

Pattonville District Wellness Committee

February 5, 2025



Agenda

- Welcome
 - Introductions
 - Purpose of Committee
 - Public Comment



High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- Outdoor Adventure class took a rock climbing field trip
- Power Walking class continues to work on improving their mile walk time
- Aquatics Class completed self reflections after reviewing videos of their swimming skills
- Personal Fitness class completed a workout plan project
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Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

- Both middle schools have been continuing with Health classes 1-2 times per week, and are finishing up our nutrition unit.
- 7th grade at Heights started their DARE program, and it will be a 10 week program(one lesson per week)
- Holman has their rec games area all set up and active, so they have been rotating classes through that area, introducing the students to new games



Elementary PE/Health Update -

Denise Grimshaw, Elementary PE/Health Lead

- K-5 PE classes have completed fitness pre-testing and look forward to the post test this Spring.
- Rose Acres will utilize the district's Heart Course. The Heart Course is interactive and gives the students a way to explore the heart in a fun way and be physically active.
- Rose Acres completed a Turkey Trot event. Event was held outside of PE class time.
- Remington 4-8 classes just completed a great Archery unit! The students had so much fun with this unit and were incredibly safe!
- Drummond classes finished up a great badminton unit to begin the 2nd semester.
- Bridgeway students are excited about a new warm-up which offers more student choice.



Nurse update-

Kendress Hughes, RN BSN, Lead Nurse



- Stop the Bleed Training completed
- CPR Recertification completed.
- HKE Diabetes Unit Partnership continues!
- Diabetes Training for nurses to be completed 2/14.
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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!

Concept Winners



550 Students
Participating
425 voted



Food Service update

Audrey Westrich, Director of Food Service



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.



Food Service update

Audrey Westrich, Director of Food Service

Other Happenings:

Celebrated National School Lunch Week by celebrating a different food group each day of the week.

Presented to Heights 6th Grade Health Class on their intro to Nutrition. Sharing the importance of a balanced meal and sampled our broccoli and carrot salad recipe to provide feedback.

National School Lunch Week

Celebrating Today's Food Group:

Fruit



Apple



Pear



Banana



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

District Wellness Incentive

- 33 staff register for Best Money Moves
- 25 staff PHA appointments
- 45 staff completed 5 island
- 17 staff complete 6 islands
- Challenge ends on Friday!



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| <p>Isle of Inner Peace - emotional -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try a mindfulness exercise daily for 2 weeks <input type="checkbox"/> Start a journal and have a daily entry for 2 weeks <input type="checkbox"/> Find a quiet place to read a book <input type="checkbox"/> Take a 24-hour social media break <input type="checkbox"/> Access the PAS website <input type="checkbox"/> Spend 10-15 minutes outside for 3 days <p>Complete at least three activities</p> | <p>Financial Foundations Fort</p> <ul style="list-style-type: none"> <input type="checkbox"/> Register for the free "Best Money Moves" - Financial program free to staff <input type="checkbox"/> Create a budget <input type="checkbox"/> Open a savings account/ have a savings account <input type="checkbox"/> Set a savings goal <input type="checkbox"/> Find a way to save/learn extra money <p>Complete at least three activities</p> | <p>Activity Island - physical -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk for 30 mins/day, 3 times a week for 2 weeks <input type="checkbox"/> Try a new form of exercise <input type="checkbox"/> Park farther away from the building to get more steps for 1 week <input type="checkbox"/> Intentionally stretch every hour/work day for 1 week <input type="checkbox"/> Work out with a buddy <input type="checkbox"/> Do at least 1 household chore 2 days/week for 2 weeks <p>Complete at least three activities</p> |
| <p>Be Well Nourished Bay - nutrition -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat a homemade meal with family/friends or other group <input type="checkbox"/> Try a new fruit or vegetable <input type="checkbox"/> Drink 40 oz of water every day for 2 weeks <input type="checkbox"/> Eat 3 servings of fruit/vegetables every day for 1 week <input type="checkbox"/> Substitute a healthy snack for your normal snack <p>Complete at least three activities</p> | <p>Community Cove - connectivity - belonging -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Join or start a walking group, book club, or other group <input type="checkbox"/> Eat lunch with a group of co-workers <input type="checkbox"/> Do a random act of kindness <input type="checkbox"/> Volunteer in the community <input type="checkbox"/> Donate to a charity of your choice <p>Complete at least three activities</p> | <p>Healthcare Hideaway - medical -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visit CareATC for your PHA <input type="checkbox"/> I have a primary care physician <ul style="list-style-type: none"> - Establish care if you don't already have one <input type="checkbox"/> Visit a dentist (mark if been in last 5 months) <input type="checkbox"/> Download the Sydney App, CareATC App, and/or BeWell App <input type="checkbox"/> Sleep 7-8 hours a night for 1 week <p>Complete at least three activities</p> |

