

3rd Annual Oregon Whole Child Summit

The Banks school District is pleased to announce that we will have 10 staff members attending this event!

More students are coming into classrooms with physical, emotional and mental needs that exceed standard training.

How can we help these children thrive as learners, and how can we support the adults that thrive to teach them?

This summit is an opportunity to bring our health and education partners together to learn about shaping our school systems, community partners, classroom practices, and cultures to provide a compassionate and versatile teaching and learning environment.



Home Of The Braves Wellness Newsletter

Banks School District Wellness Committee

Banks School District Wellness Committee has been meeting this year and modifying the Wellness Policy of the District. The purpose of the Committee is to make student and staff wellness a priority in the District. The Committee will actively promote physical, emotional, and social wellness for all the students and staff. The 2017-2018 goals of the Committee are:

- Modify and update the District Wellness Policy and Plan
- Update students, staff, and community with wellness news and activities
- Promote wellness activities throughout the District and the surrounding areas
- Encourage students, staff, and community to attend wellness events

The BSD Wellness Committee will continue to meet throughout this year. If you have any questions about the committee, please send me an email at jeffl@banks.k12.or.us.

Sincerely,

Jeff Leo

Superintendent

Wellness Committee Chair

Need to talk? Youth Helpline: 1.877.968.8491 or text teen2teen to 839863

Forest Grove School Based Health Center:

The School Based Health Center located at Forest Grove High School offers low or no cost health care to ALL students in the Banks School District through a partnership with the Virginia Garcia Health Center/ System!

The health center is located at Forest Grove High School, right next to the tennis courts. The center offers a full range of medical care to students, including immunizations, sports physicals, urgent care, physical exams, diagnosis and treatment of illness, referrals to specialists, dental screenings, as well as mental and substance abuse treatment.

1715 Nichols Lane, Forest Grove 97116

Hours: M-F 8am-4:30pm

Brave Run On May 19th

The District Wellness Committee would like to see as many students, staff, and community members at the Brave Run. This is plenty of warning to get your running shoes and to start training for your 5k or 10k walk or run.

Don't worry kids- theres a kids dash just for you!

All proceeds will go to the Banks Elementary Technology Fund, so grab your running gear!

Here's the link to sign up:

<http://banksbraverun.blogspot.com/>

Healthy eating habits start at home and are continued at school! Nutrition Services is pleased to offer a wide variety of healthy options each and every day. This is a real recipe we follow for

lunch, try it out at home today!

Turkey Cranberry Tortilla Wraps
(makes 4 servings):

1/2 cup Low- Fat Cream Cheese

1/2 cup Dried Cranberries

2 cups Shredded Lettuce

24 slices Turkey

4 Whole Grain Tortillas

Mix cranberries into cream cheese and spread on

tortilla (repeat for all 4 servings

Add 1/2 cup of lettuce and 6 slices of turkey to each wrap and roll up!

This quick, easy, and healthy option is great for a fast family meal! See all our awesome menu options at

<https://bankssd.sodexomyway.>