

Stanberry R-II School District Wellness Committee Report March 12, 2025



1. Review items for report

The Committee will be responsible for, among other duties, preparing a report at a minimum that includes the following information:

- Monthly district menus and meal counts.
- Listing of all a la carte, vending, and competitive foods sold by school food service.
- Listing of all other sales of foods throughout the district including vending machines, school stores, culinary, and special education programs, in-school and in-class fundraisers, etc.
- Listing of physical activity programs and opportunities for students throughout the school year.
- Outcomes of Committee activities.

2. Future Plans for Program Evaluation

The current expectation is that the Wellness policy is reviewed at least every three years. The team would like to review the policy every year as a regular board program evaluation. There is an evaluation tool that has been developed to help us monitor our progress. This evaluation will take place at the end of the school year and will be reported to the school board at the May meeting. The Wellness Assessment will be posted to the district website and also embedded on the school board document site.

3. Final Thoughts/Questions

The committee members present at the meeting were as follows: Tammy Graham, Lisa Craig, Taylor Wendt, Debra Jensen, Kate Wiederholt, Jennifer Meyer, Shane Hilton, Amanda Blessing, and John Davison. All members contributed to the final report.

There were no community members present.

4. Committee Member Reports

Elementary Wellness Report

- The fourth grade class is participating in the Mosaic 4th grade Health Challenge with Bridget Kenney. They will be learning about exercise, nutrition, mindfulness, diabetes, tobacco/vaping, and obesity. The students are loving it so far and are excited for the challenge.
- The elementary building continues to implement Character Strong and Conscious Discipline with our students.

JH/HS Wellness Report

- Dawg Talk character/social emotional learning curriculum is in its third quarter of the new curriculum that is being developed by the staff.

FACS-ProStart

- Health - The new semester of Health has started, and we are a little behind with the snow days we have had thus far but I am certain we can get caught back up in the next 2 weeks. We just finished our Circulatory Unit and will do CPR training in March with Nurse Debra. We will work through our re[productive units a little earlier this semester in hopes we have a little more leeway to work around other school activities.
- ProStart - Exciting things are happening!!! The sandwich shop is off to a slow start, but the kids are really engaged in putting sandwich ideas together and creating that menu. We plan on trying out our new fryers this month with a fish fry on the 28th; fingers crossed, we have our timing down. We also just purchased a new freeze-dry machine. The kids and I are really excited to try this out. We plan to use this to learn as well as create another source of income for both our class as well as offer the service to other organizations for fundraising. That way, we can raise money, and ALL proceeds stay right here in our school and not to a 3rd party. It is also a way to ensure that if we have extra groceries, they don't go to waste. We can freeze-dry them to use at a later date because of the extended shelf life.
- Nutrition - Nutrition is working on both an international foods unit as well as a seafood unit. They are creating news broadcasts to tell us about different countries they have researched using WeVideo. Mrs. Hilton has been great at helping us get started and using the library green screen for videoing. Once we are back from spring break, we will be learning about how to cook different types of seafood. I am hoping maybe to get some fishing in to bring in fresh fish for them to learn to prepare them from start to finish. My normal fish supplier had shoulder surgery and has not been able to bring me my usual fish supplies.

Nurse Report

- Midol has been added to our available medications, using the Feminine Hygiene grant. Permission forms are available for that.
- We have had several donations of hats, gloves, coats, pants and shoes over the winter. Those have been given to students as needed.
- I have been working with Tri-Co Health to get our spring vaccine clinic set up for the outgoing 7th and 11th grade students. Permission forms were sent home.

Life Skills Class Report:

- Bulldog Coffee Express continues to average 20 orders per week. Students look up recipes, make grocery lists, and make snacks. We also spend time discussing social skills/hygiene/etc. We are currently reading our way through the Out of My Mind Series, we are on the 3rd book, Out of My Dreams. These books are an excellent opportunity for us to talk about empathy towards others, and not letting disabilities prohibit reaching goals and finding success. The students really seem to enjoy these and many relate to the struggles of the main characters in one way or another.

Lunchtime Solutions Report:

- The breakfast counts for Jan were:
and 908 Adult 33 breakfasts
3587 and 87 Adults lunches
Feb: 661 and 10 Adult breakfasts
2971 and 72 Adults lunches
- On our menu coming up, we will have a new item called a top dog. The top dog for March is a mac and cheese dog.

4-12 Physical Education Report-

- The 4-6th grade students finished the fitness challenge with several of them doing quite well in all classes. They were tested on sit-ups, push-ups, and an 8 minute timed run. Overall, they did a great job with the strongest area being the timed run and the one that needed the most improvement, surprisingly, was the sit-up. The junior high has had the opportunity to lift weights after school for the last several weeks. The attendance was solid despite the weather not cooperating with us. All that participated did an excellent job of working hard and working well together. High school is in full swing with maxing out in weight training classes. Coed P.E. just finished pickleball, lacrosse and several other activities. No complaints or worries about any of the grades.

K-3 Physical Education Report:

- We start every PE class with stretches and a couple laps around the gym. This is our warm up before starting our activity for the day. 4th quarter I look to change up our warm up routine to keep it more engaging and fun for the students. My 2nd, 3rd, and 5th grade groups played a game called "Rescue" that is all about teamwork. They have to get from one side of the gym to the other without touching the gym floor using the equipment I give them (scooter, jump rope, a big mat used as an island, and 2 small hula hoops used as small islands). The classes really enjoyed that game. All of my classes also participated with dancing and rhythm. I pick out dances specific to their grade level for them to learn. This helps them with learning rhythm. The second week of this unit each class was put into 2-3 groups and each group was given a song with a dance to learn during class. They had props to use for the dances like scarves or noodles. They performed them to the class at the end of the class period. The classes participated really well for the most part. Due to the weather, my 5th grade group will do their fitness training after spring break.