

Nebo Student Wellness Policy

Healthy Discussion 2021-22

School Community Council Mtng. held on 2/24/2022

Posted to school website on

School: Spring Lake Elementary

Principal: Teresa Jordan

Members of School Community Council who discussed compliance: Laralee Deschamps, Raquel Rigby, Ashley Grover, Bristi Poulson, and Teresa Jordan

School Wellness Specialist: Perry Ewell

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.

- Weekly scheduled time with PE specialist
- 15-20 minute recess twice daily in every class
- Thanksgiving turkey trot, students run laps to earn tickets. Tickets drawn for prizes
- preparation and participation for Payson Track meet
- Walk or Bike to school day
- Extra morning recess before school
- Field Day - Swimming Activity
- Various grade level field trips promote physical activity - hikes & boot camp
- The school has set up a "calm room" called the Hawks Nest. It is a place where students can go to destress, calm down or receive individualized help with behavior and academics.
- Most rewards given by the school are non-food items.

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

- Many teachers tracking steps on counters or fitbits
- 73% enrolled in district wellness program have completed all requirements
- All enrolled are working toward completion

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.

- Hawks Nest - students now have a place to go when they are feeling overwhelmed or stressed. Continue teaching children to use the Hawks Nest.
- We will add an additional day similar to our Turkey Trot where students participate in physical activity during lunch.
- During White Ribbon Week, teams from the high school (football, basketball, volleyball) will come to interact with students during lunch recess.
- Implement Wellness Punch Cards in March
- Investigate how we can teach students games they can appropriately play at recess.

D. Healthy choices for classroom rewards/celebrations:

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

- We have seen a wider variety of items coming in for birthday treats and Valentine's treats (non-food items).

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

- Send out survey and discuss responses in PLC or Faculty Meeting.

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)?

- None

Email completed report to John Allan by May 15.

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