

Pattonville District Wellness Committee

May 13, 2026



Agenda

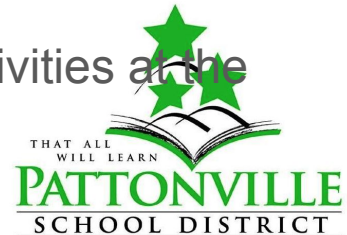
- Welcome
 - Introductions
 - Purpose of Committee
 - Public Comment



High School PE/Health Update -

Anna Braswell, PE/Health Department Leader

- Outdoor Adventure - had a successful learning experience at their overnight camping trip to Hawn State Park
- Power Walking teachers and HighSchool DTS are collaborating to create an app to help track students laps and times
- All classes are completing their Spring Fitness Testing
- Unified PE students competed in the Special Olympics Track and Field Competition using skills practiced in class
- Personal Fitness classes are completing their end of year projects in which they lead the class in an activity or they create a workout plan
- Many teachers explored ways to incorporate technology into activities at the most recent PD day.



Middle School PE/Health Update -

Travis Williams, Middle School PE/Health Lead

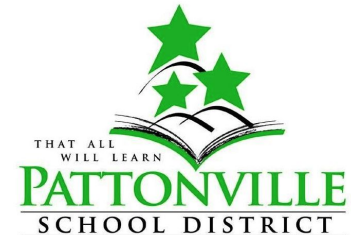
- Middle School classes are finishing up our 2nd semester fitness testing, and we will submit the 7th grade scores to the state.
- Holman students just completed their golf unit, and have re-visited some sports/activities they learned earlier in the year.
- Academy of Innovation at Remington students have been working on track and field events to prepare for field day.
- Heights students have been choosing their PE electives to end the year. They get a choice of activities each week that they would like to participate in.



Elementary PE/Health Update -

Denise Grimshaw, Elementary PE/Health Lead

- K-5 PE classes have completed FitnessGram twice this year.
- 8 Students have broken school records in fitness.
- Teachers have received instruction on how to introduce technology in PE to measure heart rates for students.
- Schools have included professional sports teams in their classes such as the St. Louis Blues through the program called “Street Blues”
- Schools have also introduced lacrosse using coaches and players from Lindenwood University and Lou Fusz Lacrosse
- K-5 schools are now planning their field day where kids engage in physical activity almost all day.



Food Service update

Audrey Westrich, Director of Food Service



Food Label Reading

Assistant Director, Tanja Glosson, conducted an interactive education on how to read a nutrition label.

Food Labels for School Meals

nutrislice - Online menu has nutrition labels available for students/parents to view at any time from their personal device.

Food Service update

Audrey Westrich, Director of Food Service

Results are In!

Favorite Items SY25-26

- Yogurt Cups
- Biscuit Sandwiches
- Banana Split Parfaits

New Item Requests for SY 26-27

- Cinnamon Roll
- Bacon, Egg, & Cheese Biscuit Sandwich
- More Special Sauces

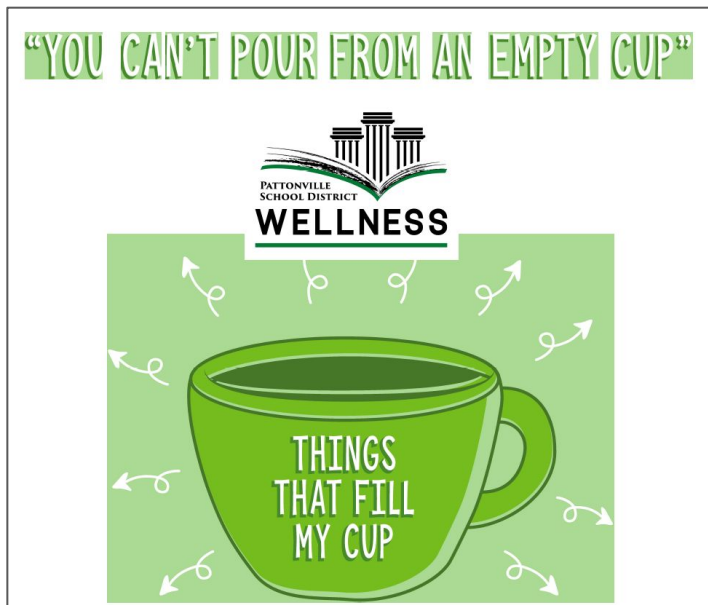


Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

May initiative called

"Together for Mental Well-Being: More Good Days Together."



Staff Wellness update

JoAnn Greenwell, Director of Community and Staff Engagement

**2026-2027
Wellness Focus**



Monthly Focus on Portrait of a Graduate



K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Wrapped up our Spring Sports

Middle School

Boys and Girls Track and Field
Boys Volleyball

Elementary

Boys and Girls Kickball
Boys and Girls Track and Field



K-8 Athletics

JoAnn Greenwell, Director of Community and Staff Engagement

Collaboration with high school athletics

- Summer camps brochure
- Middle School teams to High School games
- Host Middle School Instructional League (MSIL) games and meets with the high school teams
 - Track and Field at Heights
 - Volleyball at Heights
 - Cross Country at Tiemeyer Park

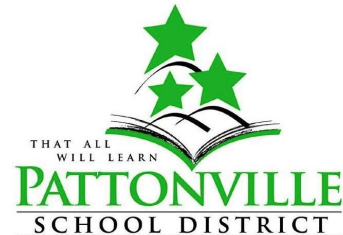


MO Healthy Schools/CDC Grant

JoAnn Greenwell, Director of Community and Staff Engagement

Ongoing incentives

- K-12 Physical Education and Health Curriculum revisions
Staff attended MOShape conference
Focus on areas where we struggle to fill teams
- Assisted health services - Nurses manual revised this summer
- Supplies and materials for greenhouse and culinary class at the high school



Questions?



A colorful poster for District Wellness Committee Meetings. At the top, the title "District Wellness Committee Meetings" is written in a playful, rounded font. "District" is in dark blue, "Wellness Committee" is in green, and "Meetings" is in dark blue. The text is surrounded by decorative elements: a pink heart with a smiley face, a green leaf, a yellow sun with a smiley face, a blue heart, and a purple heart. Below the title, a purple banner with a white border contains the text "STARTING AT 4:15 PM" in white, with a small white heart to the right. Below this, a green banner with a white border contains the text "NEXT YEAR'S MEETINGS" in white, flanked by green leaves. At the bottom, there are three calendar grids for November 2026, February 2027, and May 2027. Each calendar has a title in a colored box (purple for November, blue for February, green for May) with a heart icon. The dates are listed in a grid with days of the week (S, M, T, W, T, F, S). The date 18 is circled in a purple heart in the November calendar, 3 is circled in a blue heart in the February calendar, and 12 is circled in a green heart in the May calendar. At the bottom of each calendar is a small illustration: a purple water bottle with a heart for November, a blue mug with a heart and steam for February, and a potted plant with a heart for May.

District Wellness Committee Meetings

STARTING AT 4:15 PM

NEXT YEAR'S MEETINGS

NOVEMBER 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

FEBRUARY 2027

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MAY 2027

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					