

Pattonville District Wellness Committee

April 1, 2024



Agenda

- Welcome
 - Introductions
 - Public Comment



High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- Ongoing activities of Lifetime Fitness Activities in all classes
- Drivers Education is hosting a presentation on Safe Driving for Teens
- Outdoor Education is preparing life skills for surviving in an outdoor environment (Hawn State Park)
- Weight Training and Personal Fitness classes are learning how to structure workouts with correct form
- Power Walking classes discussing how build a walking routine
- Sports Medicine is continuing projects/research on injury prevention, treatment, and rehabilitation



Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

- Middle school classes are starting our Nets/Rec Games unit. This will include the games of pickleball, badminton, spike ball, tennis, ping pong, cornhole, and shuffleboard.
- We have completed our spring fitness tests in the areas of endurance, muscular strength, abdominal strength, and flexibility.



Elementary PE/Health Update -

Denise Grimshaw, Elementary PE/Health Lead

- No report at this time



Nurse update-

Kendress Hughes, RN BSN, Lead Nurse

The Healthy Kids Express Diabetes Unit will be visiting our schools starting this week!

They will be visiting:

Pattonville H.S.

Remington Traditional

Willowbrook

Heights Middle School

Parents are also able to attend the appointment with their child.



Food Service update

Audrey Westrich, Director of Food Service

- Willow Brook Elementary
- Parent Teacher Conferences 3/13 & 3/14
- Sold our Homemade Pizzas & Salad to Families
- **\$372.00** was made for Student Negative Balances



Food Service update

Audrey Westrich, Director of Food Service

- National Pancake Day! February 20th
- National Cereal Day! March 7th
- Taste Tested New BBQ Chicken Wrap at PHS. Served over 100 the next time it was offered
- National Nutrition Month - March
 - Taste Tested Fresh Mango at Middle Schools served over 600 samples!
 - Offered Mango Salsa to Staff for a nutritious snack recipe



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

March - CareATC and PHA

May - Superstar Shoot out

Summer - Walker Tracker Challenge

**District Wellness BINGO
Winner
Rose Acres**



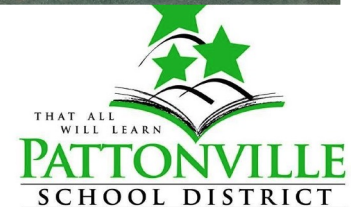
K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Current Season:
Elementary Kickball & Track

Middle school
Boys Volleyball
Girls Field Hockey
Middle school Track and Field

**Middle School Basketball
Fun Night**



OPEN

- Send 24-25 school year dates in late May 2024

