

## REPORT SUMMARY SHEET

**BOARD MEETING DATE:** February 12<sup>th</sup>, 2018

**TITLE AND BRIEF DESCRIPTION:** Student Wellness Report

**BACKGROUND:** The “Mustang Wellness” program was established in October, 2013. It is a part of The Healthy Schools Healthy Communities Initiative that the Eldon school district became a part of from the Missouri Foundation for Health grant. The grant awarded our school \$100,000 a year for five years to be used for students in kindergarten through eighth grade to combat childhood obesity.

A Mustang Wellness Committee has been formed in each building. These committees meet approximately every other month to discuss options of improving physical activity and nutritional education before, during and after school. Attached is a copy of committee members and activities that have taken place this year and planned activities to come.

**RECOMMENDATION:** To Approve Student Wellness Report

**RESPONSIBLE PERSONS:** Shea Caudel

**SUPERINTENDENT’S APPROVAL:** Matt Downs  
For the purpose of submitting report

### Committee Members:

Eldon South Elementary- Michele Herbert, Kari Hinds, Kathy Willingham, Lyndsey Williams, Bobbie Grant, Mary Liebler, Jennifer Wrye, Katie Cole, Lisa Edinger, Dusty Purnell, Clair Graves

Eldon Upper Elementary- Kylie Webery, Cody Kliethermes, Kari Duncan, Beth Lawrence, Amy Snelling, Sherry Childers, Paula Koerner, Angela Wilson

Action Plan for the 2017-2018 school year was approved in December of 2017. With the plan for this new year we were able to purchase and incorporate the following items:

- Upper and South Elementary as well as the Middle School was able to purchase a new piece of kitchen equipment that allows our kitchen staff to more easily section fruit and vegetables.
- Upper elementary was able to purchase a new set of playground equipment that encourages even our older students to be active at recess.
- South elementary school was also able to purchase a new playground structure for our kindergarten and first grade playground.
- South elementary school also budgeted for an outdoor classroom to be built allowing our South School teachers and students the opportunity to be active and learn through hands on projects and lessons.
- South Elementary school also began planning towards providing students 60 minutes of physical education per week.
- The middle school was able to purchase kinesthetic classroom equipment for all classrooms. This helps combat the challenge of increasing physical activity in the classroom. Each classroom now has a pedal desk, standing desk, strider desk, or ball chair.
- The middle school purchased a smoothie bike to use for healthy celebrations, dances, and nutrition lessons.
- The middle school purchased a hydroponic gardening tower that will be used in conjunction with our youth leadership team as well as our cooks and classes. This will give the middle school the opportunity to do science lessons as well as farm to school activities even when the weather does not permit us to do so at our outdoor garden.
- The middle school put funds towards healthy dances. This will allow them to provide healthy snacks at the dances.

### **Walk to School Day**

- Mustang Wellness and Community Wellness partnered to provide a walk to school day. We had a great turn out with over 150 people present.

### **Lights on After School/MLK Family Night**

- Mustang Wellness partnered with LEAP to provide a healthy snack and demonstration at their family night events.

## **Sense of Taste Day**

- Mustang Wellness and Community Wellness partnered to teach the Eldon Pre-k students about their sense of taste at the end of their senses unit.

## **Middle School and South School Wellness Week**

- It consisted of guest speakers at lunch each day that came to share nutritional education with our students. Some of these were representatives from Lake Regional Hospital and the University of Missouri Extension. We also had Hy-Vee present a combination of different fruits that our students were able to sample.
- At the middle school each morning we had a special guest come work with our students before school in physical activity. These activities consisted of body weight training with a physical trainer, kickboxing, running form and more. We had a great turn out with over 30 students participating daily with the highest turnout of 88 students one day. These workouts started at 7:20 and lasted until 7:45.
- Teacher and Student Goals-Teachers made a personal, positive wellness goal of their own and these were posted on their doors for students to see. They had their picture taken and posted their goal along with it. Students at the middle school also set their own short term wellness goals for the week and were rewarded with a prize for the homeroom that completed most of their goals.
- Teachers showed short wellness videos for their bell ringers and led their students in brain.
- Teachers had interdisciplinary units on wellness this week and many incorporated exercise and movement into their lessons.
- Cooks provided different taste tests during lunch as well as nutritional material.

## **UPCOMING EVENTS:**

- New garden connect time at the middle school.
- 5k event led by student wellness team.
- Upper elementary wellness week in March.
- Spring Walk to School Day.
- BMI and fitness testing
- Accelerometer testing.
- South School Fitness club on Fridays.