



# **Health & Wellness Committee**

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**October 24th, 2017**



# Meeting Norms

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

# Introductions

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

(In attendance: Denny Lawson (School Board), Jason Perkins (Central Office), Tonia Herbold (RMS Principal), Piper Wright (Sweeny P.E. teacher), Natalie Botkin (District Head Nurse, Wellness Committee Chair), Somer Norman (Nurse Practitioner - Republic Jordan Valley)

# Purpose

- Celebrate the district's health & wellness initiatives.
- Continue to support the comprehensive district wellness program in place.
- Seeking new ideas for engaging employees and students in future health & wellness activities.
- Meet bi-annually to evaluate the above

# Wellness Model

## Coordinated School Health Model

Eight components

Comprehensive school health education

Physical education

School Health Services

School Nutrition Services

School Counseling, psychological and social services

Healthy school environment

School-site health promotion for staff

Family and Community involvement

Whole School, Whole Community, Whole Child

New model emerging with 10 points and still ranks **employee wellness** as a top 10 key component.

# **District Wellness**

## **Purpose of Staff Health & Wellness**

### **Primary goal:**

**Improvement of employee health, productivity and morale.**

**If successful, will increase the likelihood teachers will:**

**Serve as healthy role models**

**Participate in implementing effective student health programs**

**Assist in presenting a positive image of the school to the**

**community**



# Why should the district wellness program exist?

Number 1 cause of death in the United States  
Health crisis

American Heart Association 2020 Impact Goal

Improve CV health 20% and reduce mortality by 20%

Support smoke free

Encourage active lifestyles

Reducing sugar beverages

Blood pressure control

Glucose and Cholesterol management

Increase number of high school graduates with CPR skills

Prevention is key



# How do we help with prevention?

Offer support and education to employees choosing to make lifestyle changes

Create opportunities for employees to participate in healthy lifestyle challenges throughout the year

Encourage friendly competition among co-workers to boost participation

Provide on-site health risk appraisals, regular blood pressure checks, flu shot clinics and mammograms.

Advocate for employee wellness

Identify resources for employees to access care

Partner with administration to promote programs such as AHA Jump Rope for Heart & Hoops for Heart

Survey employees for input



# Mets Wellness

## Total Wellness

### On-site Health Risk Assessment

Lipid panel, glucose, hip/weight measurements, blood pressure

Other optional screenings available

### Online Wellness Portal

Wellness Coaching, dietitian services, exercise trainers

Healthy Lifestyle challenges (various programs)

Direct Connect (telehealth)

Monthly health and wellness tips such as “sitting is the new smoking”

# Life is Why

CPR classes

Staff - offered at various times throughout the school year

Students - CPR in Schools grant and state law

AED's 13 across the district (will be adding 2 at new activities facility)



# Student Health & Wellness

Purpose: Children must be educated to be healthy and healthy to be educated

Primary goal is to teach students to be lifelong learners as well as lifelong healthy hearts.

Jump Rope for Heart

Hoops for Heart

<https://www.youtube.com/watch?v=9t8UJME9LeE&feature=youtu.be>

Physical Education weekly (RSMo 167.720)

Recess daily (RSMo 167.720)

Run Day, Running Club, ROAR Run, Walking Club

Leader in Me

Nutritious meals (National School Lunch Program)

# Student Health and Wellness Changes

## Wellness Policy changes (ADF)

Must have standards for all foods and beverages provided not sold such as in celebrations, class parties & foods used as a reward

Marketing to children

Triennial Assessment

Other

## What we can't change?

Funding, state, federal mandates

Activity guidelines (recess and P.E.)

Healthy, Hunger-Free Kids Act

# Student Health and Wellness

Good news about changes to policy ADF

It's for the right reasons

We get to decide what those standards are for snacks provided

Challenges:

Change is hard, resistance is likely

How do we know we are complying:

Triennial Assessment

Audit

Coordinated effort by Food Service, Health Services and Administration

Wellness Committee review, meetings and meeting minutes



# Open Discussion

# Plus, Delta

## Plus

Great overall information

Talking about building communication to patrons early for expectations

Partnering with PTO/teachers to educate parents on new changes

Excited we are moving in a great direction

Keeping to time limit, powerpoint and handout

## Delta

Anticipating parent push back for changes

Difficulty for parents with kids selling cookie dough etc but not able to consume at birthday, PTO party etc



# Solutions

Communication from Principals/Building Administration

Meet with PTOs

Alternatives activities/food/snack list

Need to make sure we do a good job communicating to parents and teachers.

Examples of food

# Wrap Up & Next Steps

- **Final questions regarding agenda?**
- **Next meeting, Spring 2017**
- **Please complete quality tools.**
- **Thanks so much for your participation!**



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