



Wellness Committee

Representation from administration, school nurses, health and physical education staff, school nutrition services, community wellness experts and parents

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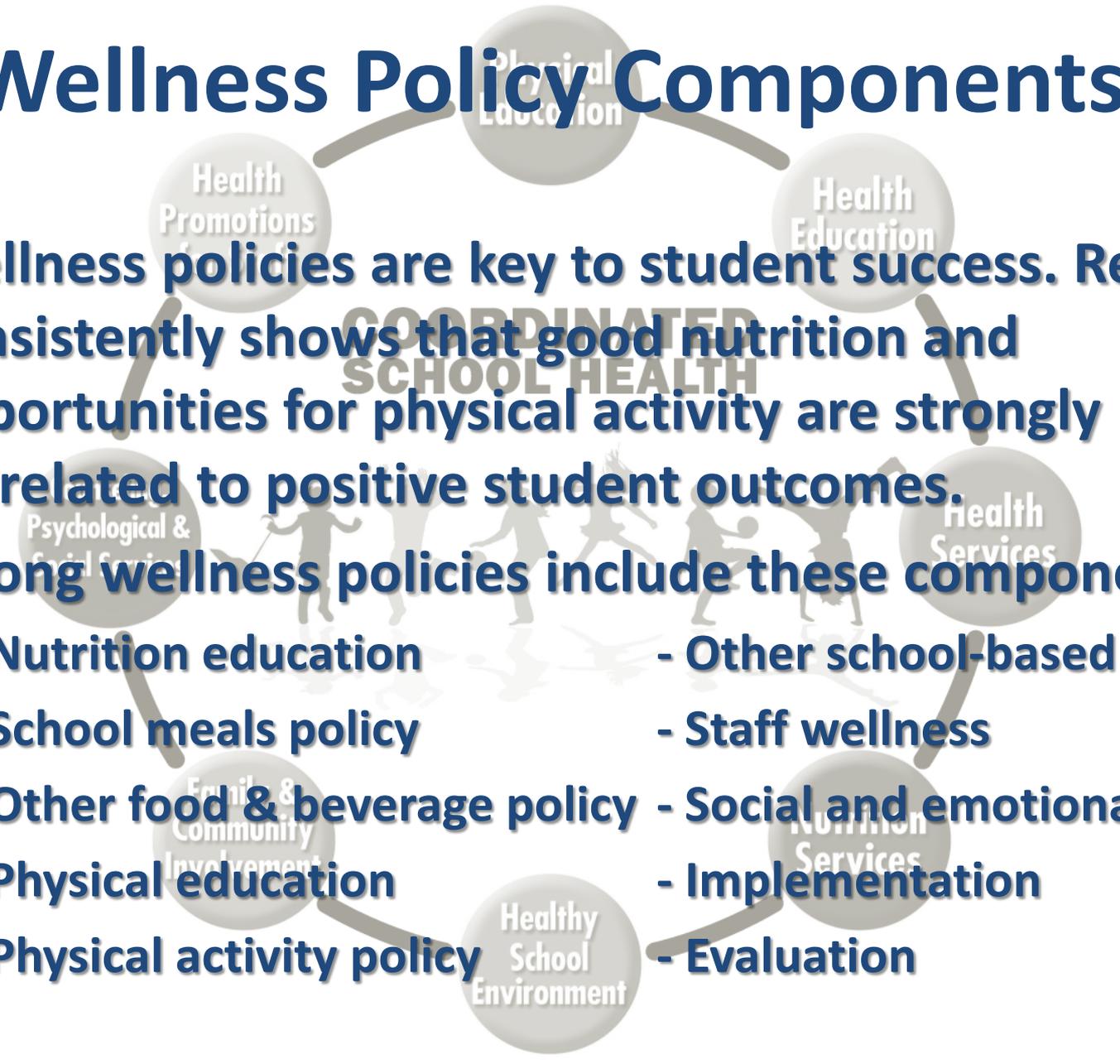
Michelle Smith

Wellness Policy Updates

- Existing Policy:
 - [Student Wellness Policy #530](#)
- This policy is several years old and out of compliance with policy advancements and new USDA standards
- Our committee is recommending a process to bring us into compliance and to meet the needs of our district with a strong policy and implementation plan

Wellness Policy Components

- **Wellness policies are key to student success. Research consistently shows that good nutrition and opportunities for physical activity are strongly correlated to positive student outcomes.**
- **Strong wellness policies include these components:**
 - Nutrition education
 - School meals policy
 - Other food & beverage policy
 - Physical education
 - Physical activity policy
 - Other school-based activity
 - Staff wellness
 - Social and emotional health
 - Implementation
 - Evaluation



Needs Assessment

- To help us meet the needs of the schools and district, we wanted to gain an understanding of our current wellness environment.
- We utilized a highly regarded school health index to help us shape and create a needs assessment tool that we recently sent throughout the district:
- [School Health Index from division of population health of the Centers for Disease Control and Prevention](#)

Needs Assessment

- Included specialized assessment for five audiences:
 - School administrators
 - School Nurses
 - Health and physical education instructors
 - School nutrition staff
 - All staff
- 240 staff completed assessment
- Wellness Committee will be digging into this data over the summer to develop our process and policy recommendations

Timeline for Policy Adoption

- Committee to review needs assessment during summer
- Awareness building about Wellness Policies with stakeholders groups during back to school time 2016-17
- Invite stakeholder feedback on policy components in the fall
- Prepare policy for review by Communications & Policy Committee and approval by School Board, November-January
- Incorporate into 2017-2018 budget planning as needed
- Use the rest of 2016-17 school year to educate stakeholders on best practices and help with strategies to roll out for 2017-2018 implementation

More information and contact



The Wellness Committee would be happy to answer any questions or share additional information. Please contact:

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