

Wellness Committee Report

The Maywood Wellness Committee continues to meet on a quarterly basis. The First meeting of the year was on August 11, 2023. Committee members are: Nick High, Lisa Gerlach, Sheri Hartley, Vicky Armstrong, Kim Stengel, Lucas McCain, Mark Bejot and Donna Fischer.

A new student member is needed on the committee and the team suggests Paytyn Stengel, a seventh grade student to the committee.

Examining Wellness Activities, students and staff participated in the spring field day, the painted fun run, morning open gym and brain brake activities. The committee discussed goals for the upcoming year will be to increase physical activities for students. The team questions the amount of brain breaking activities occurring in classrooms and discovered the elementary classrooms were more consistent performing brain break activities. The committee would like to see walking activities increase including walking around the track and walking to the park for lunch. The goal is to have increased walking activities K – 12. Physical education classes will increase student running during planned school exercises. Blue Cross and Blue Shield is offering various Adult Wellness Activities throughout the school year. Currently BCBS is offering a mental health wellness for teachers and staff. Staff Wellness activities occur throughout the school year to encourage healthy lifestyle choices.

Mr. Bejot reviewed the Covid-19 Reopening Plan with the Maywood Board of Education and to parents at the Title 1 Parents Night meeting. The plan was modified to align with current Covid-19 protocols. Mr. Bejot solicited recommendations for the Covid-19 plan and no recommendations were given and both the parents and Board approved the plan.

Water fill stations were added over the summer for the 4th and 5th grade classrooms and a second fill station in the high school commons area. The new unit in the 4th & 5th grade is only a water bottle fill station. The schools now have water fill stations in the cafeteria, vestibules in the elementary, restroom area in the 4th and 5th grades and two fill units in the high school. This completes the goal of providing easy access to water filling of water bottles.

The nutrition program added a new member to our team, Mrs. Staci Morrow. She will be cooking as well as serving as our point of sale clerk during lunch time. Mrs. Morrow served as a cook at NCTA and brings considerable cooking experience. One of the goals of the nutrition department is to lower food costs by serving more home cooked highly nutritious meals. Our current Free/Reduced Lunch students is at +50%. The nutrition department offered meal entrée sampling at the fall open house for parents and students to sample and vote. A second goal is to offer an additional entrée at lunch for student desiring an alternative choice. The second entrée will most frequently be a sandwich offering.

Wellness Plan Goals for the upcoming school year will be to adjust to the revised national school lunch nutrition guidelines. Looking to add additional healthy lifestyle instruction within our health education. The serving plate along with healthy meals posters will be placed in the lunchroom areas. The salad bar is also being emphasized as a way to obtain additional healthy nutrition for all students. The nutrition ladies are offering premade healthy salad trays.

The Wellness Committee will continue to monitor and evaluate Wellness Goals. Information will be reported at Wellness Committee meetings throughout the school year. We are continuing to look at ways to increase physical activities at school such as lunch walking. Daily Physical Education occurs in

grades K – 8 and at the high school level. Physical education curriculum will also be examined during the school year.

The back to school meeting was adjourned.

Respectfully Submitted,

Mark Bejot