

Eldon District Wellness Program

Ashley Calvino- Nurse Staff Wellness Coordinator

Student - Reid Calvino

Lyndsey Wood- Nurse/ Wellness Leader

Matt Davis - Superintendent

Michelle Herbert- Principal

Purnell- Gym Teacher

Shawndra Taylor- Food Service Representative

Other members- Jillynn Hull - Nurse Practitioner

Meghan Opie- Community Health Worker- COMC

Christy Kidwell- Community Health Worker -COMC

Wellness Committee Meeting

Date: November 1, 2023

Time: 15:00

1. Wellness policies already in place for students

- a. Fall screenings - Height, Weight, Hearing and Vision.
- b. Dentist through COMC /Medical COMC/ Behavioral COMC
- 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. Mrs. Opie and Mrs. Kidwell COMC- resources for our community
- h. Students have access to showers and clothing. Mustang closet set up in each building.
- i. Free Breakfast for each student in the morning. .
- j. Water refill stations now available in each building
- k. We have updated playground equipment on the Kindergarten playground
- l. Later start time is set into place and working well, attendance has improved.
- m. Syndromic Surveillance Forms are filled out weekly by nurses and faxed to Miller County Health Department to keep track of illness going around in the community.
- n. Upper - Morning walking club / Breakfast Club Basketball the Month of October
- o. Morning Leap and Afternoon Leap offer our students recess, snacks and evening meals.

2. Staff Wellness in place:

- a. Myinertia Program- changes made yearly to increase activity
- b. Some of our schools set up other challenges throughout the year.
- c. Information regarding health opportunities are made available via email to staff.
- d. District insurance will cover 1 wellness check and labs per year.
- e. On site COMC is available to staff for yearly wellness screenings as well as flu shots.
- f. Dental onsite for staff as well as students.
- g. Staff have been trained on Seizures in all buildings to keep our students and staff trained following Wills Law.

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:

- Shawndra is required to do an assessment how many times a year?
 - Once every 3 years for DESE
- 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
 - Christy Kidwell is working with the Health Department regarding student health.
- 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 the 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

- Wellness Champion for each building
 - School Nurse
- What can we add to student wellness
 - Continue to encourage good health habits leading by example

c. Request

1. South would like another water filling station. Christy is currently working on this.
2. Upper has requested 100 water bottles. Miller County has donated them.
3. District nurses are looking to purchase a new audiometer as we have one left that is working and is outdated. We will try to get this purchased by utilizing the grant from Miller County Health Department.
4. The Health Department would like us to utilize our Heart Health activity that was purchased years back. We are happy to use this tool but it will need some new supplies as some of it is worn out or missing. We also need to find a space for this. The Tornado shelter is the best option for both south and upper but the utility closet is being used by leap for storage. We will need a storage area for equipment as it is a large amount of supplies in a cage.