

Pattonville District Wellness Committee

May 7, 2025



Agenda

- Welcome
 - Introductions
 - Purpose of Committee
 - Public Comment



High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- Outdoor Adventure Class had a great experience camping at Hawn State Park
- PE classes are currently completing fitness testing
- Health classes just finished Stop The Bleed training
- Aquatic Classes discussed safety tips for non supervised pools
- Unified PE students competed at the Track and Field Special Olympics
- Mrs Braswell attended the National SHAPE Conference at the beginning of April - many takeaways to implement into next years lessons.



Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

- Middle school PE just finished our spring fitness testing, and will be updating our spreadsheet for 7th grade to be submitted to the State.
- We have completed our nets/recreation unit, which includes pickleball, badminton, eclipse ball, ping pong, cornhole, and shuffleboard.
- We will be starting our tennis unit soon, as well as finishing up our health lessons for school year.



Elementary PE/Health Update - Denise Grimshaw, Elementary PE/Health Lead

Students in all of our K-5 schools are getting ready for field day, celebrating student success and finishing Fitness testing. Our schools have been incorporating Lifetime fitness activities as well as team sports such as bowling, archery, Softball, and volleyball. All K-5 staff created partnership with Team Central gymnastics at Pirate Rally.



Food Service update

Audrey Westrich, Director of Food Service

Allergen Management

- Refined Process with Nursing Department
- Chartwells Regional Dietitian - Trained FS Staff for Professional Development
- PHS Students added new allergy information in the cafe

Nutrition Education

- Guest Teacher in Middle School Health classrooms on Nutrition
- National Banana Day
- National Breakfast Week

Taste of Pattonville

- Student Choice Voted Favorite: Caribbean BBQ Nachos



Food Service update

Audrey Westrich, Director of Food Service



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

Staff Volleyball

- 7 teams - 123 players
- Spectators and high school volleyball team assisted
- Next school year -

Initiatives

- Building walking challenges
- Pickleball events
- Coffee trucks
- A.H.O.Y. Acknowledging - Hard work - Outstanding effort - You did it
 - Send a card to a coworker throughout the district

Launch of Sword

Digital physical therapy program designed to treat acute and chronic back, joint, and muscle pain



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement



K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Elementary Track Meet

MS Track & Field

End of year meet tomorrow

Kickball Tournament

Monday May 19



Heights won first place in the
Premier Charter School
volleyball tournament



Questions?

Next year's meeting

Nov 5, 2025

Feb 4, 2026

May 13, 2026

