Dimmick Dash. The purpose of the annual event is to emphasize the importance of living a healthy and active lifestyle.

SEL

We also provide weekly health and SEL lessons that focus on empathy, respect, being assertive, taking other people's perspectives, managing strong emotions, decision making, self-esteem, problem solving, mental health, and anti-bullying.

NUTRITION

Students are also provided with opportunities to learn about proper nutrition through our healthy eating initiative. Students are challenged to include and consume fruits and vegetables in their lunches. Students in grades 6th-8th participate in a cooking unit each trimester to educate them on how to safely prepare healthy and nutritious meals.

DIMMICK FIT

In order to enhance our existing programs and emphasize the importance of these areas, we will be sending out a monthly newsletter with healthy tips and activities that students can complete at home. Also included in the newsletter will be a fitness challenge, a nutrition challenge and an SEL challenge that students can complete that will earn them "fit" points. In a section entitled "Dimmick's Fittest", students who earn the most "fit points" in a given month will be recognized. Furthermore, students who earn a predetermined amount of points either at school or through the at home challenges will receive various rewards throughout the year. We want to challenge our students to take control of their mental and physical health and we hope that this new program will provide the motivation they need to reach their full potential.