

Stanberry R-II School District Wellness Committee Report October 23, 2024



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

The 5th grade class has started DARE with Officer McDonald. They will have this program and graduation completed before Christmas break.

On September 13, we had vision and health screenings. Nurse Debra had the Lions Club come in and help with the vision screenings.

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

JH/HS Wellness Report

- Lots of students are drinking water!!!!
- 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.
- Grab and Go breakfast is still a popular option in the mornings for students
- Dawg Talk character curriculum (formerly Character Strong in grades 7-12) is being revamped.
- Sophomores attended DocuDrama in Oct.
- 8th and 9th grades attended Drew Robinson presentation on suicide at NWMSU 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 will start circulatory systems soon after fall break as well as our reproduction units that involve the Real Care Baby and Empathy Bellies.

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 have started again for our ProStart class. They have worked together as a class to rebrand themselves. They are now being called Bougie Dawgs. With this name, they can easily sell both food and drink without changing their logo. This class will also start selling sandwiches to staff once or twice a month and are in the testing and trial phase and hope to send out their first order forms in the next 2 weeks.

Nutrition - Nutrition has worked on kitchen safety and food handling skills as well. They are now finishing up units on fruits and vegetables. They were able to try out a few new recipes. One involving eggplant was well liked by the class, as it tasted just like alfredo sauce.

Nurse Report

- I did handwashing education with several of the elementary classes using the Glo-Germ education
- 9/13/24 Maria Burnham assisted me in the vision and hearing screenings on PK- 6th grade students
- 10/01/24 Tri-Co Health provided us with Naracan and it has been added to all the AED stations
- 10/04/24 Tri-Co health held the influenza vaccine clinic and we had approx 15 staff participate.
- I have added feminine hygiene products to the HS and JH girls bathroom.
- We received the feminine hygiene grant again this year.

Life Skills Class Report:

Bulldog Coffee Express is averaging 20 orders per week. Students look up recipes, make grocery lists, and make snacks. So far this month we have made a variety of snacks including: chex mix, chocolate covered pretzels, scotcheroos, and rice krispies.

Lunchtime Solutions Report:

The breakfast counts for August were:

508 and 5 Adult breakfasts

820 and 62 Adults lunches

September: 1274 and 5 Adult breakfasts

4504 and 169 Adults lunches

This year we had a few new items on the menus. Our breakfast menu had a new breakfast bite. The lunch menu brought in a few new items with Mojo sandwiches, pizza bake casserole, white mac and cheese (Polar bear pasta), grilled cheese pazzini, and a chicken parm sandwich.

This year we will be hosting a Thanksgiving Day meal for the K-6 families on November 26th.

4-12 Physical Education Report-

Physical Education/weight training is in full swing with solid participation. We have covered several units, some examples are, volleyball, wiffleball, and dodgeball. 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. The only thing that seems to be slowing us down is all the sickness /injury. Hopefully, we are about over all that and can get all the students back in action.