

# North Shelby Wellness Committee— Triennial Evaluation October 21, 2019, 3:30 p.m.—HS Library

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The North Shelby Wellness Committee met with all members present to discuss the district policy/regulation on Wellness. Several items in the current regulation were discussed and suggestions for changes/additions were recommended.

- 1) Meeting date—It was decided by the group to meet one a year in the fall to review current policy and make recommendations for changes.
- 2) Water—Since the last evaluation, water has been made available to students at lunch and in the classrooms. The Student Council brought a proposal to the school board last fall asking for students to be allowed to have water in the classroom. They also offered to purchase water filling stations to replace current water fountains in the both buildings. The proposal was accepted and water filling stations were purchased by the district—3 in the high school, and one in the elementary.
- 3) Competitive Food and Beverages—Since the last evaluation, candy has been removed from the vending machine in the high school. Snacks that meet the Smart Snacks requirements are being purchased for students to purchase. Mrs. Gaines checks the snacks using the Smart Snack Calculator. Also, a list of healthy snack ideas for class parties and snack days will be posted on the district website for parents to use.
- 4) Fundraising—Currently, the junior and senior classes have two fundraisers a year, plus the basketball concessions stands. It was recommended to encourage the classes to look for healthy food items to sell or use non-food item fundraisers. Katie Vannoy also asked if the classes could offer healthy food items for sale at the concession stand—apples, oranges, cheese sticks, meat sticks, etc.
- 5) Physical Activity—P.E./Recess/Classroom—Currently, NS students have the required time for physical education classes and recess. The elementary classes incorporate brain breaks in the classroom for students, and it was suggested by LaLaine Treasure—student representative—for the high school to begin incorporating brain breaks to give them an opportunity to get off their devices and refocus/move. The elementary is incorporating Bal-A-Vis-X, a program designed to help students refocus and fire up the brain, while working on hand/eye coordination and movement. The group worked through a couple of the exercises from the program, and it was suggested that the entire staff explore this program at the next professional development day on November 4<sup>th</sup>. Katie Vannoy also asked to work with middle school students (grades 6-8) using the Fit-Tastic program. She will work with Nurse Gander, Coach Gaines, and Coach Bass to set up times during the school year.
- 6) Before and After School Activities—Since the last evaluation, Katie Vannoy (Shelby Co. Health Department) has implemented a morning walking club in the elementary during the

winter/spring months to encourage incorporating fitness in daily living. Several elementary students participate each year, and this program will continue.

- 7) Community Partnerships/Health Promotion—NS will continue to utilize community partners in support of this wellness policy's implementation (Shelby Co. Health Department).
- 8) Staff Wellness and Health Promotion—Lauren Gander, district R.N., will continue to offer wellness challenges for North Shelby staff.
- 9) Professional Learning—North Shelby will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Bal-A-Vis-X (Balance-Auditory-Vision-Exercise) will be explored at the PD meeting on November 4<sup>th</sup> for future use in classrooms.

North Shelby Wellness Committee Meeting

October 21, 2019

3:30 p.m.

H.S. Library

Sign-In

1. Kim Gaines, Supt.

Kim Gaines

2. Kerri Greenwell, HS Principal

Kerri Greenwell

3. Monica Hinshaw, Elem. Principal

Monica Hinshaw

4. Kim McEwen, Food Service Director

Kim McEwen

5. Lauren Gander, School District Nurse

Lauren Gander

6. Brandy Uhlmeyer, School Board

Brandy Uhlmeyer

7. Cristy Jones, FACS teacher

Cristy Jones

8. Scott Gaines, PE teacher

Scott Gaines

9. Katie Vannoy, R.N. Shelby Co. HD

Katie Vannoy

10. Lalaine Treasure, student

Lalaine Treasure

11. Ryann Gander, student

Ryann Gander