

Stanberry R-II School District Wellness Committee Report January 17, 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 5th grade class finished their DARE classes with Officer McDonald. We held the graduation on December 4. The students will have a field trip with Officer McDonald in May to celebrate.
- On November 7, we had dental screenings. 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

- Several 9-12 students attended VIVE-18 - a platform program called Beyond Drugs, Alcohol, and Vaping - A Guide to Protect Your Goals, Future, and Mental Health. They learned about healthy socializing habits and how to safely avoid falling into the rabbit hole of peer pressure.
- The sophomores who attended the VIVI-18 program presented to the 7-12 students a presentation on drug and alcohol use with the information they learned from the VIVE-18 program they attended.
- Dawg Talk character/social emotional learning curriculum is still being developed as the year progresses. Both staff and students like this program greatly. Good job to the staff for working hard to develop this.

FACS-ProStart

- Health - Before Christmas, we completed our blood typing lab, as well as CPR and AED training. We have switched to the new group of freshmen for the 2nd semester of Health. As usual, we will work through the different body systems, as well as units on mental health, healthy relationships, and dealing with grief.
- ProStart - This class is doing great things. We have done our first edition of our sandwich shop, and everything was met with great reviews. We are planning our next one at the end of January or beginning of February. They are also planning to offer a fish fry one Friday during Let and use our new deep fryer. Everything in moderation. They continue to work through our curriculum, developing new skills, and offering Bougie Dawg Drinks on most Thursdays and Fridays.
- Nutrition - These students are learning how to read food labels, and the importance of the different vitamins and minerals, and how they effect the different systems in the body. Once we have completed this unit, we will introduce foods from around the world. 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

- 11-02-24 Feminine Hygiene Grant was used to buy products which are available to students in bathroom and locker rooms.
- 11-07-24 Dr Fallon and her team completed dental screenings and fluoride application to K-6th grade students.
- 12-03-24 Tri- Co health provided us with some training babies for the month, to help teach about healthy and unhealthy newborns. FAC, low birth weight, and other conditions.

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.

Lunchtime Solutions Report:

- The breakfast counts for Oct were:
1302 and 5 Adult breakfasts
4828 and 169 Adults lunches
November: 1176 and 5 Adult breakfasts
4170 and 327 Adults lunches
December: 794 and 4 Adult breakfast
3271 and 117 Adults lunches
- On our menu coming up, we will have a new item called a top dog. The top dog for Feb. is a chili corn dog.
- We have received a new steam table to help speed up the service line. It has improved our times greatly.

4-12 Physical Education Report-

- We had a good end of the year with students getting healthier and more able/willing to participate in all classes. We have already got back into the swing of things this year and the kids seem to be glad to be back and getting active again. We have several new units upcoming in all classes including 6 base kickball, which is a school favorite. We will be preparing in 4th-6th grade for the Fitness Challenge that will take place at the end of February. This will test them in physical fitness areas of muscular strength and endurance.

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 2-3rd graders have been learning different games that involve several different movements like sliding bean bags and throwing dodgeballs. They are doing a very great job of understanding the rules and playing the games. The K-1 group recently played with the scooters and several kids mentioned how it was a workout for them but also very fun.