

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.

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.

- We have attempted to have healthier lunch options district wide and at Park we have hired a PE Teacher as one of our special classes. We also participate in a screen time reduction program as well as Say No To Drugs (DARE), maturation (at the appropriate grade level, and other programs of this type.

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

- All employees are invited to participate in wellness activities. Most employees do participate and all employees eligible for insurance are on track to complete all wellness requirements. A favorite for employees are the challenge campaigns. Many employees participate even after they have met the required minimum.

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.

D. Healthy choices for classroom rewards/celebrations:

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

- Over all they are doing well with this request. With Covid and the new district donation guidelines, we have not allowed much coming in from home.

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

- Many teachers offer other prizes and rewards instead of treats as classroom incentives.

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)?

- We do not sell students food except the lunch program. We do however offer healthy snack for free twice a week to introduce students to eating more fruits and vegetables.

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)?

- None

Email completed report to John Allan by May 15.

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