Murray Ridge Center Wellness Committee Goals

Goal # 1 – Each classroom will present a “proper nutrition” lesson over the course of the school year.

Goal # 2 – Each classroom will be scheduled for Adaptive Physical Education classes where physical activity based on individual students’ abilities will be addressed.

Goal # 3 – Senior level students will be exposed to alternate recipes such as glutton free, dairy free, low sugar/sugar free, to acknowledge dietary differences/options.