



# Wellness Program Evaluation



# Overview

- **Policy ADF - Wellness Program**
  - Adopted February 28, 2006 and revised on May 24, 2016 and April 11, 2023
  - Establish a Wellness Committee that consists of at least one parent, student, nurse or other school health professional, physical education teacher, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate.
  - **Required by the Healthy, Hunger Free Kids Act of 2010**
  - **National School Lunch Program**
- **Staff Wellness**



# Wellness Program Best Practices



- Encourage habits of wellness
- Increase awareness of factors and resources that contribute to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community in which the health and overall well-being of our students is recognized as an essential element of their success

# Survey Highlights



- Results indicated a need to increase awareness regarding the District's wellness policy and feedback mechanisms.
- Results indicate high stakeholder awareness of District wide PE/health experiences and lower awareness of nutrition education.
- Results indicate the need for increasing stakeholder awareness nutritional requirements and National [Smart Snack](#) initiatives. Data indicates that stakeholders feel informed about school menus.

# Staff Wellness Committee

**Mission:** The District's staff wellness program provides support and resources to cultivate overall staff wellness to meet the variety of staff classifications, develop a positive working environment, focus on a healthy organization, and instill a culture of engagement to give our best for all our students.

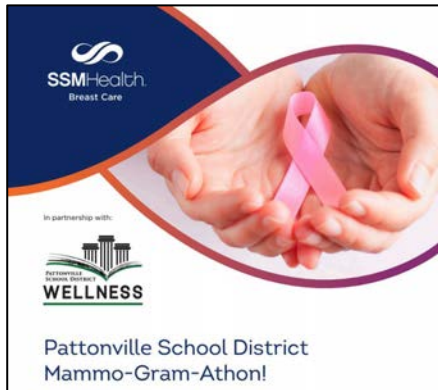
## **Wellness Captains**

- Members from each building/department
- Meet 3 times this year

# Staff Wellness Initiatives

- Launch of monthly newsletters focused on overall staff health and well-being
- Staff incentives - District water bottles and reusable shopping bags
- The program's first-year focus to educate staff of the great benefits already in place for Pattonville employees

- CareATC PHA(Personal Health Assessment) Incentive
- SSM Health Mammo-Gram-Athon



# Next Steps

- Create Wellness Committee Mission and Vision statement
- Implement a clear communication plan
- Improve staff engagement
- Provide professional development opportunities
- Continue to provide after school activities and sports for K-8 students
- Communicate Smart Snack initiatives
- Create, implement and support action based plans established through the newly awarded DESE/CDC School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-Being of Students Grant that will provide up to \$100,000/year for 5-years



# DESE/CDC Grant

## 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

