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