

## **District Wellness Committee – Meeting Recap 10/13/2021**

- Overview of Wellness Committee / KSDE requirements
  - Reviewed the latest information published by KSDE regarding Model Wellness Policy and updates from January 2021. The document can be found [here](#).
- Recap of 2019-2020 initiatives
  - **Nutrition:** Kansas food products that are served as part of the school meals program are identified at the beginning or on the serving line.
  - **Nutrition Education:** Offer information to families at least once per quarter that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
  - **Physical Activity:** Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.
  - **Integrated School-Based Wellness:** Annual staff wellness activities and/or professional development opportunities related to nutrition, physical activity, and abstaining from tobacco are provided to encourage school staff to serve as healthy role models.
- Spotlight on Wellness
  - **Social / Emotional Support:** Melissa McIntire, DW (overview of recent initiatives)
    - Melissa shared the resources that are now in place district-wide to support the social/emotional needs of our students and families. For more information, please reach out to your building's counselor or Melissa McIntire at [mcintirem@usd231.com](mailto:mcintirem@usd231.com).
  - **Nutrition:** Amy Droegemeier, DW (Mountain Plains Crunch Off with local apples)
    - Amy shared information about recent Farm to School efforts in the cafeterias and school meals programs. This included offering local apples for the 2021 Mountain Plains Crunch Off event held on Tuesday, October 11.
  - **Nutrition Education:** Cara McCoy, EE (healthy snacks linked to curriculum)
    - Cara shared examples of activities promoting healthy snacks in the classroom in conjunction with classroom-based learning. Examples included featuring a classroom snack of applesauce for Johnny Appleseed Day.

- **Physical Activity:** Audra Rasmussen & Corey Schrack, GEHS (Pep Steps with students)
  - Audra shared that several classes at GEHS are utilizing Pep Steps with their students to provide intentional physical activity breaks during block classes. Examples included teachers using travel time to outdoor activities as “thinking time” to transition to the next curriculum-based topic or group discussion.
- **Integrated School-Based Wellness:** Mandy Soetart, NE (staff morale boosters)
  - Mandy shared that Nike Elementary has implemented a program that allows staff members to recognize one another while boosting a sense of community and recognition. She and her building principal worked to pair up every staff member with another teammate, then collect positive statements from each person. Every Monday, she draws two names of staff members who receive a 15-minute break and shares the positive statements with the entire building as a motivational shoutout.
- Review survey results / update 2021-2022 goals
  - Survey results were discussed and updated goals were agreed upon for each Wellness Policy category. (see attached data collection) Buildings and district groups should work toward focusing on activities that support these goals for the 2021-2022 school year and building reps should be prepared to share examples at the Spring 2022 team meeting.
    - **Nutrition:** All school food service personnel receive food safety training annually. (MODELING)
      - PROGRESS: All Nutrition Services staff received a 3-hour food safety training during professional development in September 2021.
    - **Nutrition Promotion & Education:** Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester. (TRANSITIONING)
      - Please reach out to Nutrition Services if your team needs resources or support for this goal!
    - **Physical Activity:** Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate. (TRANSITIONING)
    - **Integrated School Based Wellness:** Each semester, provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the *Whole School, Whole Community, Whole Child Model*. (TRANSITIONING)

- PROGRESS: Plans are underway to offer wellness-based sessions during the January district-wide PD events and other building-level activities.
- KSDE info: Virtual Body Venture with lesson plans (elementary)
  - Any school interested in hosting a Virtual Body Venture event should contact Kelly Chanay ([kchanay@ksde.org](mailto:kchanay@ksde.org)) for details. In addition, KSDE is hosting two thematic unit professional development workshops to illustrate how to incorporate Virtual Body Venture into the classroom or as part of creating a healthier school environment.
    - Friday, November 5th from 8:00 AM-12:00 PM, ([REGISTRATION LINK](#))
    - Wednesday, November 10th from 12:30 PM - 4:30 PM (repeat) ([REGISTRATION LINK](#))
- Next meeting – time/date discussion
  - Quick discussion around Spring 2022 meeting date and ensuring future meetings honor contracted teacher work time. As of now, the next meeting is scheduled for Wednesday, February 16 at 2pm (location TBD). **Please reach out to Amy if you have suggestions or concerns about this date/time and contractual obligations.**

