

District Wellness Committee Agenda  
Meeting Minutes  
October 2, 2023

**Opening**

The District Wellness Committee Agenda was called to order at 4:06 PM on October 2, 2023, via Zoom by Mary Jo Gruber, CFO.

**Present**

Mary Jo Gruber, CFO

JoAnn Greenwell, Director of Community and Staff Engagement

Audrey Westrich, Director of Food Services

Dr. Brian Gray, Board Member (arrived at 4:13 p.m.)

Kendress Hughes, Lead Nurse

Melissa Yount-Ott, Principal – Parkwood Elementary

Andre Redden, Assistant Principal – High School

Travis Williams, Middle School PE Resource Teacher – Heights

Lori Yudovich, Staff Member – Bridgeway

**Absent**

Amanda Lienau, Board Member

Lisa Schweiger, Recorder of Minutes - Community and Staff Engagement

Denise Grimshaw, PE Teacher - Remington

Anna Braswell, PE Teacher – High School

Kylie Surratt, High School Student

Michelle Evans, Parent

**Business from the Previous Meeting**

DESE/CDC Grant through Missouri Healthy Schools (slides presented)

Reminder that Pattonville School District was the only school district awarded the grant, which requires community involvement and will provide between \$65,000 to \$75,000 per year for five years to promote the equity, health, academic achievements, and well-being of our students. The community was updated at the last CSIP (Comprehensive School Improvement Plan) meeting about the grant. The Wellness Captains were added to the meetings to align with the grants requirements. The first step is to complete a School Health Index (SHI) survey at the district and school/building level, which has been started. The results will be available in February of 2024. Plans will be prepared and implemented at that time. Missouri Healthy Schools is presenting and promoting a video of one of our cross country meets to show the work they are doing at Pattonville School District.

Whole School, Whole Community, Whole Child (WSCC) Model (slides presented)

This is the CDC framework centered around the student, which is that the community wraps around the school, which wraps around the students connecting the health and academic achievements of the students. These are the different modules of the SHI, which will help us determine what our focus will be to make improvements on over the next five years.

## **New Business**

### High School PE Report (Slide included)

The Health classes participated in CPR training taught by Maryland Heights Fire Department. The Outdoor Adventure Class took a field trip to Creve Coeur Park for canoeing and kayaking experience. The PE classes have completed fitness/nutrition goal setting. The individual sports classes have participated in a few new lifetime activities including golf, tennis, frisbee golf and recreational activities. The swimming classes are self-evaluating skills through recording and personal reflection and are also learning three ways to self-rescue in any type of water. Personal fitness and weight training went through correct lifting form and safety while exercising in a gym.

### Middle School PE Report

Heights started volleyball unit to coincide with the volleyball season starting with middle school girls volleyball. Holman has had team building going on. Both schools have gone through their flag football units and are doing a cardiovascular unit. They will also have fitness testing in a couple of weeks.

### Pattonville School District Health Services

The nurses are working on reviewing all students records to see that immunizations are up to date. Their report is due on October 15. There are currently two flu clinics set up for staff, students, and our community by IFM, which comes into the schools to vaccinate any students that need immunizations. There was a flu clinic on site for the middle schools, high school, and Learning Center for staff, families, and students.

### Pattonville School District Food Services (Slides included)

There were Food Service Opening changes based off the wellness survey from last year with parents, staff, and community. The student feedback was about low participation in eating breakfast, so we brought back hot breakfast Thursdays and breakfast was up 24% based on the first 10 days of school. The parent's feedback was on nutrition information, the USDA guidelines, and what programs we were using in our schools, so we completely revised our food service website to include more about meal accounts, nutrition, our highlighted menu for the month, nutritional tips, and fun facts. Fun things we have already done this school year were a taste test of energy bites, celebrated National Cheeseburger Day and taste testing a vegetarian quesadilla at the elementary schools. Over the summer we had Wellness Wednesdays at the Learning Center where we provided recipes using herbs grown at the Learning Center.

### Pattonville School District Staff Wellness (Slides included)

Changes were made to the wellness newsletter, which was to eliminate the building newsletters and provide a district-wide newsletter. October was cybersecurity month; November will be national gratitude month; December will be social wellness month.

We are currently providing the flu shots for all staff, partnering with local fitness clubs in the district to provide discounts to staff and working with CareATC to increase personal health assessments by launching the blood draws in the buildings. We will be having a district-wide wellness initiative in January and February, which will be a bingo game. Each building will also be doing their own initiatives over the other months during the school year.

### Pattonville School District K-8 Athletics/Activities (Slides included)

Fall sports have started. Elementary Cross Country increased from four to five meets this year due to the results of a parent survey from last year. Elementary volleyball launched, and it will start at the end of October. Middle school is doing cross-country, girls' volleyball and our first year of First Lego Robotics. We are partnering with Leonardo DRS who is sponsoring First Lego Robotics and have ten students enrolled. Highlighted clinics are Scott Gallagher soccer and disc golf. To get more students interested in low attendance high school sports, we are offering free field hockey and lacrosse clinics. The Homecoming Fun Run registration is still open. It is a fun half mile run held right before the homecoming parade.

### **Additions to the Agenda**

Brian Gray, Board Member, asked that gluten free menu options be discussed. Audrey Westrich, Food Services Director explained that the USDA Meal Pattern requires whole grains to be a part of the required five food groups, but Pattonville School District/Chartwell provides a special allergen menus for students with celiac or any other food allergy as well as having customizable menu options for students who prefer not to eat gluten.

