

Nebo Student Wellness Policy

Healthy Discussion 2018-19

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 Junior High

Principal: Brenda Burr

Members of School Community Council who discussed compliance: Rhet Rowley, Mike Sorensen, Sandy Caceres, Pam tippetts, Todd Claybaugh, Lorraine Davis, Emily Gunderson, Jeremy Perrins

School Wellness Specialist: Anthony Bowden

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.

- Team time: Positive Social and Mental Health Moment Lessons
- No Screen Week: this activity was designed to pull students away from their screens and guide them to a more healthy activity.
- Must take a fruit or veggie at lunch: Daily students who eat school lunch are required to take a fruit or vegetable with their lunch to encourage them to try them and eat more healthy.
- Hope Squad: this squad ran by the councilors it is focused on mental well-being helps students help their peers with social and emotional needs.
- Net Smartz: teaching kids how to be smart and safe online.
- Collin Kartchner Assembly: Focused on Positive Use of Social Media
- Monday Mile: all PE classes have students run a mile weekly to help them become more physically fit.
- College Week: Help students to think about their futures showing them college is an option helping them prepare emotionally and mentally for college.
- Foods Class: Teaches students good nutrition.

- E-time Activities: This is a daily activity to give students time to finish work or have extensions in exercise and play.
- Health Lifestyle Day: This is a celebration at the end of the year where students and teacher participate in fun physical activities.
- Healthy snacks given out during testing.

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

- Wellness Program tied to insurance program: Teachers and staff all participated in the wellness program to help them become more aware of their wellness needs.
- Teachers partner with students in Team Time, No Screen Week, College Week, and Health Lifestyle Day

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.

- Lifetime Activities and Advanced PE Classes: We are building are lifetime activities in the PE classes, teaching kids there are more opportunities out there than just the traditional PE sports activities. This year archery has been added next year cycling for focus is being added to the class opportunities. This is an ongoing effort.
- For the employee the need to continue to help them follow the district wellness program by assisting them in the wellness efforts.

D. Healthy choices for classroom rewards/celebrations:

Teachers are giving more rewards not tied to junk food focusing things that build intrinsic motivation.

Diamondback Cards offer students rewards such as three free tardies, one early to lunch, one minute early from class, etc.

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

- N/A

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

- The following are activities that we offer for healthier rewards.
- No Dress Days
- Students choose treats
- Healthy snacks during testing
- Early out of class activities
- Diamondback Days
- Diamondback Cards
- Healthy Lifestyle Day
- Lagoon Day

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)?

- All snacks in our vending machines are smart snack compliant.

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

- Nebo vending policy is followed.

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

- One recommendation that came during our SCC discussion was to start school later in the day to benefit students sleep needs.

Email completed report to John Allan by May 15, 2019

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