

Stanberry R-II School District Wellness Committee Report March 13, 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. Upcoming Food and Nutrition Review

The last large review of this nature came at least 6 years ago....maybe longer. Stanberry was reviewed in 2020-21 but was shortened due to Covid.

The large review will look at our Wellness Policy. The goal is to have the guidelines completed before the administrative review that occurs on April 2, 2024.

The team reviewed the guidance for the Administrative Review at the meeting. Our guidelines are somewhat outdated...to meet compliance there are some steps that need to be included in our new guidelines.

- Add parents and students to committee
- Invite general public to our committee meetings

4. Final Thoughts/Questions

The committee members present at the March 13 meeting were as follows: Tammy Graham, Lisa Craig, Taylor Wendt, Debra Jensen, Kate Wiederholt, Jennifer Meyer, and John Davison. Shane Hilton was not present due to coaching assignment, however, all members contributed to the final report.

There were no community members present.

5. Committee Member Reports

Elementary Wellness Report

The PTO held their annual Candy Grams on February 14 for a fundraiser. Parents had the option to purchase soda (orange, strawberry, grape), chocolate candy, and a non chocolate candy.

Mr. Hilton is completing the physical fitness tests with grades 4-6 this year. We have not completed this test in several years. We will be looking at the data to see what skills our students do really well and how we might need to improve our students' physical fitness.

We continue to partner with Mosaic for telehealth services that students can access during school hours. We received an ipad and headphones from Mosaic for students to use during this time. Our official start date was January 9. We currently have 1 student using the telehealth option, as well as a few others getting ready to start the process.

Mrs. Simbro and Mrs. Newcomer continue to provide counseling services to our elementary students. The counselors have also been working on sending out a quarterly newsletter to parents to help parents practice good mental health strategies/practices. Mrs. Simbro and Mrs. Newcomer continue to be a great support to our teachers when they are struggling with student behaviors and/or mental health. We are very lucky to have both counselors at Stanberry!

On January 31 we had our 5th grade DARE graduation. Officer Matt McDonald completed all the lessons with this year's 5th grade class on drug awareness, internet safety, social media pros and cons, vaping, and much more.

JH/HS Wellness Report

Our FFA Chapter sells fruit, cookie dough, candy and meat items as a fundraiser in the months of September and October. The money raised benefits our FFA chapter. The food is delivered to the school and then students take it to their customers. We also do an FFA BBQ in August each fall. It is held at the football field and we serve pulled pork, beans, and chips. It is a free will donation to the FFA Chapter.

Physicals are run every year, most often the last Wednesday of March, by Stanberry Rural Health and are good for two years unless otherwise noted. All incoming 7th graders participate along with 9th, 11th, and move in students.

Grab and Go breakfast numbers remain around 45-60 students per day on the average. Students like this meal option and are taking advantage of this.

Counselors are providing information to the community through the school website, strategies and tips on mental health.

Added a Tier 3 Counselor to our district staff, Liz Simbro, who is working with high need mental health students K-12.

We are now working with Mosaic on providing telehealth services to students at school. In addition to this opportunity, newly formed business, Hallelujah Counseling, out of Maryville and newly added, Mary Quinley of Mosaic in Albany, will both be providing counseling/mental health services for our area.

There have been six 7-12 student mental health hospitalizations in the first semester of school.

The Character Strong program is still up and going well across the district. A JH Guidance class pertaining to mental health and peer struggles, JH Career class pertaining goal setting, one's future and a JH FACS class also discusses mental health have all been added and are helpful in teaching students how to cope, strategies and what a future looks like.

The elementary 4-6th grades completed their fitness testing this quarter with 100% participation and very good results. We will use this data to see which areas of fitness we can tweak and improve on for the remainder of the school year. Several junior high students participated in after school weight training over the length of the 3rd quarter. We met twice a week with lots of growth with both technique and strength. The goal of these sessions is to set the stage for these students' success moving forward in lifting over the next several years. The high school weight training classes completed their first round of projected max efforts this

quarter. They will use those numbers on the RackCoach system over the next several weeks to improve on our core lifts and overall strength.

FACS-ProStart

During the third quarter, I started a new class of freshmen for Health. This involves covering the mental health, and grief units. I make sure to cover these units first, talking about mental health and what to do if one is struggling or knows of someone struggling, such as who to talk to and options of where to get help. If time allows, as it did this quarter, we started on the skeletal and muscular systems.

Nutrition discussed beef and pork, trying out different recipes for each group and looking at the different ways we can prepare our proteins, and how that changes the flavor, texture and nutritional benefits. We also covered a seafood unit. During this unit, I'm able to bring in fish and teach the kids how to filet, so they can potentially go out fishing and prepare their own meal from the day's catch.

ProStart continued to make drinks, and also started a long project on making chocolate from scratch. Discussing the benefits of knowing exactly what is in the food we are eating, and how to choose more food options with less additives and could be healthier.

Nurse Report

During the third quarter we added a bulletin board by the lunch room for some nutrition related education/ information.

I have been working with Tri-County Health to get our spring vaccine clinic set up for the current 7th and 11th grade students.

Tri-County Health is also looking into any other screening/ health education they can offer our staff and students.

The newest AED is housed in the weight room entryway. That makes our 5th one.

Ministerial Alliance has assisted in getting lotion, bandage supplies, coats, shirts, pants, and shoes for students this semester.

We have had a large number of students with illness this semester. Always encouraging good hand washing and covering our coughs.

I have continued to keep feminine hygiene products, toothbrushes, toothpaste and floss available in HS and JR locker rooms and the intermediate handicap lockers.

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 lunch and breakfast counts for the month of January were: student breakfasts count was 1035 and adult count was 0. The lunch counts for January were: student lunches 3123 and adult lunches were 82. The February counts were: student breakfast count was 1705 and adult count was 28. The lunch counts for February were: student lunches 4639 and adult lunches were 121. March counts (as of 3/14) were: student breakfast count was 487 and adult count was 0. The lunch counts for March (as of 3/14) were: student lunches 1475 and adult count was 39.

We carry a lot of different choices on our a la carte menu. Fresh baked cookies, rice krispies, baked chips, fruit snacks, fruit roll ups, beef jerky, muffins, ice cream sandwiches, fudge bars, cookie ice cream sandwiches and uncrustables. We carry a few different flavors of Ice water, regular bottled water, and propel.