Melissa Yount-Ott, Parkwood Principal, asked that nut free schools be discussed. Last year ambulances had to be called for twice and more students are presenting severe allergies that are triggered by secondhand exposure. Brian Gray, Board Member, responded that Pattonville had a board meeting five years ago where students, parents, staff, and board members were in attendance and the topic was discussed. The results of that meeting were to not have nut free schools. Mary Jo Gruber, CFO, responded that this is not mandated by law and can be a building level decision. The topic could be further discussed at the next principal's meeting. Audrey Westrich, Director of Food Services, responded that food services is notified of severe nut allergies via a form on their website that parents can fill out or by teachers who have been notified by parents. She also stated that teachers could contact food services for snacks in the classroom if they have a severe nut allergy student.

### **Adjournment**

Meeting was adjourned at 4:41 PM by Mary Jo Gruber, CFO. The next district wellness meeting will be held at 4:00 PM on Monday, February 5, 2024.

### **Slide Presentation:**

# Wellness Committee SY23-24

October 2, 2023



# High School PE/Health Update –

Anna Braswell, PE/Health Depart Leader

- Health Classes participated in CPR training taught by Maryland Heights Fire Department
- Outdoor Adventure class took a field to Creve Couer Park for a canoeing/kayaking experience
- PE classes have completed fitness/nutrition goal setting
- Individual Sports class has participated in a few new lifetime activities including golf, tennis, frisbee golf, recreational activities
- Swimming classes are self evaluating skills through recording and personal reflection and also learning 3 ways to self rescue in any type of water
- Personal Fitness and Weight training went through correct lifting form and safety while exercising in a gym



Our nurses are working diligently to ensure that every child's record is reviewed and vaccinations are up to date.

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/ We're ~~is~~ moving ahead of the Flu and have held 2 Flu clinics for staff, students, and our community!

Vaccines

Keeping our Battonville Community  
-----Healthy and Safe / 0



# Food Service Update

October 4, 2023

**chartwells**  
serving up happy & healthy

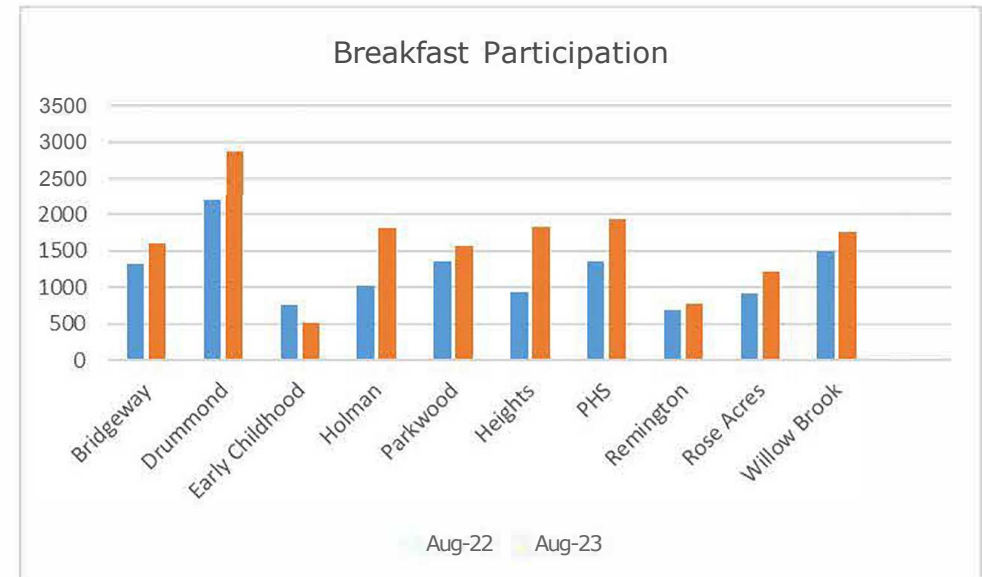
# Food Service Opening

## Last Year: Student Feedback

- 42% did not eat breakfast
- 22% of students eat breakfast at school
- 53% said yes to learn more about healthy food selections

## Updates for SY23-24

- Brought back hot breakfast
  - Breakfast Participation has increased by 24% YOY based on the first 10 days of school





# Wellness Survey Results

## Parent Feedback

- 90% agree they have access to menus and nutritional information
- 32% don't know or disagree with the district meeting the required USDA Nutrient Standards for the NSLP
- 68% don't know about the Farm-to-School Program Participation

## Updates for SY23-24

- Food Service Website Updates
  - More Information for Parents
  - Meal Account Payment & Management
  - USDA Guidelines
  - Promotions & Nutrition Resources

# Events & Activities

- Taste Test Energy Bites at Breakfast
- Celebrated National Cheeseburger Day
- Taste Testing Vegetarian Entrees
  - This week Elementary Schools are sampling Black Beans & Cheese Quesadilla
- Chef Amanda - Wellness Wednesdays at LC
  - Series highlighting cooking with fresh herbs



# STAFF WELLNESS

September - Cancer Prevention Month

October - Cyber Security Month

November - National Gratitude Month

December - Social Wellness Month

October - Staff Flu shots

Promoting fitness clubs (Corporate and clubs located in district)

Increased PHA@ CareATC  
Launch in building PHA

District Wellness Initiative  
Jan & Feb 8-Well Bingo



# FALL SPORTS AND ACTIVITIES

## Elementary

- Cross Country
- Volleyball

## Middle School

- Cross Country
- Girls Volleyball
- First Lego Robotics

## Clinics

- Scott Gallagher Soccer
- Disc Golf
- Field Hockey
- Lacrosse



Homecoming Fun Run - October 14



## 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

