

Nebo Student Wellness Policy

Healthy Discussion 2021-22

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: Barnett Elementary

Principal: Kali Brown

Members of School Community Council who discussed compliance: Kali Brown, Patty Hanson, Jenna Sonntag, Darla Pierre, Brea Wentz, Sarah Sumsion, Teresa Pugmire, and Parent Lighthouse Buddies (parent group).

School Wellness Specialist: Tamie Taylor

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_x__ 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.

- Wellness Room ("green room"): place for students to receive support and guidance as they work to get back on track and "reset" so they can return to the classroom, e.g., mentally, emotionally
- school counselor: bi-monthly character ed lessons for every classroom
- principal: growth mindset monthly lessons for each grade level; school-wide expectation conversations (2-3 time a year)
- family empowerment activities: involving parents in students education; giving families a voice in the happenings at Barnett

- Making Good and Safe Choices Week: Internet safety assembly, daily activities to promote and teach good and safe choices
- Kindness Week
- Nurse: vision, hearing screenings, teeth varnishing opportunities, eye glasses, parent support for health questions, e.g., diabetes, Covid, anxiety, etc.

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

- Friday "meet and greet" opportunity after school
- Luncheons, get together for holidays and celebrations
- Step and fitness challenges as a team(s) for district wellness program
- Fitness center: pickleball games as a staff
- Blomquist Hale: making sure staff knows about this mental health benefit

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.

- employees: more team building throughout all staff; include classified staff
- students: continue emotional support with character ed lessons, opportunities to talk with school counselor (as needed), class meetings to revisit and discuss *Leader in Me* and *Character Ed* learning opportunities, etc.

D. Healthy choices for classroom rewards/celebrations:

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

- continue to promote non-food rewards for birthdays, holidays, celebrations, etc.

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

- continue to remind and encourage teachers to use non-food rewards, e.g., pencils, movement activities, stickers, reading celebrations, etc.

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)?

- no food items are sold at lunchtime

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

- we do not have vending machines for students

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

- Not at this time ... thank you!

Email completed report to John Allan by May 15.

Questions on the report: John Allan 354-7466 john.allan@nebo.edu