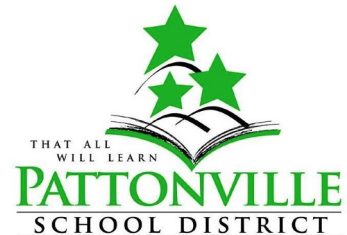


Pattonville District Wellness Committee

February 5, 2024



Agenda

MaryJo Gruber, Chief Financial Officer

- Welcome
 - Introductions
 - Public Comment

[Approval of minutes - 10.2.23](#)



High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- Health Classes are completing CPR early February
- Health Classes did activities on stress management and pick - a - project on mental health awareness
- PE class set personal fitness goals for the first grading period
- Looking at opportunities for Military Reps to meet with students to discuss purpose of living a healthy life while working together as a unit
- PE classes are given the opportunity of fitness activities to partake in on Fridays
- Outdoor Adventure Classes are engaging in ongoing topics and conversations regarding Priorities of Life and First Aid while preparing for their camping trip
- Drivers Education class recently had discussions over car safety while being a driver and a passenger



Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

- PE classes have been spending time in the weight room and fitness room, learning how to set fitness goals, and how to work out properly.
- 7th grade classes have been taking part in the DARE program. We have partnered with our SRO to teach all of 7th grade; lessons on peer pressure, anti-bullying, illegal drugs, and mental health.
- During our January PD, middle school PE teachers attended a session on how to teach pickleball and how to encourage it to our students as a lifelong sport.
- We will start our spring fitness testing with all grade levels over the next month.



Elementary PE/Health Update -

Denise Grimshaw, Elementary PE/Health Lead

- K-5 students are continuing to use games and activities to improve the health of our students. For example, at Willowbrook and Drummond they will soon introduce golf to their students using the program called First Tee. At Bridgeway and Parkwood they have led students through jump rope and tumbling activities, using both team and individual skills.
- During our January PD teachers attended a session on how to teach pickleball to their students to encourage that lifelong sport.
- 7th graders at Remington and 4th graders at Rose Acres are taking a field trip to a SLU womens basketball game. SLU invites local K-8 schools annually to honor the achievements of girls, women in sports and how athletics continues to “Lead Her Forward.”
- Rose Acres school-wide goal is to improve core strength. Students test 3 times a year, set goals, graph their results and are seeing improvement.
- Remington students grades 4-8 learned all about Archery this year and loved it!



Nurse update-

Kendress Hughes, RN BSN, Lead Nurse

Partnership with Healthy Kids Express!

- Will provide diabetes care to students while they are at school.
- Mobile Clinic will visit PSD schools and allow children to have full prediabetes, type 1 and 2 diabetes, and obesity follow-up visits without leaving the school's parking lot.
- Parents/guardians will also have the option to attend the visits at the mobile clinic in person or virtually and will be in close communication with the mobile clinic team regarding the visit if kids attend on their own.
- The van team will include a diabetes educator, a community health worker, and medical staff.
- Most routine diabetes management and follow-up screenings will be done on the van!



Food Service update

Audrey Westrich, Director of Food Service

- National School Lunch Week
- Lucky Tray Week - Prizes



Food Service update

Audrey Westrich, Director of Food Service

- National Cookie Day - Served over 4,000 cookies!
- Served over 600 Grapefruit Samples!
- Served almost 300 samples of Hummus at Holman
- Smoothie Taste Test at PHS and LC Wellness



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

February - Heart Health Month

March - National Nutrition Month

April- Stress Awareness Month

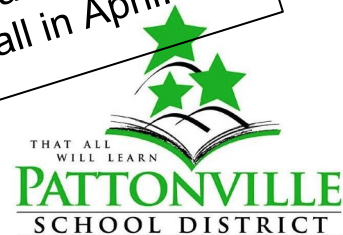
May - Appreciation Month



District Wellness Initiative
Jan & Feb B-Well Bingo

Wellness Captains Training
Anthem benefits
Preparation for next year

Partnering with Staff wellness
Staff Pickleball in April!



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

Elementary

- Basketball
- Kickball
- 5th Grade Track (new)

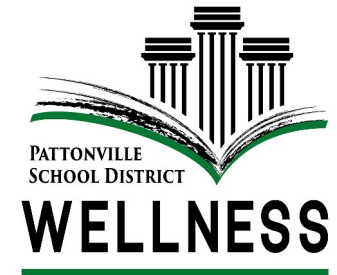
Middle School

- Basketball
- Track and Field
- Boys Volleyball
- Girls Field Hockey
- Girls Lacrosse



DESE/CDC Grant Through Missouri Healthy Schools

- DESE/CDC School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-Being of Students Grant through Missouri Healthy School that will provide funding for 5-years
- Schools/District will complete the SHI (School Health Index) through the CDC.
 - Data will be shared with administrators and SIT in February
- Implementation of grant plans will be part of school improvement teams and plans.



DESE/CDC Grant Through Missouri Healthy Schools

Whole School, Whole Community, Whole Child (WSCC model)

- CDC's framework
- Student-centered
- Emphasizes
 - Role of the community in supporting the school
 - Connections between health and academic achievement

