

Wellness Summary

Beginning of school year 2017, ongoing administrators contributing to creation of school wellness policy consummated with approval by school board. Administrators include Jon Ritchie, Shawna DeVoe, Nick Evans, Keri Hamsher, Rick Campbell, and Amy Meredith, written by Wellness committee.

Wellness Committee members also include Myra Pierce RN, Jennifer Arnold (teacher MS), Levi Nelson (PE and health teacher/ coach), Michelle Smith (café manager), Kathy Johnson (RES science teacher), Danielle Posten (RES nurse aid), Julie Humes (RHS guidance counselor), Lynn Staley (RHS secretary), Trisha Seilhamer (RES PE teacher, coach), Kara Putnam (Home economics teacher), Anita Pope (HS math teacher), Kristi Juchnowski (RMS language arts teacher), Ashly Smith (RES café manager), Garrick DiSalvo (manager of Rittman Rec. Center), Derek Feuenstein (City of Rittman Manager), Alicia Mayfield (RHS Spanish teacher), Deanna Brown (RMS Teacher's aid)

9/1/17 email to staff to invite to be part of wellness committee

9/11/17 0650 meeting

Discussed plan for Wellness committee, that we would be writing a policy and putting it into practice. Ideas discussed regarding direction we would like policy to take and health and wellness ideas we could incorporate into our school and community

12/6/17

Jennifer Arnold, Levi Nelson, Michelle Smith, Shawna DeVoe, Kathy Johnson, Danielle Posten, Myra Pierce, , Nick Evans, Keri Hamsher, Julie Humes, Lynn Staley, Trisha Seilhamer, Kara Putnam

Continuing discussion of wellness policy as it is written, what needs to be changed and included. Ideas discussed include changes to cafeteria menu, how to get students to try new, healthy foods, school garden, how to add health and nutrition to school day

2/21/18

Danielle Posten, Lynn Staley, Anita Pope, Jennifer Arnold, Kristi Juchnowski, Michelle Smith, Ashley Smith, Garrick DiSalvo, Derek Feuenstein, Alicia Mayfield, Deanna Brown

Policy has been approved by school board, discussion focused on regulations cafeteria must follow, menu changes that would be healthier and that kids would still like, how the rec center could offer more school age classes, how the city of Rittman could partner with the school, plans for RMS students to have education component added in (PBL problem- based learning), plan to have students take nutrition services survey.

RMS grades 6-8 each had a 6-week assignment to solve the problem of poor health. Problem presented to students by Myra Pierce RN with examples and statistics of disease and mortality rates. Hospital discharge instructions always include diet and activity recommendations. How can students prevent sickness and disease through diet and activity modifications while bodies are healthy. At end of 6 weeks, students present to panel that includes RN, administrators and school board member. Ideas from students include healthier lunch choices, school garden improvement for student activity as well as for use of produce in school, students like the idea of researching and preparing healthy meals and would like to be more active in that. Students propose having a sample table in café area for other students to trial new, healthy recipe samples. Students also discuss ideas to increase activity during and after school days, although nothing specific is mentioned besides using gym after lunch time to walk. Would depend of staffing availability for both that and outside activities. Students propose health fair or school sponsored walk or run at end of year with an intention to get parents and community involved.

RN researches opportunities for health promotion through our Medical Mutual insurance for staff members and forwards info to them in staff email. Staff told of group rate for weight watchers program and upon interest of teachers, RN communicates with weight watchers representative about being a satellite program location. Unfortunately, not enough interested to meet the 20 person limit to become a satellite program.

April 2018 a new telemedicine program is presented to staff and students, making Rittman the first school in Ohio to offer telemedicine in schools. The program is the result of over 1 year of research, phone calls, meetings with hospital representatives, investigation of program options, and creation of policy and procedure for telemedicine that is HIPPA and FERPA approved. Telemedicine connects staff or students with a NP in the school clinic for diagnosis and treatment of non-emergent symptoms. Grant written by RN provides funding to cover expense of program and allows for purchase by school of items not covered by insurance for families in need. Telemedicine equipment provided by Aultman Hospital and extensive testing done by aultman staff and school RN. Students may be seen for free (covered by grant) and staff for \$20.

2018- meeting over summer Myra Pierce and Aultman staff re; starting a Student Ambassador Committee group that would have students lead and promote healthy lifestyle choices to peers.

9/10/18 meeting Nick Evans, Keri Hamsher, Danielle Posten, Trisha Seilhamer, Myra Pierce

Discussion re plans for the year to improve wellness. Includes new dietician on staff. Includes Ambassador program that encourages students to lead health promotion in schools and is sponsored by Aultman hospital. General goals for Rittman must keep in mind the level of poverty of our population. 5 goals are Fruits and Veggies, Choose Water, Move More, Less Screen Time, and Deep Breathing for Anxiety Reduction. Plan for 4 meetings/ year, pre-set.

Health and Wellness Committee
Education

Aultman is starting an Ambassador program - Student driven group.

