

# Nebo Student Wellness Policy

## Healthy Discussion 2020-21

**Required: This topic MUST be discussed as a School Community Council or with council president and principal. Before you discuss this with your School Community Council, be sure the agenda item is posted on your website.**

**Post minutes of the discussion on your website too.**

**School: Spanish Oaks Elementary**

**Principal: Mr. Murray**

**Members of School Community Council who discussed compliance:**

- Kelly Burtenshaw
- Tara Jackson
- Kelsey Glenn
- Jacoy Baird
- Heidi Dimmick
- Ryan Murray
- Sherri Peterson

**School Wellness Specialist: Jonathon Grosdidier**

**Directions:** According to the Nebo School District Student Wellness Policy EFA policies and procedures, each school's community council must report on compliance in following that policy for improving student wellness. For the policy see: <http://www.nebo.edu/pubpolicy/E/EFA.pdf>. The school wellness specialist is assigned to assist in producing the report. Please discuss the school compliance by completing this report.

**Yes  No  We published this discussion on our school website (SCC page).**

A. Describe efforts and successes to improve **student** wellness in your school. Your discussion should include health and nutritional education, physical education and activity time, and steps being taken to create a healthier school environment.

- Spanish Oaks has a great culture of health and wellness. We have two excellent PE teachers and each class gets to have PE twice a week for specialties. Our school also has an annual jog-a-thon fundraiser that promotes physical activity and wellness. The cafeteria staff do a great job of posting all of the available lunch menu options and ensuring that students are grabbing their

fruits and vegetables when they receive school lunches. Teachers are encouraged to take an extra break outside with their students in addition to their recess time. Students also have wellness room to take advantage

B. Describe **employees'** wellness climate, efforts or successes that have occurred in your school.

- 10/16 employees have completed their Wellness requirements, with an additional 4 who are one step away from completing the requirements as of this meeting. Employee Mix and Mingle days have healthy options and those with health needs are always taken care (ie. Gluten and Dairy Allergies).

C. Describe areas that your school identified as **needing improvement** for both **students** and **employees**. You may include steps or goals to improve this need.

- One thing our school could improve on is limiting screen time during free time or instruction. The challenge with limiting screen time is finding a balance between students using a screen for their own good (ie. preparing for end of year testing, i-Ready, reading audiobooks). We specifically talked about the power of reading a physical book versus reading a book on the computer. We discussed ways to limit screen time for students in a beneficial way.
- We also talked about ways to promote better emotional and mental wellness. We do have a counselor going around to each class once a month teaching SEL lessons.

D. Healthy choices for classroom rewards/celebrations:

How well are parents following the request to offer healthier rewards and celebrations? (Elementary only)

- Most snacks being brought to school for rewards or celebrations are in small quantities but would still be considered sugary snacks. Parents are encouraged to bring healthier snacks or other goodies as an alternative to something sweet.

How well are your teachers following the request to offer healthier rewards and celebrations?

- This effort is going okay, but could use some improvement. Snacks and candy are still used as an incentive at times, although some teachers reward students with healthy snacks. Parties do often consist of sugary sweets, however this is often paired by some form of physical activity or game.

E. Federal Smart Snack policy, Nebo Vending Policy (EFC) and Student Wellness Policy (EFA):

How well has your school followed the Federal Smart Snack policy at lunchtime (Food items sold not part of lunch program that are not Smart Snack Compliant)?

- N/A

How well has your school followed the Nebo Vending policy (Secondary only)?

- N/A

Do you have any recommendations for policy or implement changes to the Student Wellness Policy (EFA)?

➤ No recommendations

Email completed report to John Allan by May 15.

Questions on the report: John Allan 354-7466 [john.allan@nebo.edu](mailto:john.allan@nebo.edu)