



2019 School Wellness Committee Report



Committee Members



Stephanie Bunge	KDE
Talbin Overstreet	GES
Danielle Ford	Community Member/Parent
Allen Harmon	KA
Mickie Lee	MCHS
Sarah Fields	CES
Will Smith	WMES
George Boyd	LES
Paula Curtis	MCHS
Myles Durbin	MM
Jennifer Osborne	Community Member/Parent
Jennifer Wheeler	Central Office



Meeting Dates and Process



September 26

- Introductions and Thank you for coming
- Stephanie Bunge explained the purpose of the committee and 2 assessment to be done.
- Committee members all took the online Alliance for Healthier Generations Assessment

November 14

- Review results from Alliance for Healthier Generations Assessment
- Stephanie Bunge explained the process for completing the WellSat Assessment
- As a group Review the District Wellness Policy and complete the WellSat Assessment.



Alliance for Healthier Generations Assessment

► Areas Measured:




1. School Health Safety Policies and Environment
2. Health Education
3. Physical Education and other Physical Activity Programs
4. Nutrition Services
5. Health Promotion for Staff
6. Family and Community Involvement



Alliance for Healthier Generations Assessment

Things We Are Doing Well	Recommendations
<ul style="list-style-type: none">• Nursing Program• Counseling Programs• Working with community partners• Availability of free healthy meals for all students and staff• Extras sold in school cafeterias meet USDA guidelines• Training of school nutrition staff exceeds federal requirements• Farm to School• Physical and Health Education K-9.	<ul style="list-style-type: none">• Better communication within the district of all the great things we are doing from school to school and department to department.• Implement more physical activity breaks in the school day (this can be as part of instruction). New staff may need training opportunities• Increased monitoring of outside food and drink.

WellSat Assessment

- ▶ The WellSAT is a quantitative assessment tool to help you score and improve your local School Wellness Policy. Since 2010, this measure has been used by thousands of people across the country, representing school districts from every state.
- ▶ All WellSAT items reflect the federal law or best practices. The purpose of scoring your district policy is to identify where it is strong and where it could be improved
- ▶ Items that are part of the latest federal regulations are noted with this symbol: 
- ▶ "Farm to School" are noted with this symbol: 
- ▶ CSPAP (Comprehensive School Physical Activity Plan) are noted with this symbol: 



WellSat Assessment



- We currently use the KSBA wellness policy.
- Compared to the model policy though it meets requirements this one is weak in many areas.
- There are 2 federal requirements that the current policy does not cover, however we are doing them. (Providing free drinking water and protecting the privacy of students). These need to be added to the policy.
- There are many other things that the model policy has that we are doing as a district that are not reflected in our policy.