Exercise - walking program (1200 pedometers) Myra Veggies Water - jugs at lunch talk to Michelle - Keri
Breathing techniques - anxiety control Mindshift have ambassador program work on this

6th Cost, options, education

7th Olympics PBL

8th grade fitness Mondays hope for a wellness fair at the end of the year and possible 5K Ethical Food
Program 6-8 Chef to School - 7th grade

District wide challenge - teams for staff Walk across America? Danielle looking for map. Nick and Keri
Trish will look up conversions. BY OCT PD Students - turn in steps to their ambassador

9/26/18 Meetings with Aultman reps. To establish Ambassador program.

Wellness committee ideas will be incorporated into Ambassador plans and wellness committee
members meet in small groups frequently to discuss new ideas and through email frequently.

9-10/ 2019 Aultman School health survey completed by RN and returned to Aultman rep.

RHS students invited to be Ambassadors via announcements over loudspeaker and presentation by RN
in classrooms. 8 students meeting expectations will receive \$250 stipend from Aultman hospital, RN to
receive \$500 stipend and will re-invest into health programs. * members attending meetings with RN,
administrators and RN from Aultman. President and secretary assigned. Members have shared google
drive to communicate ideas, meeting minutes and progress.

10/17/18 first Ambassador meeting. Plan to start a hydration challenge in January for a new years goal.
Will meet every month on 3rd Wednesday before school. 9 students present, Myra Pierce RN, Keri
Hamsher, Loretta raff RN from Aultman

11/21/18 discuss 5 ideas for health- focusing on what any student has ability to achieve regardless of
income and opportunities. Planning for New Years hydration challenge. Aultman donated 100 infusion
water bottles for winning grade level, 2 4- gallon infusion water dispensers for use in cafeteria, and 80
pedometers

12/19/18 Ambassador meeting to continue promotion and planning of hydration challenge as well as
beginning of planning for next project- 5K/1mile walk to raise money for RES student

Drinking competition: "New Years Resolution", water bottles, fresh fruit	Hydration "New Years Resolution": Start new semester with it, talk to letherman for promotion, get water bottles, come up with criteria, earn diffuser water bottle, display unhealthy drinks and foods. Next meeting at
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Walk-o-thon in spring for Savana. 727 miles to Savannah, GA	7 on the 3rd.
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December Wellness meeting cancelled for snow day, rescheduled. Snow day on rescheduled date in January, not rescheduled.

January 2019- school wide hydration challenge. 5-gallon water containers filled daily for each grade and amount drank daily logged. Winning grade gets infusion water bottles donated by Aultman Hospital. Resulting in kids and staff drinking more water. Infomercial by students to play over school tv monitors, promotion of water and why to drink it on announcements and on posters displayed. Letter home to parents explaining.

1/3/19- Ambassador meeting- hydration challenge discussed, planning beginning for next challenge- 5k walk/run.

Posters for each grade, person designated to fill in chart, refill water jug, give every staff and student- distribution? Posters encouraging water drinking. 1st place gets a prize. Tell the kids that a water bottle will be provided for them but they can use their own, water bottles will be in homeroom/first period. <i>Sevi thank you notes.</i> Went to mancan for water bottles	Measure how much water is left in the 5 gallon bucket, talk to children about what is happening. Fill in on the chart for each grade. Sign up for a lunch period to do. Maddie: Talk to letherman for posters Mariah: Trogdon for mass email Sevi: Thank you letters Jon-Luc: Get water jugs Elizabeth: Design posters Miranda: Finalize and organize
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2/22/19 Ambassador meeting

Talked about the hydration challenge. Field Trip MAY, 6. Due date of essay? Make the commercial over how the hydration challenge went and promotion the walk. Monday, Wednesday, Friday. Walk for Savanna. Walk in April-May?

Member	10/17 Meeting	11/21	12/19	1/3	2/22
Makenna Miller	Y	Y	Y	Y	Y

Madison Like	Y	Y	Y	Y	N
Jon-Luc LaBouf	Y	Y	Y	Y	Y
Elizabeth Blythin	Y	Y	N	Y	N
Marcus Kitchen	Y	N	N	N	N
Sevi Garza	Y	Y	N	Y	Y
Miranda Brainard	Y	Y	Y	Y	Y
Keshaun Clark	Y	Y	N	Y	Y
Mariah Moss	Y	Y	N	Y	N
Mrs. Pierce	Y	Y	Y	Y	Y
Mrs Hamsher	Y	N	Y	Y	Y
Mrs Raff	Y	Y	Y		Y

3/6/19 Wellness meeting Kersten Swartz, Myra Pierce, Keri Hamsher, Danielle Posten, Trisha Seilhamer, Loretta Raff, Shawna DeVoe, Brandon Phelps, Jacob Morgan, Kathy Johnson meeting to discuss 5K planning- earnings will go to student with ROHHAD. How each school can be involved and how to incorporate 6 weeks of increasing activity by students leading up to this.