

# 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: Park Elementary**

**Principal: Lindsey Hughes**

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

**School Wellness Specialist: Bruce Elliott**

**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.

- P.E. Classes
- Healthy Lunches
- School Nurse
- Recess
- Counselor Lessons
- Mindfulness Room
- Prevention Dimension Lessons
- Leader in Me Program
- Provide some students new shoes, coats and clothes
- Use of Bonneville Uniserv Student Services
- Emotional Skills Lessons
- One On One Counseling
- Christmas Food and Clothes Give Away

- Food Truck

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

- Select Health Insurance requirements (Required for insured but available for all teachers and support staff.)
- Mrs. Hughes' monthly "wellness" calendars
- Staff personal health challenges
- Victory Assembly recognition

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.

- Repainting or or adding games to the blacktop
- Teaching structured games at recess time

D. Healthy choices for classroom rewards/celebrations:

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

- Most treats still seemed to be sugar based

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

- Overall limited treats, but most seemed to be sugar based.

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 We have no vending machined or extra food sales.

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

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

- None

Email completed report to John Allan by May 15.

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