

Stanberry R-II School District Wellness Committee Report November 10, 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.

5. Committee Member Reports

Elementary Wellness Report

Vision screenings were held on Sept. 2 with the Lions Club. We screened all students in grades K-3rd, 5th and any new students.

Hearing screenings were held on Sept. 19 with Nurse Debra and Tri-County Health Dept from all students in grades K-3.

The elementary building continues to implement Character Strong and Conscious Discipline with our students.

JH/HS Wellness Report

- Lots of students are drinking water!!!!
- Athletic Trainer is on sight twice a week
- Concussion tests completed on those who need these done
- Student physicals are completed and up to date for those needing these as well
- Mrs. Simbro completed Sexual Abuse training with grades 7-12.
- 9-12 Students attended a mental health assembly in September.
- Dawg Talk character curriculum
- Sophomores attended DocuDrama in Oct.

FACS-ProStart

Health - We have gone over several body systems, as well as covering a mental health unit. Within the mental health unit we have talked about grief and the different stages of grief. We have started circulatory systems and will start our reproduction units after the Thanksgiving break, those as in the past involve the Real Care Baby and Empathy Bellies. We are using a new curriculum and textbooks from McGraw Hill that seem to be working out well.

ProStart - We have gone over food handling and food safety in class, and each student has taken and passed their Servsafe Food Handlers test. Drinks are going well for our ProStart class. They have worked together as a class to rebrand themselves. They are now being called Paws-itively Delicious. With this name, they can easily sell both food and drink without changing their logo. We will start selling sandwiches to staff once or twice a month after Thanksgiving.

Nutrition - Nutrition has worked on kitchen safety and food handling skills as well. They have worked through several units making similar recipes, one a healthier version and one less healthy. We are now finishing up units on various proteins and will work together to try out new recipes that they could potentially take home to try with their families.

Nurse Report-

9/02/25 KidSight completed vision screenings on Pk-3rd and 5th grade.

9/19/25 Tri-County assisted us in completing hearing screenings on Pk-3rd and 5th grade.

10/01/25 Tri-County health held the staff vaccine clinic and had approx 15 staff participate.

Life Skills Class Report:

Bulldog Coffee Express is averaging 15 orders per week. Students look up recipes, make grocery lists, calculate the cost of each snack/profit margin and make snacks. So far this month we have made a variety of snacks including: chex mix, chocolate covered pretzels, scotcheroos, ham and cheese cups, breakfast casserole, and rice krispies.

OPAA Food Service Report:

The food counts for October were:

1167 and 18 Adult breakfasts

4356 and 161 Adults lunches

Part of November: 651 and 10 Adult breakfasts

2163 and 79 Adults lunches

This year we had a few new items on the menus. Our breakfast menu had a new breakfast Tot N Egg Casserole. The lunch menu brought in a few new items as well with Pepperoni Pizza Pinwheels, Crispitos, and a fresh apple crisp.

The a la carte snacks usually include flaming hot cheetos, Funyuns, cool ranch/regular doritos, cheeto puffs, grandmas mini cookies, and cheezits. The ice cream has been a variety to see what the kids are liking better.

We will be hosting a Thanksgiving Day meal again this year for the K-6 families on November 20th.

4-12 Physical Education Report-

Physical Education/weight training are both going well. We have covered several units, including badminton, volleyball, mat ball, wiffleball and many others. The students have been very active and involved to this point. Weightlifting classes are also going well with great participation, effort, and a willingness to try new things. As we have reached the 2nd quarter, I am looking forward to seeing how much they continue to improve.

K-3 Physical Education Report-

Primary Physical Education has had a great start. Each day we start with our stretches which are led by different students each week. Then we will have a couple laps for our warm up. After our laps, we will talk about what the activity is for the day and the skills we are working on. We have had a variety of different activities working on different skills such as throwing, underhand tossing, different speeds, teamwork, hand eye coordination, and several others. The students are very active in class and participate from start to finish.