

Eldon District Wellness Program

Ashley Calvino- Nurse Staff Wellness Coordinator

Lyndsey Wood- Nurse/ Wellness Leader

Matt Davis - Superintendent

Michele Herbert- Principal

Dusy Purnell- Gym Teacher

Shawndra Taylor- Food Service Representative

Jennifer Wrye- Parent

Braden Wrye - Student

Other members- Jillynn Hull - Nurse Practitioner

Megan Opie- Social Worker

Wellness Committee Meeting

Date: 2/26/2020

Time: 2:45

1. Wellness policies already in place for students

- a. Fall screenings - Height, Weight, Hearing, Vision, BMI, and Scoliosis.
- b. Dental Screenings Provided by COMC to South and Upper Elementary students.
- c. Healthy food choices - Salad Bar Option provided in each building
- d. Physical Education at each grade level
- e. Flexible seating options available in each building
- f. Sensory paths placed in South school and as well as extended recess time.
- g. We have added a full time Nurse Practitioner through COMC to assist with diagnosis and treatment of sick children to help our attendance. This addition also helps with our State Policy regarding Vaccinations.
- h. Full time Therapist have been added to our schools by COMC
- i. Students have access to showers and clothing thanks to our Mustang closet and other resources (Megan Opie). Each building now has a mustang closet to assist kids with clothing as well as our main closet located at the High school.
- j. Water refill stations now available in each building

2. Staff Wellness in place:

- a. Myinertia Program
- b. Naturally slim Program
- c. Some of our schools set up other challenges throughout the year.
- d. South does a maintain don't gain challenge over Christmas break.
- e. Lake Regional will be offering the following screenings 2/15/2020
 - Free screenings for pulmonary function, body mass index, body fat analysis and blood pressure will be offered in the hospital's third floor conference rooms.
 - \$5 Fasting Blood Sugar Test
 - \$5 Lipid Profile (cholesterol)
 - \$17 Pocket Ekg
- f. Information regarding health opportunities are made available via email to staff.
- g. District insurance will cover 1 wellness check and labs per year.
- h. On site COMC is available to staff for yearly wellness screenings as well as flu shots.

3. Assessments- The Local Wellness program will be assessed at least once every three years.
Topics covered:

- Policy & Environment
- Nutrition Services
- Smart Snacks
- Health & Physical Education
- Physical Activity
- Employee Wellness

Questions:

- a. Shawndra is required to do an assessment how many times a year?
- **Once every 3 years for DESE**
- B. This was a full time position for wellness coordinator. What are the expectations for the student wellness without the grant?
- **Someone from each school will gather assessment data and continue to encourage staff and student wellness**
- C. Can others be involved to help?
- **School nurses from each building will be in charge of collecting data for the assessments and then reporting the results to Nurse Ashley, District Coordinator.**

Example:

The Champion- One designated Wellness Champion for each building?

Assists the District Wellness Coordinator in promoting healthy options in his/her assigned school building and making the "healthy choice the easy choice", as part of the Healthy Schools Healthy Communities (HSHC) initiative. Assists in the efforts to strengthen and support the wellness activities and policies within assigned school building. Engages staff, students, parents and other partners for school wellness committee meetings and related activities. Because the wellness priorities of individual school buildings can change annually, this position should be reassessed on an annual basis and renewed based on performance and/or interest of the assigned building champion. The number of hours needed to fulfill this role will fluctuate depending on the size of school building, number of students, time of the year and activities.

4. Closing/ Questions/Concerns/ New ideas

- a. Wellness Champion for each building
- **School Nurse**
- b. What can we add to student wellness
- **MU Extension**

- Miller County Health Department Grant - Journey Through the Circulatory System to teach students about heart health.
- Continue to encourage good health habits leading by example
- Consider meeting at Rock Island once a week in the mornings and walking to school, increasing to a few times a week according to turnout.
- Increase recess time if applicable. Could even walk/play in the storm shelter gym
- Update playground equipment on Kindergarten playground