

# Nebo Student Wellness Policy

## Healthy Discussion 2023-2024

**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:** Valley View Middle School

**Principal:** David Knudsen

**Members of School Community Council who discussed compliance:** David Knudsen, Anthony Bowden, Mike Lewis, Kyle Mison, Missy Beutler, Kim Stewart.

**School Wellness Specialist:** Kyle Staheli

**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\_\_x\_\_ 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.

- Health and Nutrition: P.E teachers describing Health Nutrition, Health service unit in CCA, Food Unit in CCA, Lunchroom posters, and Counseling lessons. Sources of Strength
- Physical Education: Opening the gym during lunchtime at times, gym open in the morning some days.
- Math Basketball
- Next Steps: Try Intramural sports again

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

- Climate: Select health challenges, and most complete health steps.
- What success have we had: We had a faculty activity with some active activities.

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.

- Needs improvement: Healthy habit weeks, unhealthy awards (donuts)
- What steps are next: Provide healthy options when rewards are given. Plan a week for next year's healthy habit week. Talk with teachers about award choices, and PTO.

D. Healthy choices for classroom rewards/celebrations:

- offering choices, breakfast with fruit and muffins, extra time outside, or active games.

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

- Teachers seem to be good with the other choices students have.
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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 programs that are not Smart Snack Compliant)?

- We have done very well at this. No Items are sold outside of vending machines.
- Address any issues of students selling soda when needed.

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

- Followed very closely. Vending machines are gone through thoroughly to monitor what is allowed and not allowed in the vending machines.

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

- None at this point.