

District Wellness Committee – Meeting Agenda 2/16/2022

- Spotlight on Wellness
 - **Physical Activity:** Emily Hinrichs, NE (Girls on the Move)
 - **Integrated School-Based Wellness:** Amy Jackson, DW (Employee Assistance Program)
 - **Nutrition/Nutrition Education:** Amy Droegemeier, DW (GEHS Tower Garden project)
- Recap / share-out for 2021-2022 (please come prepared to share examples of how your building has made strides to meet each goal)
 - **Nutrition Education:** Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.
 - **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.
 - **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*.
- Goal setting for 2022-2023

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](#)

Nutrition Education: Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.

Gardner: Slice of Ag (4th grade), nutrition unit in PE, mobile dairy farm

Madison: 4th Graders Prepare a menu for lunch

Moonlight: Nutrition unit for all K-4th grade students during Physical Education classes.

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.

Edgerton: Cyclone sprinters running club in the spring

Gardner: Gym use when available, brain breaks

Nike: Our computer teacher does a dance halfway through each computer class to get them up and moving. She always dances with them!

Nike: We started, pre-covid, an annual teachers vs. students dodgeball game. We're reinstating it this year, after a 2 year hiatus.

Wheatridge: Mrs. Haas has continued coaching "Girls on the Run" as an opportunity to support our students culminating in a 5k.

GEHS: High School staff has "Action Groups" that address different aspects of school. There is an action group for both "Self care of the body" and "Self care of the mind". They try to do activities quarterly for staff to be involved in. Right now, "Self care of the body" is doing a movement challenge for the staff.

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Edgerton, Grand Star, Madison, Moonlight, and Nike: Training on Sensory Needs (both for students and staff)

Gardner: PTO - Bee Healthy Table, Self-Care PD, Yoga after school, Staff - Empower

Nike: Mandy Soeteart has started a staff drawing this year. When your name is drawn, you're given either a 15 minute break or a \$5 gift card. It's also shared with all staff, positive statements about who's drawn. We make sure every staff member is drawn within the year.

Nike: Bruce Haber set up one of our PD's as a walk and talk. He chose which discussion needed to happen, set some boundaries for only positive statements can be made, and we walked around Nike while talking with others. We literally walked for an hour and a half instead of having to sit and listen.

TRMS: Everyday during morning announcements we do a "Mindful Minute". We do "Thursday Shout Outs" with all staff members. We did a PD where faculty did a Bob Ross painting activity. In an upcoming PD we are talking about SEL and Relationship Building. We have a Tower Garden in a classroom that allows students to plant seeds and anchor them into the tower garden as seedlings, learn that through photosynthesis a plant has the ability to make its own food/energy and understand that the first source of energy for our bodies is sunlight, fruits, and vegetables, how to harvest the fruit and vegetables, and ways to prepare the food so that it can be enjoyed in a variety of ways for unique tastes. In FACS, all students learn about nutrition. They all participate in food labs and reading food labs.

WMS: Samantha Stratton and I set up "Yard Games" for our staff during professional development to create an engaging environment while our administrators grilled burgers. It was a great opportunity for our staff to hang out, play some badminton, pickleball, shuffleboard, bags etc. and be active.

Other activities supporting student or staff wellness.

Nike: Our PTO is phenomenal with encouraging staff/students. They've painted our bathrooms (kids and adults) with positive affirmations. They always provide snacks and lunches during PD days and other random days throughout the year as well. They also surprise staff with Sonic drinks from time to time.

PRMS: Our students when they finish their lunch can either walk around the gym if the weather is bad OR go outside in good weather. Quite a few kids get an extra 15 minutes of walking in during that time. We will be hosting a community blood drive on Monday, April 25 in our gym. We have an annual Chili Cook-Off during spring Parent-Teacher-Conferences. This is a great way for a faculty to have some friendly competition, and get to visit with colleagues. We also do an Elf on the Shelf (Trickie & Twinkles) for the 12 days before we get out of school. The teachers are given picture clues each day, and they have to go to that location, take a selfie, and share what this location is. This is a great way to get teachers out of their rooms, as well as the students love to help them figure out where the T&T pictures were taken for that day.

WMS: We accepted the NFL's "Crucial Catch" Burpee Challenge last October raising Breast Cancer awareness and how early detection can lead to early intervention. Although it is a very deep topic, our students showed great empathy, and I shared my mother's personal story on her diagnosis last August.