

## **Local Wellness Committee Report**

***2018-2019 School Year***

### **Meeting with School Nurses – Friday, January 18, 2019**

Steve Crispin and Carolyn Jefferson met with the school nurses (who are our Local Wellness Committee Representatives from each building)

- In attendance: Lynn Zoll, Kim Lee, Maria Budd, Amy Wilson / Not present: Cindy Cobb
- Discussed plans for Wellness Week, slated for 2/25-3/1/19
- Designated nurses to meet with Wellness Committee members in each of their buildings at least once (more if needed), to organize events, set goals, and promote wellness within each of their respective schools
  - Shared ideas that could be implemented at all 5 schools
  - Wear Red Day
  - Jump Rope for Heart/Kids Heart Challenge/Hoops for Heart events
  - Health education classes
  - Emails to staff from nurses weekly with tips for heart health, healthy eating, nutrition and exercise

### **Red Bank Elementary School**

Committee Members: Amy Wilson (Building Representative), Noreen Mikulski, Lisa Schultes

- Weekly yoga lessons by our OT staff with Kindergarten and 2<sup>nd</sup> grade self-contained classrooms
- Preschool handwashing lesson (provided by out of district health educator)
- Dental health promotion – resource flyer distributed with information for free dental checkup
- Staff incorporate breaks that include movement and exercise (Go Noodle – dancing)
- Nursing student (nutrition focus and lesson presentation in PreK)
- Share Table during lunch for healthy foods
- Social/Emotional – school wide project focused on promoting tolerance based from the book The Wish Tree (each student submitted a leaf to our “tree” with positive words)
- Wellness Week activities
  - Activity – each student submitted a healthy heart tip – some were selected for “Daily Healthy Living Tip of the Day” read over morning announcements
  - “Kids Heart Challenge” during Phys Ed Class–money raised donated to American Heart Association
  - Wear Red Day
  - List of heart healthy ideas distributed to parents via flyer sent home
  - Activities were adapted for Preschool (since no PE/KHC)
  - Wellness emails to staff including tips for healthy living
  - Encouraged staff to implement wellness week talks and activities in daily lessons (Kindergarten discussed nutrition during snack time)

## Red Bank's Goals/Plans for 2019-2020

- District policy to limit holiday parties where food is served (currently no limit). Encourage celebration of holidays using non-food activities.
- Check other activities during Wellness week time (the following week was Read Across America with daily activities) May need to adjust – but keep with Kids Heart Challenge

### Oakview Elementary School

Committee Members: Cindy Cobb (Building Representative), Nicole English, Kimberly Labbree

- Flyer sent home to parents highlighting Wellness Week activities
  - Daily Healthy Living tips on morning announcements
  - “Kids Heart Challenge” during Phys Ed Class– just under \$9000 was raised and donated to American Heart Association
  - Wear Red Day
  - February Toothbrush Challenge
    - Over 100 students completed the challenge
    - Students received choice of a tooth medal or dental bracelet as prizes for completing the challenge
  - Tips for parents regarding healthy foods, physical activities and hygiene
- Epi-pen certification staff
- CPR/First Aid Training – Preschool Teachers
- Committee meeting held on 5/29/19
  - Discussion about how things went with Wellness Week
  - Concerns voiced around the building regarding breakfast in a bag – staff feel like they are carb- and sugar-heavy and seem unhealthy
  - Daily snack in classrooms – the free/reduced students never seem to bring snack from home and ask the teacher/nurse for snack – are we able to make snacks available from the school for this population?

### Green-Fields Elementary School

Committee Members: Maria Budd (Building Representative), Kelly Hansbury, Stephanie Soltner, Jennifer Penney, Corey Harvey, Meredith Sawyer, John McKeown, Jen Czech, Nicole Dixon

- Flyer sent home to parents highlighting Wellness Week activities
  - Daily Healthy Living tips on morning announcements
  - Preschool class given lesson on handwashing and dental hygiene
  - Wear Red Day
  - Tips for parents regarding healthy foods, physical activities and hygiene
  - First ever “Hoops for Heart” Staff Basketball game (GF teachers vs. OV/RB teachers) – awesome turnout of students and parents – proceeds were donated to the American Heart Association
- Weekly/Daily emails to staff including tips for healthy living

### **West Deptford Middle School**

Committee Members: Kim Lee (Building Representative), William Thompson, Shawnequa Carvalho, Kristy Huepful, Denise Leaf, Lauren Ford, Cheryl Fairchild, Kate Donocoff, Don Clark, Joan Pacini, Chris Trampe, Marianne Karpinski, Laura Sandy, Stephanie McCormick

- Wear Red Day for Women – February 1, 2019
- Jump Rope for Heart – February 14, 2019
- Wellness Week Activities
- CPR/First Aid Training for Staff – May 17, 2019
- Kim Lee conducted Narcan Training for West Deptford District Parents

### **West Deptford High School**

Committee Members: Lynn Zoll (Building Representative), Brendan Burke, Jody Davis, Jennifer Stuart, Sharon McCool, Tara Lange

- Goal for this year – promote heart healthy lifestyles in order to save lives
- The American Heart Association has designated the month of February to be Heart Health Month – February 1<sup>st</sup>, staff and students participated in Go RED for Women day by wearing red
  - Awareness was raised and the entire HS staff was educated on heart health; Emails were sent weekly (sometimes twice a week) to the HS staff with tips and facts about being heart healthy and educational materials about how to change our lives and why it's so important to be heart healthy
- Basketball team members participated in "Hoops for Heart"
  - Hoops for Heart taught the students about healthy living through physical activity, heart health education and community
  - The "Hoops for Heart" event took place February 12, 2019
  - A donation bought a red heart that was displayed in the foyer outside the main office
  - A generous donation (anything people wanted to give) bought a red heart block
  - This year's donations went to the Connelly family, whose children are part of our school community - Recently, they experienced the tragedy of losing a loved one to cardiovascular disease.
- Lynn Zoll taught CPR to Young Eagles Staff