**Resources:**

[Kansas School Wellness Policy Model Guidelines, January 2021](#)

[KSDE Online School Wellness Resources](#)

[Local School Wellness Policy Implementation: The Final Rule, July 2016](#)

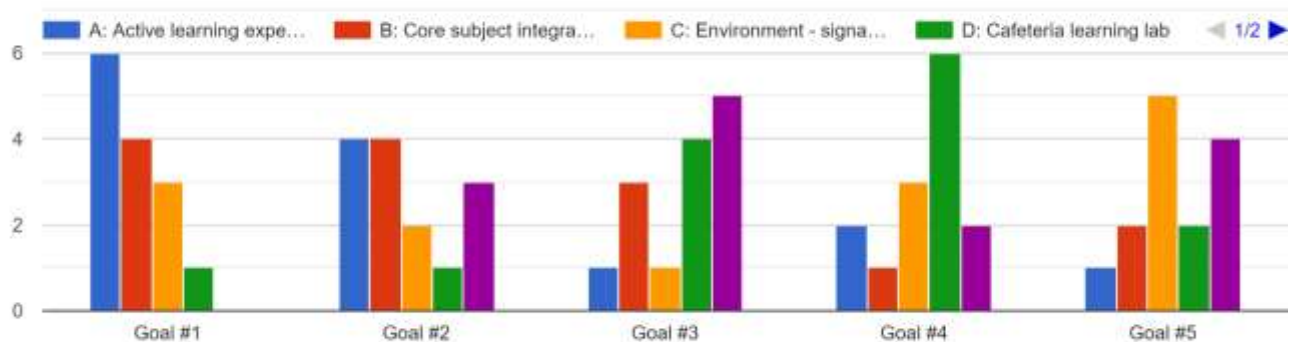
[KSDE 2021 Wellness Guideline State Averages](#)

## Fall 2021 Wellness Committee Survey Results

### Nutrition Education

- A. Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.
- B. Integrate age-appropriate nutrition education into two or more core subjects such as math, science, language arts, and social sciences as well as in two or more non-core and elective subjects.
- C. Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards that are rotated, updated or changed quarterly.
- D. School personnel collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
- E. The wellness committee, teachers and other school personnel participate in nutrition education-related professional development at least once a year.

Rank in order of interest as district goal (1 = most important, 5 = least important)

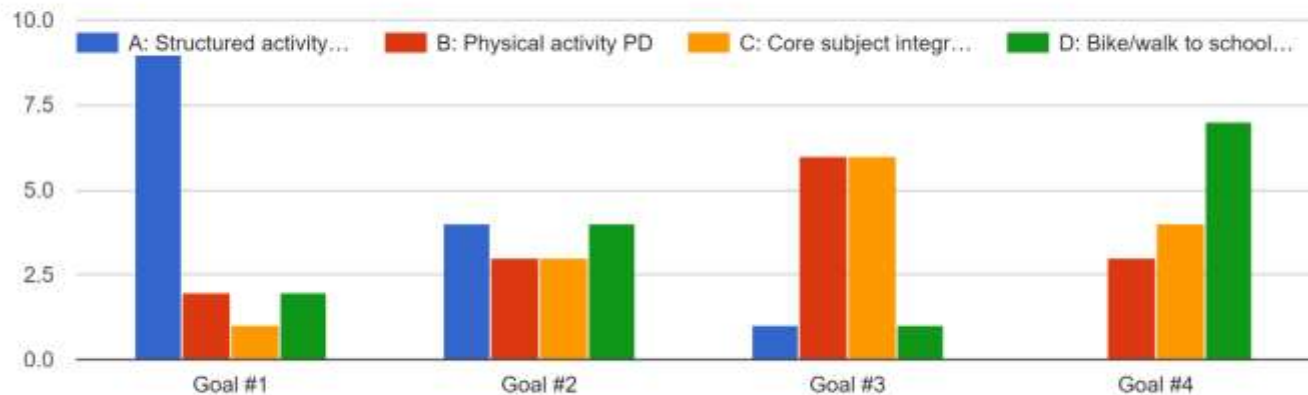


| Ranking | 1 | 2 | 3 | 4 | 5 |                 |
|---------|---|---|---|---|---|-----------------|
| Pts     | 5 | 4 | 3 | 2 | 1 | <b>Max = 70</b> |
| A       | 6 | 4 | 1 | 2 | 1 | 54              |
| B       | 4 | 4 | 3 | 1 | 2 | 49              |
| C       | 3 | 2 | 1 | 3 | 5 | 37              |
| D       | 1 | 1 | 4 | 6 | 2 | 35              |
| E       | 0 | 3 | 5 | 2 | 4 | 35              |

