

Laconia High School Wellness

Changes from '04-'05 to '08-'09



Physical Activity Time

- '04-'05—Traditional 50 minute classes

- Either Team Sports or Individual/Dual Activity Sports
(i.e. Badminton, croquet, horseshoes, etc...)

- 75 hours of active time per semester

- '08-'09—90 Minute classes

- Each day includes a 30 minute conditioning & flexibility component

- 135 hours of active time per semester

Graduation Requirements

- '04-'05—1.5 Credits
- '08-'09—2.0 Credits

Elimination of Study Halls

- '04-'05—52%* of student body took PE
- '08-'09—73%* of student body took PE

*Some students take class BOTH semesters. Does not include ELO's

Drink Choices

- '04-'05—Soda Machines

- Coke, Mountain Dew, Cherry Coke, Vanilla Coke, Root Beer, Grape Soda, Orange Soda, Powerade, Diet Coke, OJ, Apple Juice, Cranberry Juice, Water

- '08-'09—Drink Machines

- Water, Flavored Water, Powerade Zero, Vitamin Water '10', Light Apple Juice, Light Cranapple juice

Snack Choices

- '04-'05

- Full “Little Debbie” assortment, Dunkin Donuts, Slushies, Potato Chips, Cheetos, Doritos

- '08-'09

- Salad, Baked Lay's Potato Chips, Low-Fat Pringles, Chex Mix, Pretzels

After School Options

- '04-'05—Interscholastic Sports Only
- '08-'09—Interscholastic Sports AND
76 students participate in using
our weight room through 21st
Century Grant