

Nebo Student Wellness Policy

Healthy Discussion 2021-22

School: Sage Creek

Principal: Mike Johnson

Members of School Community Council who discussed compliance:

School Wellness Specialist: Katie Marchant

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).

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.

- Brain breaks by teachers, P.E. time outside, encouraging movement at recess, track meets/track practice, class discussions about healthy food choices, red ribbon week, bike to school day, counselor visits to talk about stress and testing anxiety, school spirit Fridays to build school community, National anthem and Sage Creek pledge said daily to build school community, GAINS arts lessons, counselor 7 habits lessons, field day, hand sanitizer installed in every classroom, extra cleaning procedures, hand washing reminders, end of school classroom celebrations, student of the week awards, birthday books from the principal to recognize students, less dessert at lunch, variety of lunch options and fruit/veggie sides

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

- teachers are constantly helping out each other, teachers feel safe to email faculty if they are in need of something, faculty fund to deliver flowers to teachers going through a hard time or for teacher celebrations, PTA is amazing to leave us treats and gifts!, Teacher Appreciation Week, PTA dinner at SEPs, team challenges of Virgin Pulse

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.

- Teachers can use less candy as rewards for student behavior
 - establish alternative rewards for students, like caught ya's, class bucks, etc.

- Finding ways for student to still be active even when there is inside recess
 - brain breaks
 - class dances
 - brain dance
 - no chromebooks allowed for inside lunch recess
 - etc.
- Continue to encourage parents to use healthier snacks for birthday treats
- More employees completing wellness requirements on selecthealth.org

D. Healthy choices for classroom rewards/celebrations:

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

- We aren't having parents come in for parties this year. Some parents have sent in individually wrapped snacks for parties.
- A lot of parents still sending sugary treats for birthdays

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

- some classes going outside to play kickball or capture the flag for class parties instead of having food
- Many teachers use reward systems that do not involve food but involve class stores or class privileges.

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)?

- Food other than breakfast/lunch is not sold at our school

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

- N/A

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

- Bring more awareness to parents/teachers

Email completed report to John Allan by May 15.

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