

# Stanberry R-II School District Wellness Committee Report November 20, 2023

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This report was created using the information and feedback provided by each of the Stanberry R-II Wellness Committee members. The members of the committee for the 2023-2024 school year consists of Lisa Craig, Tammy Graham, Jennifer Meyer, Debra Jensen, Sahne Hilton, Michelle Carroll, Kate Wiederholt, Brent Jennings, and John Davison.

## **Wellness Committee Goals**

The District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. The goals of the District's wellness policy are as follows:

### **1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

### **2. Support and promote proper dietary habits contributing to student's health status and academic performance.**

Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

**3. Provide more opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess (the following goals reflect a combination of these opportunities). A goal of 150 minutes per week for elementary students, an average of 225 minutes per week for middle school students and high school.

**4. The District is committed to improving academic performance.**

Educators, administrators, parents, health practitioners, and communities should consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, a public awareness campaign that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn should be conducted.

**5. Establish and maintain a district-wide Nutrition & Physical Activity Advisory Council with the purposes of:**

- \*Developing guidance to this policy
- \*Monitoring the implementation of this policy
- \*Evaluating policy progress
- \*Serving as a resource to school sites
- \*Revising policy as necessary

**Below are the reports from the committee member:**

**Elementary Report – Tammy Graham**

**Playground -**

- The playground surface and new equipment continue to be a great addition to our elementary.
- Mrs. Graham is working with the vendor on the climbing, spinning dome to check warranty on the sleeve at the bottom. The sleeve is a minor issue at the bottom of the dome, and does not make it unsafe to play on. We just want to ensure it is fixed while under warranty.

**D.A.R.E Programs –**

- The 5th grade DARE program started in October with Officer Matt McDonald. This is Officer McDonald's first year teaching the DARE program. He will only teach 5th grade this year with the hopes to grow the program in the following school years.

**Screenings**

- Vision screenings were held on September 26. Thank you to Debra Jensen and Megan Sager for organizing this.
- Dental screenings were held on November 9. Thank you to Dr. Fallon Stiens and her crew for completing this for us, and Nurse Debra Jensen for organizing.

**Character Strong/Conscious Discipline**

- All new staff have completed the Conscious Discipline training for the 23-24 school year.
- We continue to use both SEL curriculums in the elementary and are seeing great results.

**High School Report – Lisa Craig**

Continuing with the Character Strong program and all staff are trained. Overall, seeing good changes in both staff and students due to the implementation of this program.

Seeing several students carrying bottles of water. Many frequent the water fountain to fill up bottles.

Captain Hahn, Nodaway County, will present to 7-12 staff on Impairment Awareness at the November teacher inservice.

The sophomores and juniors attended the Docu Drama October 4 for drinking and driving awareness.

Mrs. Craig attended a meeting on opioid and fentanyl awareness.

HS Student Council has activities planned for Red Ribbon Week.

### **Health Education – Jennifer Meyer**

- a. Health - Our Baby and Belly Project continues. I get back so many good reflection responses with most students having a new outlook on what it would be like to be a parent. The first half of the Freshman will go through CPR training with our CPR training kits after the Thanksgiving break.
- b. Nutrition – Completing is having a great time learning new ways to cook vegetables. Introducing foods into their diets that they either have never had the chance to try or would never choose to try them to begin with.
- c. ProStart – Our newing renames drink shop called “Top Dawgs” continues to be a hit with students and staff. Our production of food that can go out is rather limited this year as I have a small class (2), but all information points to the class increasing in size next year and being about to take on more. The projects that we do in class have been instrumental and helped teach them about branding, organization, sanitation, customer service, and so much more. I think this is a great project for them as a group and for the class to continue into next year as it is something they are all excited to provide.
- d. 7<sup>th</sup> Grade – We are working on Financial Literacy, and will be heading toward a nutrition and cooking unit, as well as a self care unit about simple tasks they may not have experience with. For example, laundry, washing dishes, general cleaning and taking care of yourself.

### **Nurse’s Report – Debra Jensen**

- 9-26-23- Hearing screenings on K-3rd were completed by The Lions Club.
- 10-11-23- I attended K-8 Medical Response Training in Columbia and received an AED and Bleeding Control Kit. That will be used as a portable unit for the practice fields.
- 10-12-23- Tri County Health came in and helped with our faculty flu clinic. We had around 15 who got their flu vaccine.
- 10-15-23- I submitted our School Healthcare and Immunization reports.
- 10-19-23- We completed faculty Epi-pen training at our PD meeting.

- 11-09-23- Dr Fallon and her team performed dental checks and application of fluoride on our k-6th grade students.
- Dr Davsion received an AED and we have decided that it will be housed in the weight room. The request has been made for that to be installed in the entryway.
- The AED at the football field does have expired pads. Those have been ordered. That AED has also been moved from the crows nest to the new concession building for temperature control.
- The handicap lockers in the intermediate hallway have been turned into supply lockers. Toothbrush, toothpaste, deodorant, bar soap, and feminine hygiene products have been placed in them. Mrs Porterfield made girl and boy bulldog labels for them.
- We did receive the grant for feminine hygiene products and those have been purchased and are available for students in the JH and HS locker rooms, the intermediate locker and in my office.
- As of 10-23-23 all students are up to date on vaccinations

### **Physical Education – Shane Hilton**

\*Intermediate: This group of students have been doing a great job so far this year with both participation and effort. I am looking forward to seeing how they do over the next next few weeks as we introduce some new activities. There are no concerns with the intermediate at this time.

\*JH/HS PE: With large numbers of students in both the high school and junior high I wasn't sure how the participation would look, but so far it has been great. We have a very wide span of ability in all of the classes, but it hasn't deterred any of them from participating and having a good time. No concerns at this time for the high school and junior high students.

\*Weight Training: The number of students in weight training is quite large, which is great. There are several first time students lifting weights and they are doing a really nice job so far. It is encouraging to see not only them learn and put out the effort, but also see the older more experienced students helping them while also putting in the work. So far there are no concerns with this group of students.

## **Food Service Report – Michelle Carroll**

Tips for staying healthy from the kitchen standpoint:

- Drinking more water and eating healthier will be a good strategy for staying healthy.
- We provide healthy choices in the lunchroom. We challenge everyone to try to pick a new healthy food to try each week. Drink an extra glass of water every day.
- We will try to bring some different healthy choices to the kitchen for everyone to try.
- We're still offering the Yogurt Platter to the 4th - 12th graders on fridays and it's still a hit!
- On the 21st of November we will be hosting another Thanksgiving Holiday Meal To K-6th grade students. Expecting over 120 family guests.