

End of Year Wellness Meeting Agenda 2023-2024

Wellness Program Mission

To empower individuals through personal health.

- Matches our mission: emphasize life-long learning by committing to high performance standards and focusing on the unique qualities of each child. (see below)

Wellness Program Vision

To improve the health & well-being of all students and staff by empowering everyone to promote and model positive attitudes and behaviors through a lifelong commitment to wellness.

- Ties into our One Needs Assessment by emphasize life-long learning (See below)

Budget

- \$5,000
- 100% utilized

Registration Stats

- Areas of Registration
 - ES: 25%
 - MS: 30%
 - HS: 40%
 - Staff, Treasurers & Transportation: 5%
- Monthly challenges & education information
 - See attached result sheet

Community Partners

- Aultman Hospital (Dietitians, Nurse, Wellness Coach, Education Materials)
- Rylon Printing (T-Shirts)
- Trillium Dermatology (SPF Long sleeve shirts)
- Cat Cafe
- Healthy Snack Cart
- Illusions Screen Printing
- Gassers
- Bearded Butchers

Rewards

- Motivational pens and shirts
- Blankets & Mugs
- Whitefeather Meats & Bearded Butchers gift cards and seasoning
- Cat Cafe
- Candy/Smart Snack Cart
- Shirts
- Long Sleeve SPF
- Dicks Sporting Goods (Fitness accessories)
- Gasser's Marketplace

Remaining Events

- Movement in May
- Cookout

Monthly Challenge Results

- September: Better Breakfast
 - 61% It was great
 - 83% said it was beneficial
- October: Motivational & Affirmations
 - 65% rated it great
 - 83% said they would use motivational quotes in the future
 - Quote for towel: "I have no right to compare myself to anyone for I do not know their whole story"
- November: Healthy Snacks
 - 84% rated it great
 - 84% said will perform habit more in the future
- December: Self Care
 - 92% rated it great
 - 94% will perform habit more in the future
- January: Mindfulness
 - 67% rated it great
 - 77% will perform habit more in the future
- February: Random Acts of Kindness
 - 86% Rated it great
 - 91% will perform habit more in the future
- March: Sleep
 - 79% Rated it great
 - 89% will perform habit more in the future
- April: Celebrate Local
 - Celebrated Cat Cafe student workers with Lunch
- May: Movement (SPF Long Sleeve Shirts with Trillium Dermatology)
 - Cookout

One Needs Assessment

In order to emphasize life-long learning, the district will incorporate strategies to ensure students:

- *Can apply concepts now and utilize them later in life*
- *Seek new learning experiences*

Norwayne's mission

To emphasize life-long learning by committing to high performance standards and focusing on the unique qualities of each child.

Norwayne's Vision

For Norwayne students to become self confident, responsible members of the community

Accomplishments

- PD Session on Program
 - 4.75 out of 5
- Overall registration stats
 - Most Teachers registered
 - Most staff registered
 - Most registrations in a month: September (Better Breakfast)
- Use of equipment from Grant
 - Commercial Refrigerator
 - Items sold: Milk, string cheese, peaches water, orange juice, apple juice
 - Best seller is apple juice
 - Sold around \$800 of products
- First Spirit week

Aultman Ambassador Program

- Grant: \$750 for counselor areas in each building
- Assessment Area targeted: Increase smart snacks with refrigeration
- Reese Ingold won \$1,000 scholarship

CRUSH (Corps of Rural Urban Success in Health) Club

- Changing name to CAT Club (Community Advancement Team)

Fuel Up Play 60

- Increased dairy
 - Chocolate Milks for Recovery (Weight Lifting) Doug's Idea
 - 1,850 milks last year
 - 2,520 this year

Comments (PD Session)

- “The wellness committee is top-notch. They have come up with many beneficial challenges for this year.”
- “Philyaw explained the wellness program very well and what it is all about.”
- “The presenter has put a lot of thought and effort into this program. I like the overview of the year and what we can expect.”
- “The teachers did an awesome job facilitating this.”

Email From Participant

- “I just wanted to share that last week during the cat cafe when you passed on the coupon as a random act of kindness...it rolled through two other students that were the recipient. They passed on their money to the next person. It was cool to see the ripple effect. ❤️❤️”
- Ugly Christmast Sweater Contest: “Thank you for organizing it -- it was a blast! And thank you for the medal too -- I love it!”

2024-2025

- We need to update our wellness committee webpage. Outdated
- Grand prizes per semester/year
- Target audience suggested prizes
- Expand participants and community collaboration involvement
- Expand number participants in each category
- Self care assessments
- Outside classroom
 - Sponsors it by name
 - Local stores will sponsor exact supplies
 - Provide tax id number
 - Giant eagle, behulers and home depot are good to donate.
- State Report Card Pilot Program
 - See Handout
 - “Participating schools that successfully meet the requirements will receive acknowledgment on their state report card under the Physical Education and Wellness section. Although the physical activity pilot was originally introduced back in Senate Bill 210 (SB210) to districts, the recent amendment allows for one or more schools in the district to now apply and receive acknowledgment on the state report card.”

