Be Well
Move Well
Think Well
Eat Well
Meeting Norms

- Respect time and participants
- Maximum length of one hour
- Personal needs
- Last of two meetings for the year
Introductions

- Share your name
- Share who/what you are representing
Purpose

● Celebrate the district’s health/wellness activities of the 2021-2022 school year.
● Look to the 2022-2023 school year.
● Continue to support the comprehensive district wellness program in place
● Seeking ideas for engaging employees and students in future wellness activities.
Fast Stats for Adults

1 in 3 Deaths each year is from heart disease, stroke, or other CV diseases
30.8 million adults smoke cigarettes
74% of adults are overweight or have obesity
96 million adults have prediabetes

CDC, National Center for Chronic Disease Prevention and Health Promotion, 2022
Fast Stats for Children and Adolescents

21.2% of adolescents aged 12-19 have obesity

2 in 5 students has a chronic health condition

23.6% of high school students use at least one tobacco product
Wellness Initiatives
Wellness Initiatives: STUDENTS

- Running Club, ROAR Run
- Health Curriculum
- Extracurricular Activities all ages
- Vaccine Clinic
- Health Screenings
- Heart Health Activities
- Vision & Dental Mobile Unit
- Well-child Exams
- Backpack Food Programs
- All graduates must have hands-only CPR
Wellness Initiatives: STAFF

- Heart Month newsletters in staff communicator
- Step Into Fall, Steps Challenge, or Walk/Run/Bike
- Maintain Don’t Gain
- Healthy Lifestyle Challenge
- Wellness on Tour Bus (Mammograms)
- Health Risk Appraisals (lipid panel & glucose, bp, wt, hip measurement)
- Flu Vaccine Clinic
- Discounts to local fitness clubs
- CPR/1st aid classes
Kids Served through Partnerships

- Tiger Totes - PHP & Care To Learn
- Hunger, Health, & Hygiene - Care to Learn
- Dental Bus (onsite) - Jordan Valley Mobile Unit
- Child Well Visits - Jordan Valley Mobile Unit
- Sports Physicals (onsite) - Jordan Valley Mobile Unit
- Immunization Clinic (onsite) - Jordan Valley
- Flu Vaccine Clinic (onsite) - Jordan Valley
- Thanksgiving and Christmas food baskets - PHP
- Shop with a Hero - Republic PD
- Books - Ozarks Literacy Council
Health Risk Appraisals

Onsite (6 buildings)
439 employees participated

New this year: fingerstick, results onsite, immediate feedback,
MO DESE/Missouri Healthy Schools Grant

Amount: $4000

Purpose: Support Employee Wellbeing activities
Timeline of Grant

Feb. 15th, 2022

1) Registered, Completed and Submitted Employee Wellness Assessments (Module 9 of the School Health Index)

2) Project Activities Plan - brief description of activities and estimated allocation of funds proposal submitted.
May 31st - Summary Report
Brief written summary of planned activities

June 15th - Case Study presented - 1 page description of a success
Whole School, Whole Community, Whole Child

Framework for address health in schools
Student-centered
10 Components
#8 is Employee Health

Employee Assistance Program
Evaluation Tools

**School Health Index** - Building assessments and overall district assessment

**Workplace Wellness** - CDC initiative for employers
Categories

Personnel
Fringe
Indirect
Travel
Other
Supplies
(No gift cards)

Order more prizes
Reimburse prizes already purchased
Employee stipends
Exercise instructors or cooking classes
Prizes purchased

Pair of Brooks shoes
Exercise mat
Exercise ball
Water bottles
Bluetooth Headphones
Roundnet beach game
Exercise dice
Kettlebell set
Resistance bands
Wellness Activities Share

EC
Sweeny
Lyon
Price
McCulloch
Schofield
RMS
RHS
Wrap Up & Next Steps

● Final questions regarding agenda?

● Next meeting, Fall 2022

● Please complete quality tools.

● Thanks so much for your participation!
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