

## Local Wellness Committee Report

### 2017-2018 School Year

Recap of building level meetings:

#### **Elementary Schools – meeting 1/17/18**

- Jump Rope for Heart – teaches students health consciousness & physical activity
- Ideas to help families in district that can't afford community sports registrations/travel
- Possible Yoga program – quiet rooms for mental health – kids have a lot of baggage
- Snack time in Elementary Schools – pros/cons – helps with motor and life skills, gives them break during day, working snack time is challenging, many students go to nurse thru day for snack
- Length of Elementary lunches – too short for kids to finish? Snacks too large?
- Parties/Celebrations – district-wide – offer students privilege instead of food
- Programs WD already has in place to promote wellness
- Wellness Week for next year – schedule around JRFH

#### **Middle School – meeting 1/24/18**

- Physical fitness in MS – “Not everyone can be athletic but everyone can be fit!”; MS has lack of facilities for large groups; idea to have township coaches come in to promote sports and so families know money/help is available
- Healthy Heart Party for Valentine's Day – all healthy snacks
- Students aware of their body image – starts as young as Kindergarten
- Steady stream of junk food being brought in for celebrations – can we eliminate food used as rewards? Ideas for alternative rewards.
- Possibility of switching 5<sup>th</sup> grade lunch time next year – too long a stretch (they are used to snack time in elementary now they have last lunch)
- Health Lessons – required curriculum but day is too packed for it – resources to incorporate 3-4 minute physical activities in during breaks
- Wellness week – JRFH, fitness challenge, focus on nutrition, healthy heart party
- Possible Fitness Club – eat right and make healthy choices, incorporate different physical activities each week

#### **High School – meeting 1/31/18**

- Community Garden – dedicated to Steve Czekalski – unite school, promote wellness & fitness, goal to start Fall 2018, need funding, maintenance
- Programs already in place – fitness days, curriculum, workout room, sports teams, community walk/run
- Heart health in February – incorporate into Wellness Week
- Lunch menu – compliance w/Government regs, Share Tables to prevent waste and feed hungry students

## **Final Meeting (Entire Committee) 5/11/18**

Recommendations from all levels discussed – considerations to focus on for next school year:

- Elementary: eliminating snacks/food for birthday celebrations – offer alternatives to make the day special for birthday child
- Middle School: eliminating snacks/food for birthday celebrations – offer alternatives to make the day special for birthday child, Community Garden
- High School: Community Garden
- Other goals for next year –
  - Work toward offering healthy snacks
  - Head in direction of cutting back on food/snacks used in holiday celebrations or as rewards
  - Look into offering P-Fit 2 times a year at MS level to enable more students to participate
  - Evaluate lunch times – especially placement of 5<sup>th</sup> grade lunch
- Wellness Week tentatively scheduled for February 24-28, 2019
  - During next year's meetings we will coordinate activities for wellness week to unite us district-wide (JRFH, healthy eating, activities, etc.)
- Filled out Wellness Policy Assessment Tool together
- Reviewed what will be submitted to the BOE in final report
  - Wellness Report Card
  - Recap of meeting minutes from the year
  - Copy of Wellness Policy Assessment Tool