

## Wellness Committee Meeting 11-14-19

### Meeting Notes/Report Findings:

#### Nutrition Findings:

- The Alliance for a Healthier Generation Data shows that the Russell County School District is at 55% of Items Fully Met in the area of Nutrition Services. That is slightly below 61% at the National level.
- In the Area of Smart Snacks, our district is at 69% of Items Fully Met compared to the National level of 60%.
- NS 8 – Nutrition services staff members are not collaborating with teachers to reinforce nutrition education lessons taught in the classroom.
- NS 9 – Students and family members do not have opportunities to provide suggestions and feedback for school meal programs.
- NS 3 – School provides multiple alternative points of sale for reimbursable meals scored low, however, there must have been confusion about the question because all schools do have multiple points of sale.

#### Nutrition Recommendations:

- Encourage faculty to integrate nutrition education lessons into their curriculum when possible. Nutrition education can be incorporated into areas of math, science, language arts, social studies and electives.
- Promote nutrition education by modeling and encouraging healthy eating.
- Allow students opportunities to test taste new food items and give feedback.
- Promote National School Breakfast and Lunch week and provide more opportunities for family engagement.

#### Physical Activity / Physical Education Findings:

- The Alliance for a Healthier Generation data shows that Russell County School District is at 68% of Items Fully Met in the area of Health & Physical Education. That is 1% higher than the national average.

- In the Area of Physical Activity, our district is at 47% of Items Fully Met compared to 50% for the National average.
- HPE 10 – Health Education addresses all the topics of physical activity. Not all schools are fully implementing.
- HPE 1 – 150 minutes per week of physical education for all students in elementary shows 0% implementation. The school day is not structured to allow that much PE per day.
- PA 5 – Classroom teachers participating in PD to promote physical activity in the classroom has not be met.

Recommendations:

- Physical Education teachers at the elementary level will incorporate health education as much as possible into their curriculum.
- Promote and build on physical fitness programs that are established and meeting the needs of the students.
- Schools will set physical activity goals for both students and faculty and include in the Wellness Policy.
- Provide district resources for teachers to integrate physical activity into the classroom.
- Offer more opportunities for students to participate in physical activities after school hours.