

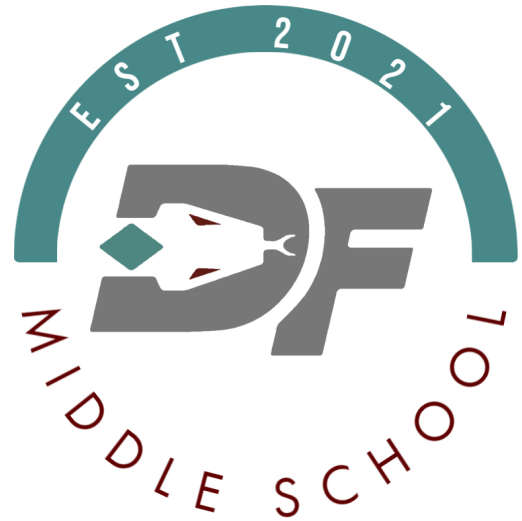
# School Community Council

## MEETING MINUTES FOR March 10, 2021

TIME: 3:15

PLACE: Conference Room at DFMS

TERM	NAME	PRESENT or ABSENT
<b>Administration</b>		
Permanent	Brenda Burr	X
<b>Teachers / Counselors</b>		
1st Year	Eric Evans	X
1st Year	AJ Young	-
1st Year	Christian Cragun	-
<b>Parents</b>		
1st Year	Amy Baird (Vice-Chair)	X
1st Year	Brooke Bigelow	X
1st Year	Nathan Gause	-
1st Year	Becky Gwilliam	-
1st Year	Whitney Hancock (Chair)	X
<b>Non Voting</b>		
Counselor	Sandy Caceres	X
Facilitator	Russ Sumens	X
Assitant Principal	Cecily Yeager	X
PTSA	Chelsea Finch	-
Student Leader		
Student Leader		



### **RECORD OF VOTES TAKEN:**

Eric motioned to adjourn - Amy seconded

### **ALL MATTERS PROPOSED, DISCUSSED, OR DECIDED:**

- Rebeca Anteres went over student wellness. She included student food options for students as well as physical activity options and social/emotional activities. (see below)
- Cecily spoke about our school safe routes plan
  - The map is located on the school website under the school information tab
  - It identifies the major routes that students will take while walking to and from school. It also includes where buses load and unload students.
  - Ladder cross walks were added this year in major intersections.
  - Eric brought up that 1150 E may not be safe for students to bike on
- Brenda spoke about the Trustlands plan.
  - The money has not yet been allocated, so the exact amount is not set in stone yet.
  - Brenda went through the plan with the School Community Council
  - There are not enough participants to vote, so Brenda will send information to members so they can give feedback and vote remotely.

# 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: Diamond Fork Middle School 3/10/22**

**Principal: Brenda Burr**

**Members of School Community Council who discussed compliance: Brooke Bigelow, Whitney Hancock, Eric Evans, Cecily Yeager, and Russ Sumens**

**School Wellness Specialist: Rebecca Antares**

**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). (unknown - I asked Mr. Sumens if he could post them for us)**

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.

- Health Classes
- Many PE classes including dance and biking
- PE Monday Mile
- E Time activities that involve physical activity and games
- We have a mindfulness program in place where classes do a short meditation at the beginning of class and a happiness hunt at the end of the day
- We have a Healthy Lifestyles Day at the end of the year
- We have the "Snake Pit" where students can help determine and implement healthy snack ideas for the vending machines
- The DF news highlights healthy snack ideas from students

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

- We have worked hard to encourage employees to participate in the Virgin Pulse activities and challenges at our school. We have created teams and worked with employees who are either not participating or who are having problems with navigating the Select Health requirements.

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.

- Possibly include some students vs teachers challenges to encourage friendly competition
- Include some social challenges
- Start a LaCrosse league in Spanish Fork

D. Healthy choices for classroom rewards/celebrations:

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

- 

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

- Teachers offer alternative rewards for incentives like team games, POD Parties, granola bars and fruit snacks 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)?

- We are doing really well in compliance with the requirements

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

- Great

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