

## Updates from School Wellness Teams – March 2016

### **Bacon:** *Stephanie Muhlbaier*

Bacon School has a working wellness team

This is our 2nd year as a Silver level for the Alliance for a Healthier Generation

- We have the Healthy U Grant
- All teachers and admin are on board.
- We are a healthy school; we have healthy parties; it is in our handbook for parents and teachers.
- Right now I am in the middle of the NutriBullet University Grant making healthy smoothies every day with our entire 4th grade.
- We are involved with the Lets move active schools program in gym classes.

### **Child Family Center:** *Louisa Oliver & Tammy Schoeler*

We have approximately 15 members.

- School wide and family event, "Once Upon a Recipe" on 3/3/16. This activity runs from 5:00-7:30. The teachers will be providing food for the families based on a book they have read with their class.
- We currently have a salad bar every Thursday, where staff members who participate sign up to bring in a salad bar item.
- We are also involved with the district wide Biggest Loser.
- We will also begin our walking club after school, once the weather gets warmer.

### **Holly Heights:** *Donna Wheeler*

We have an active committee, we hold 4-6 meetings a year on Tuesday mornings at 8am and usually have 8-10 members attend

- healthy birthday party celebrations school wide
- outdoor recess
- salad bar at lunch
- "slo", "go", and "whoa" language used and taught
- demonstrations of healthy foods
- The wellness team hasn't hosted any events this year

### **Lakeside:** *Kristi Abel* – no report submitted

### **Memorial:** *Brian Quilty*

We host meetings once a month after school on the 3rd Thursday of every month and usually have around 6 people attend.

AHG Assessment completed and working to reach Bronze status.

- We began a staff pedometer competition and walking program to encourage staff to walk more.
- We are organizing a Healthy Poster Contest for March.
- We are planning for a Health Fair on April 28.

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### **Mount Pleasant:** *Matthew Slater*

Participating in the Healthy U grant that promotes healthy eating and physical activity for students and staff – required to meet 4x/year but try to host meetings once a month in the morning before school starts at 8AM.

- Work regularly with PBSIS committee to provide a monthly physical activity reward incentive
- Active Gaming Day
- Cosmic Bowling
- "Souper" Mondays – staff brings in low-calorie soups for everyone to try; changing to salads now

### **Rieck Avenue:** *Cheryl Calvert*

- Weight Watchers at Work program- Currently we have 16 staff members and five members from other schools who attend WW meetings every Wednesday after school for 17 weeks. The program is meeting with much success.
- We are also building a reading garden in memory of a student who was killed in an automobile accident

### **Senior High:** *Elsann Machotka & Victor Nappen*

Monthly meetings on the third Tuesday of the month usually attended by 4-7 people.

Bronze Status with the Alliance for a Healthier Generation.

- Blood drive with American Red Cross fall and spring
- Bulletin board in staff lounge
- Coordinating school promotion of and registrations for district activities such as the Bone Run
- Usually host a walk/run event in the spring
- Announcements for Heart Health Month in February
- Healthy Recipes

### **Silver Run:** *Lauren Adams & Brittany Martinez*

- Currently working with the PTO to host a Color Run and Wellness Fair on Saturday, May 21<sup>st</sup>.
- Our cafeteria coordinator has been very supportive in helping to make healthy changes.

### **Wood:** *Melissa Kuhlen*

New to Wellness – the teacher who coordinated last year is out on leave; working to get information together