

Stanberry R-II School District Wellness Committee Report May 13, 2026



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, Jason Dias, Taylor Wendt, Debra Jensen, Kate Wiederholt, Jennifer Meyer, Shane Hilton, Sara Johnson, 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 finished their Mosaic 4th grade Health Challenge with Bridget Kenney. The students loved the program, and we are hoping to have the opportunity to participate again next year!
- The elementary building continues to implement Character Strong and Conscious Discipline with our students.
- Nurse Debra and the intermediate teachers showed the puberty video to the 4th and 5th grade girls and the 5th grade boys on Friday, May 1.
- The 6th grade students participated in the JH/HS sports physicals on March 27. We had several students participate in this event to be ready for MSHSAA sports in junior high.
- Nurse Debra completed the second application of fluoride on April 20.
- Preschool screenings were completed on May 6 and 8.

JH/HS Wellness Report

- Dawg Talk character/social emotional learning curriculum is in its fourth quarter of the new curriculum that is being developed by the staff.
- Student Physicals, sponsored by MOSAIC, were given to students grades 6-11 March 27. Approximately 65 students participated.

FACS-ProStart

- Health - We have completed yet another semester of Health. We completed our CPR and AED training with students gaining valuable knowledge of life-saving skills and equipment. The Real Care Baby and Empathy Belly have also made their rounds and were a good learning experience for how some choices have the potential to change our lives. We have completed our first year with our new health textbooks and they are a great resource for class.
- ProStart - Our spring staff meals were very successful and the staff gave us rave reviews. They students learned valuable lessons on timing and food handling, the student's takeaways from this are astronomical. They take so much pride in the planning and production and are excited for staff to try out their food. Drinks are going well and we are hoping to add some new things to our shop next year with the possible addition of equipment.
- Nutrition - Nutrition has learned how to make homemade pretzels and puff pastries and they were a hit in our pastry unit. We are getting pork as part of a grant from the pork producers where we get reimbursed for up to \$3 per student that we spend and then an additional \$100 for participating in the program so with that we are going to be preparing some pork dishes as a final for this class, and using our new smoker at the same time.

Nurse Report

- Inspections of the pull wash shower and all eyewash stations in the building are being completed.
- April 8th Tri County Health came in and assisted in vision screening on new students or any with parent/ teacher vision concerns.
- April 7th we held the vaccination clinic for the outgoing 7th and 11th graders.
- April 18th the second fluoride application was completed on PK-6th grades.
- May 1st was the 4th and 5th grade girls and 5th grade boys puberty education and video. We were able to give each student a pouch with some personal hygiene samples.
- May 6th and 8th Preschool screenings were completed for the 26/27 school year.
- Continued monthly checks on all AEDS machines.
- A Stop the Bleed kit and blood spill supplies have been added to the multi purpose and AG rooms
- Narcan has been added to all the AEDs in the building and at the fields.
- Emergency Medications, Policies, and Practices survey was completed in hopes of receiving state assistance with new emergency equipment and training. I have been waiting to hear from them.

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.

Opaal Report:

- In March, our participation numbers are: 1,071 Student Breakfasts and 2 Adult
- 4,231 Student Lunches and 111 Adults
- April participation numbers are: 1,338 Student Breakfasts and 11 Adults
- 5,038 Student Lunches and 155 Adults.

4-12 Physical Education Report-

With the year winding down, it has been very refreshing to see most of the kids continuing to put out great effort in all of the PE classes as well as in the weight room. This is something that, in the past, has been a battle at times to keep them going, but I have no complaints at all this year. In the fourth quarter, we went through several games including volleyball, hockey, backyard games, 2 base kickball, wiffleball, to name a few. The overwhelming favorite in 7-12 is volleyball, which is a great lifelong activity for all. Weight lifting classes have been going strong, and we have been incorporating some new lifts/exercises to keep it fresh. The student's maxes have been increasing steadily throughout the last 2 quarters, and I am excited to see how they keep growing and improving. 4th- 6th grade have been quite competitive and energetic the entire quarter, and have also played several games, including 2 base kickball, ultimate capture the flag, wiffleball, crossnet(a big hit with most of them). I have no concerns about any of our students and their willingness to participate.

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 we did different activities to warm up like relay races, and red light/green light to name a few. This quarter my 3rd graders learned new games – the names are Legend and 3 ball. These are games with dodgeballs and no teams. They have similar rules but also some very different. The students learned different strategies like teaming up in order to be successful at the game. They had to adapt to the similar game ideas but different rules. Kindergarten-2nd grade are adapting to more challenging games for their age level and they adapted very well. Kindergarten has learned different types of skills such as log roll, bear crawl, crab walk, galloping, skipping, and correct jumping jacks.