## Physical Activity

- A. Structured physical activity opportunities, in addition to physical education and recess (where applicable), are offered to all students at least 1 time daily. School staff are encouraged to participate.
- B. Professional development on integrating physical activity into core/non-core subjects is provided to most staff.
- C. Structured physical activities are planned by a licensed physical education teacher and integrated into two or more core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
- D. The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on a safety and feasibility assessment.

Rank in order of interest as district goal (1 = most important, 4 = least important)

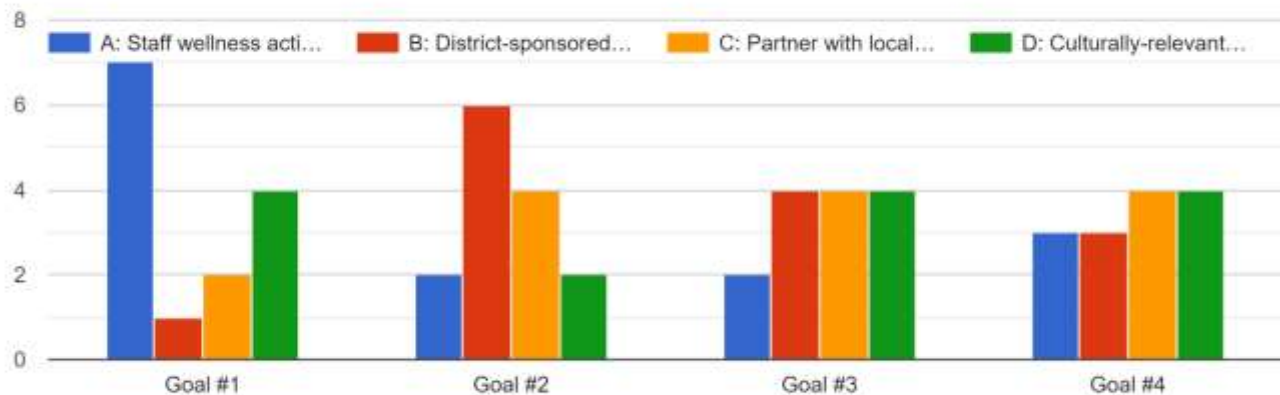


| Ranking | 1 | 2 | 3 | 4 |          |
|---------|---|---|---|---|----------|
| Pts     | 4 | 3 | 2 | 1 | Max = 56 |
| A       | 9 | 4 | 1 | 0 | 50       |
| B       | 2 | 3 | 6 | 3 | 32       |
| C       | 1 | 3 | 6 | 4 | 29       |
| D       | 2 | 4 | 1 | 7 | 29       |

## Integrated School Based Wellness

- A. Each semester, provide staff wellness activities and/or professional development opportunities related to nutrition, physical activity, mental health, and abstaining from tobacco and e-cigarettes are provided to encourage district staff to serve as healthy role models. Staff wellness activities and training may also include additional components of the *Whole School, Whole Community, Whole Child Model*.
- B. Each semester, offer district-sponsored wellness family activities that address one or more components of the *Whole School, Whole Community, Whole Child Model*.
- C. Each semester, partner with local health agencies and community organizations.
- D. Each semester, culturally relevant health information is provided to families via handouts, postings on the district website, newsletters, presentations and workshops.

Rank in order of interest as district goal (1 = most important, 4 = least important)



| Ranking | 1 | 2 | 3 | 4 |          |
|---------|---|---|---|---|----------|
| Pts     | 4 | 3 | 2 | 1 | Max = 56 |
| A       | 7 | 2 | 2 | 3 | 41       |
| B       | 1 | 6 | 4 | 3 | 33       |
| C       | 2 | 4 | 4 | 4 | 32       |
| D       | 4 | 2 | 4 | 4 | 34       |