

# Stanberry R-II School District Wellness Committee Report January 12, 2026

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## **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, Sarah Johnson, and John Davison. All members contributed to the final report.

There were no community members present.

## **4. Committee Member Reports**

### **Elementary Wellness Report**

- On November 20, we had dental screenings and fluoride treatment for preschool through 6th grade. Nurse Debra had Dr. Fallon Steins and her staff come to help with the screenings.
- The elementary building continues to implement Character Strong and Conscious Discipline with our students.

### **JH/HS Wellness Report**

- The 7-12 staff continues to build on Dawg Talk implementing character building along with social and emotional conversations.
- The JH Guidance class routinely discusses well-being and ways to maintain mental stability through exercise and being social.

### **FACS-ProStart**

- Health - Before Christmas, we completed our blood typing lab. With the use of a new curriculum this year we didn't quite get to our CPR training. I have spoken with Mrs. Eckard and we are going to switch classes for 2 days this semester so I can get that training in. As per the usual year we still covered body systems, reproduction, and The Real Care Babies and Empathy Bellies were utilized and found to be very beneficial in understanding in a small way what it feels like to be pregnant as well as plan a schedule around a baby's needs.
- ProStart - This class is as always doing great things. We continue to provide drinks and learn about food safety and planning. We are looking at doing our first sandwich shop day sometime in February. The students are also working on elements for the ProStart Competition that takes place at the end of February.
- Nutrition - These students are learning how to read food labels, and the importance of the different vitamins and minerals, and how they affect the different systems in the body. We have also gone over fruits, vegetables, and the dairy units trying different types of foods that the students had not had the opportunity to try before. Once we have completed this unit, we will introduce foods from around the world at the beginning of the second semester. Learning what and how foods are prepared. This is always a fun unit that opens up their minds and taste buds to new ideas.

### **Nurse Report**

- We continue to have personal hygiene and feminine products in all locker rooms and JR/HS bathrooms.
- 11/19/2025 Several staff completed a Stop the Bleed training and certification.
- We are working on our Cardiac Emergency Response Plan. We hope to have that implemented for the 26/27 school year.
- On 11-20-2025 Dr Fallon and her team performed dental checks and fluoride application to 199 PK-6th grade students.

### **Life Skills Class Report:**

- Bulldog Coffee Express is averaging 20 orders per week. Students look up recipes, make grocery lists, and make snacks. We also spend time discussing social skills/hygiene/etc.
- Students also had a booth at the Stanberry PTO Extravaganza. We had a great day selling snacks and drinks to shoppers and vendors.

### **OPAA Report:**

- The food counts for Oct 20th to the 31st were:
  - 538 students and 10 adult breakfasts
  - 2099 students and 84 adult lunchesNovember Counts:
  - 1013 students and 16 adult breakfasts
  - 3869 students and 316 adult lunchesDecember 1st to the 19th:
  - 941 students and 10 adult breakfasts
  - 3604 students and 133 adults lunches
- We had a few new menu items. Starting with breakfast was a Honey Glazed Chicken Biscuit, which was a smaller chicken patty on a biscuit with honey. A couple new lunch items were the pizza alfredo pasta, and lasagna soup, which was a BIG hit.
- In November we had our Thanksgiving holiday meal. Families of K-8 came and enjoyed lunch with them, serving 500 people. It was a great turn out and the kitchen staff are SO thankful for everyone who helped us out with it!
- Coming back from Christmas break there was a new change, k-8 will have 4 options to choose from instead of 3. 2 hot items and 2 cold items. Breakfast time there are 3 options instead of 2 as well. One savory, one sweet, and cereal of course!

### **4-12 Physical Education Report-**

- Participation has been great with all of the 4-6th grade students. They have enjoyed playing several games, including two mat kickball, capture the flag, boccer, and dodgeball, to name a few. We will be preparing 4th-6th graders for the Fitness Challenge, which will take place at the end of February. This will test physical fitness areas of muscular strength and endurance through a timed run, sit-ups, and push-ups.
- On the high school/JH end, we are in full swing of activities. Overall favorite is volleyball, with a close second being ultimate capture the flag. No concerns with the level of participation or activity that these students are getting.
- Weight training completed our second round of projected maxing and is preparing for the final round, which will take place later this spring.

### **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. The K-1st grade played a different variety of tag games. We focused on the rules of these said tag games and focused on following directions. One tag we played was line tag. During this game I would change the rules on what the taggers could or couldn't do as well as the non-taggers, so it was important they were listening to the following directions to play correctly. This did exceptional at this – great listeners. In 2-3rd grade, we focused on our throwing techniques and hand-eye coordination.