

# Pattonville District Wellness Committee

October 2, 2024



# Agenda

- Welcome
  - Introductions
  - Purpose of Committee
  - Public Comment



# High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- PE Classes are working on completing their mile for time
- Health Classes practiced CPR skills with Pattonville Fire Department
- Health Classes will partake in Stop the Bleed training on 11/20-11/21
- Outdoor Adventure Class to a Field Trip to Creve Coeur Park to participate in Kayaking
- Outdoor Adventure Class learning skills to be successful in the wilderness and preparing for their camping trip later this month
- Aquatics Classes practiced self rescue techniques
- Fitness and Weight Training Classes learned how to correctly and safely participate in weight based exercises
- Team Sports Class discussed and demonstrated skills/knowledge for softball and fleetball activities



# Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

- 6-8 PE classes have finished their first two units, and are moving on to the next units.
- We are completing our fall physical fitness tests, and will be running the mile in the next week or two.
- 6th grade completed their Signs of Suicide, CHADS presentation, which was organized by the counseling office.



# Elementary PE/Health Update -

## Denise Grimshaw, Elementary PE/Health Lead

- K-5 PE classes are planning to have the Marines visit. All schools will be involved. The event will take place at one school but some students from each school will participate in the event.
- All schools are working on FitnessGram, or have completed the Pre-test portion for this 24-25 school year.
- FitnessGram did change the test for 2025. New testing will include plank, push-ups, grip strength test, PACER, mile, and vertical jump.
- The plan for Professional Development for K-5 teachers is to go to a gymnastics facility and learn how the staff teaches tumbling and basic gymnastics skills as well as the best way to spot.



# Nurse update-

Kendress Hughes, RN BSN, Lead Nurse



Partnerships: This year is off to a great start!

- Continued Partnership with Healthy Kids Express (Diabetes Management)
- Partnership with IFM (well and sick visits, vaccinations, physicals)
- Partnership with Kids Vision for Life (Onsite Vision Screenings)
- Partnership with Big Smiles (Onsite Dental Exams)
- Partnership with SSD (Onsite Hearing Exams)



# Food Service update

Audrey Westrich, Director of Food Service



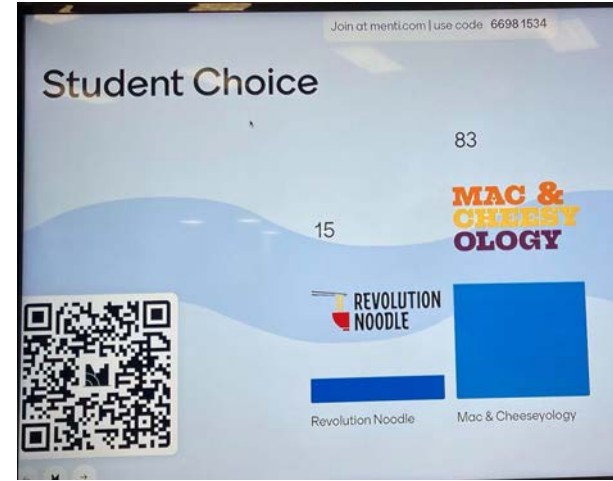
## Student Choice!

PHS Students will sample two menu concepts once a Month and VOTE on their favorite to be served on Wednesdays the following month!

## September Student Choice



VS



# Food Service update

Audrey Westrich, Director of Food Service



October: ALERT

- Carrots
- Honey Dew
- Cantaloupe
- Pineapple
- Broccoli



Starting in October, Elementary and Middle Schools are celebrating a moodie of the month! This Chartwells program is designed to generate excitement for students around food and connect how you feel when eating more balanced meals.



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Audrey Westrich, Director of Food Service



# Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

## Crunch month - Apples from Food service



# Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

## Wellness Captains meeting 9/11/2024

CareATC - Dr. Mergenmeier presented

Upcoming incentives:

Walk-tober Walking Challenge

Newsletter - Treasure your Health

highlighting schools each month



# Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

Let's get connected! September

Early Childhood. Each week we put up a new round of baby faces for people to guess and then revealed at the end of each week. It was a great way for people to congregate, chat and connect in the lounge throughout the weeks of September!



# K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Cross Country Grade 3-5	197 participants
Girls Volleyball Grade 6-8	84 Students
First Lego/Robotics Grade 6-8	12 Students
Disc Golf Grade 6-8	13 Students
Scott Gallagher Soccer Clinic	60 participants

Homecoming Fun Run - 63

Coming Soon:

Elementary Volleyball this week

Middle school basketball First week of Nov



# MO Healthy Schools/CDC Grant

JoAnn Greenwell, Director of Community and Staff Engagement

Collaboration meeting on Sept 13, 2024

- Elementary Physical Education
- Nutrition and Greenhouse
- Critical Illness - Nurses
- Staff Wellness - Captains



Questions?

Next meeting  
February 5, 2025

