

Stanberry R-II School District Wellness Committee Report May 16, 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 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! Mosaic donated \$1000 dollars to the elementary building for participating. At this time, the money is in the playground fund to be used on playground equipment.
- 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 2.
- 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.

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. ADD number who 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 also just today received our new Health textbooks to be used in class next year to give more up-to-date resources for information to help guide students as we work through our health curriculum. Our textbooks had not been updated since 2003 and were in need of a replacement.
- ProStart - Fish Fry was successful (with one extension cord casualty). The sandwich shop takes quite a bit of planning. However, 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. I plan to do these even more often next year. Our freeze-dry machine has also been a hit so far. It is a great way to ensure food does not go to waste, as we can freeze dry extra fruits and vegetables before they spoil. The students love the candies we sell on Fridays with our Bougie Dawg drinks. There has been some trial and error moments with determining the correct setting for different foods, however, the students love to share ideas on how to make some items come out better.
- Nutrition - Nutrition has learned how to make chocolate croissants from scratch in our pastry unit, which turned out really well. Mrs. Craig got to try a few and liked the Boy's croissants better than the girls. They also covered a large protein unit and learned about several cuts of meat like beef and poultry. As a final for this class, they learned how to fry chicken. The chicken was not raw nor burnt, and we didn't set off any fire alarms. This is a total win in my book, and the students loved seeing how long it took for the chicken to cook all the way through.

Nurse Report

- Weekly inspections of the pull wash shower and all eyewash stations in the building are being completed.
- New covers were ordered and placed on the eye wash stations on the high school side.
- April 7th the second fluoride application was completed on K-6th grade with the help of A+ students. Approximately 205 students participated.
- April 16th we held the vaccination clinic for the outgoing 7th and 11th graders. Approximately 20 students participated.
- May 2nd was the 4th and 5th grade girls and 5th grade boys puberty education and video. We were able to give each girl a pouch with some sanitary samples for lockers or backpacks.
- May 6th and 7th Preschool screenings were completed for the 25/26 school year.
- Continued monthly checks on all AEDS machines.
- A Stop the Bleed kit and blood spill supplies have been added to the cabinet in the main gym, beside the AED.

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 finished with the Out of My Mind Series. These books were an excellent opportunity for us to talk about empathy towards others, and not letting disabilities prohibit reaching goals and finding success. The students really enjoyed them and many related to the struggles of the main characters in one way or another. This led to lots of great conversations about embracing our differences and not letting disabilities prevent chasing dreams.

Lunchtime Solutions Report:

- The breakfast counts for March were:
and 988 Adult 33 breakfasts
3502 and 90 Adults lunches
April:1311 and 36 Adult breakfasts
4760 and 122 Adults lunches

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. Fourth quarter, we went through several games including volleyball, hockey, backyard games, 2 base kickball, wiffleball, and several others. 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) and several others. 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 and 5th 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. The 5th graders participated in our fitness training which consisted of sit ups, push ups, and a 8 minute run. 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.