

Wellness Committee Meeting Agenda
September 21, 2023

** Meeting information was publicized on MPS website 9/20//23 (per policy guidelines)

**Updated website on 9/20/23 with updated members & agenda (under OOPA tab)

1. Wellness Committee Members
 - a. Audrey Ming- MPS Wellness Coordinator/ Elementary Counselor
 - b. Grace Durham- Director of Special Services
 - c. Amanda VanWinkle- MHS PE Teacher/Parent
 - d. Jennifer Marquess- OPAA Director
 - e. Adam Viquesney/ Rachel Hayworth- Salt Fork YMCA/ Parent/ Community Member
 - f. Travis Ewart- Elementary PE Teacher
 - g. Amy Weber- Fitzgibbon Hospital/ Community Member
 - h. Stephanie Campbell- BMS PE Teacher
 - i. Marlana Zank- Benton Elementary Teacher/ Parent
 - j. Nurse- Taking nominations
 - k. Lillian Griffitt- Student

2. Policy Review –
https://docs.google.com/document/d/1_sQPA2laFrO9HkaTF-Y7svz_KpiPLtY5Yt08Lcx9obM/edit

3. Public Comments

4. Nutrition Education
 - a. Health, including nutrition, & P.E. are taught at all grade levels
 - b. Health Screenings are held at all school buildings
 - c. Wellness policy on website
 - d. .5 Health credit is required for high school graduation.
 - e. The Extension Office provided nutrition classes to elementary students in spring of 2023 and are scheduled to begin in October with 1st grade (other grades welcomed).

5. Physical Activity
 - a. Recess is held at the elementary levels 20 minutes daily
 - b. P.E. classes are held and required (days vary by grade level)
 - c. Physical activity is not withheld as a form of punishment.
 - d. At high school, 1 P.E. credit is required for graduation.
 - e. Athletic Trainer at MHS is supplied by Fitzgibbon Hospital. This is to ensure safety of the district's athletes while maximizing opportunities to participate in competitive sports.
 - f. Several extracurricular activities available throughout the different seasons for sport participation (middle school/high school level)
 - g. Discussion regarding offering intramural sports again at BMS in the future

6. Family Involvement
 - a. Project Share includes health stations, parents and the community are encouraged to attend.
 - b. Wellness policy on website.
 - c. Provided parents with ideas for healthy celebrations and snacks through newsletters and events.
 - d. Nutrislice available on the school website for parents to explore healthy eating options and menu details.
 - e. Healthy Kids Day at the YMCA (April 29, 2023). Discussed involving parents about health topics, as well as fun activities for the kids. Will be promoted at school for kids to attend & experience the YMCA and wellness activities.

- f. Discussed providing an opportunity for families to play sports with their kids in a fun/competitive way at an event. Possibly as part of Meet the Owls. Discussed difficulty in planning dates that work for family availability and location availability. Discussed opportunities such as Powder Puff Football and Volleyball and community basketball challenges.

7. Health Education

- a. Mental Health Week district wide
- b. Counseling team at elementary schools teach about health topics within lessons (safe touch, drug free)
- c. Dangers of smoking and drugs
- d. Introduce job opportunities within the health community within MO Connections
- e. Schools must provide suicide prevention training and response in grades 5-12.
- f. CPR and AED training for staff
- g. Play Days at YMCA for elementary (in the past but not recently) The YMCA also offered to host play days at the school site, rather than bus to the YMCA.
- h. Sports Physicals were offered to students by Fitzgibbon Hospital free of charge.
- i. Mental health services are available for students on school grounds. MPS has signed agreements with Burrell Health and Katy Trails for services.
- j. Nutrition and health education classes offered through the Extension program- "My plate" and "Kids in the Kitchen".
- k. Monsanto Day- Discussion about this past event. Ming contacted Bayer (previously Monsanto). They stated they no longer host this day due to the number of staff required to run it. They offered to come to the schools to offer classes or health fairs regarding health and safety topics.
- l. Health Fairs- Discussed bringing health fairs back post COVID. Ideas: speaker from Fitzgibbon regarding vaping for BMS, MVC/Career Center Nurses, Ramona/Rosie speaker/resource, OOPA (healthy food samples), YMCA (swim safety), Bayer (safety presentation). Reach out to PE teachers to see about setting up a rotation for health fairs for certain grade levels and ideas about scheduling these within the specials rotation.
- m. Amy Weber offered reps from Fitzgibbon to attend Career Fairs or health classes at MHS to share about health careers.
- n. Rachel Hayworth from the YMCA shared about the "Out of the Darkness" walk on October 7th for suicide awareness. Discussed partnering with students/committee on the event to provide health education and awareness.

8. Meal Times

- a. A minimum of 10 minutes after sitting down for breakfast, and 20 minutes for lunch is scheduled at all schools.
- b. Students wash hands before meals or use sanitizer.
- c. Students are allowed to talk during meals.
- d. Meals are adequately supervised.

9. Staff wellness

- a. Nurses available to assist staff with health concerns and health information.
- b. Newsletter provided to staff by our health insurance company.
- c. Health insurance company provides a variety of incentives and coaching to encourage wellness (emails sent to staff to encourage participation in Rally wellness opportunities)
- d. Flu shot clinic, several staff participated this year
- e. A staff challenge was held in Spring of 2023 & was a huge success. Ming confirmed with Mr. Reinke that money could be collected and documented and used as part of a district staff wellness challenge. (32 staff members, \$640 total cash prize)
- f. Information and flyers were shared as an opportunity from the YMCA regarding a staff challenge (Healthy Lifestyle Transformation Challenge).

10. Food Service Compliance – Assistant superintendent supervises food service for compliance with the district's nutrition guidelines.

11. Additional Topics Reviewed/Discussed

- a. ACT/Healthy Start Jump Start to Testing- “Super Testing Day” at MHS in the spring. Discuss offering or planning a movement/exercise opportunity prior to testing if interest is there.
- b. “Used Equipment Drive”- Vanwinkle worked to pursue this idea and stated- “The equipment drive went well. We have enough equipment to actually do some units we weren't able to due to limited resources.”
- a. Bike Round Up- Discussed elementary grant that has provided bikes to kindergarten/1st grade students in PE class and the hope to gain additional bike helmets. Idea to reach out to the company that provided bikes for the Holiday Project (business in Slater). Also the idea to reach out to Conagra or community service groups.