Instructions:

1. **Get your map:** Pick up your "Treasure Your Health" map in the office of your building/department.
2. **Explore the Islands:** Complete at least three items per island and check them off as you go!
3. **Complete your journey:** Let your "Wellness Captain" know when you complete 3 of the items in each island. Prizes awarded when you complete one, three, five and six islands.
4. **Share your adventure:** Encourage others by sharing your wellness adventures online with #TreasureYourHealthPattersonville

Scan the QR Code for more info!



January 13 - February 7, 2025

Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

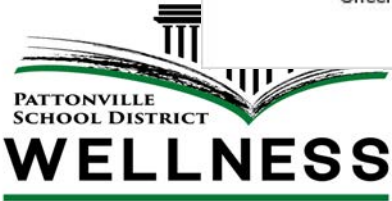
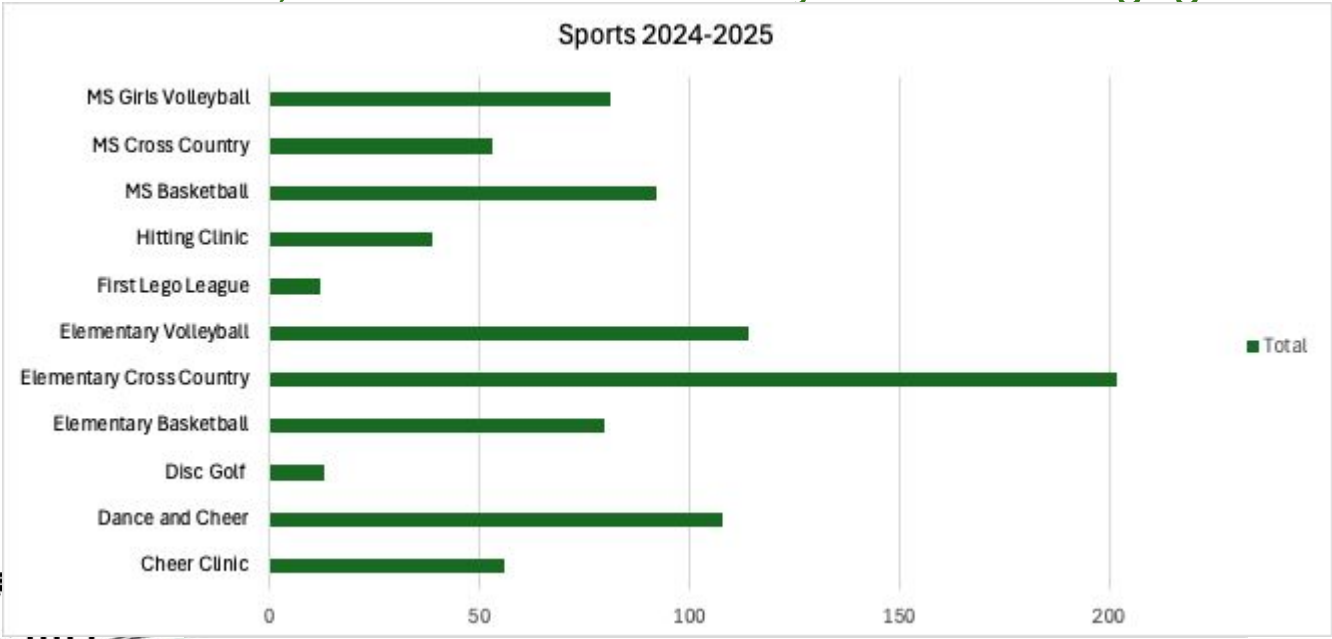
Wellness and Athletics

Staff Volleyball Tournament
Friday February 28, 2025
High School



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement



K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Registration opened today:

MS Boys Volleyball (6)

MS Track & Field (18)

MS Field Hockey (2)

Elem Kickball (45)

Elem Track & Field (26)



Questions?

Next meeting
May 7, 2025

