

To: Russell Independent Board of Education
From: Dennis C. Chambers
Re: Annual Forum
Date: January 22, 2018/UPDATE NOVEMBER 2018

RE: Russell Independent School District Wellness Presentation

Summary of Prior Year Presentation:

Wellness Committee: The Board was informed in January 2017 that the Wellness Committee would be reformed and establish new wellness policies at the District level and at the school level. We have a new committee consisting of: District – Jenny Bates and Dennis Chambers; Russell High - Ruthie Lynd and Gary Salyer; Russell Middle – Missy Murray and Chris Holbrook; Russell-McDowell – Doylisa Barney and Jalina Wheeler; and Russell Primary – Ashley Dalton and Andrea Fleming.

Wellness Policies: The Kentucky Department of Education recommended each District utilize the WellSat tool to establish new policies at both the District and individual school levels. Our committee members have completed new wellness policies and are presented for your review.

Assessment: The new federal regulations also require each District and individual school to assess their policies and compliance with regulation and best practices. This is to be done annually. The Kentucky Department of Education recommended that each District and school register with the Alliance for a Healthier Generation and utilize the assessment tools from that program. Each team completed the assessment as required.

Goals Established from the Assessments:

Upon completion of the above, the committee met and established two goals for each building and the District level to be accomplished within the next year:

I. District Level

- A.** Improve the promotion of healthy eating choices. **Multiple menu changes. Will increase marketing efforts.**
- B.** Increase programs for staff related to healthy eating and weight loss. **Improved by individual school goals.**

II. Russell High

- A.** Increase staff involvement in health and wellness. **Still being implemented. “Fight Song Friday” has been initiated and allows increased movement and morale.**
- B.** Increase student movement during the day – expand Jammin’ Minutes to all classes. **Still under review.**

III. Russell Middle

- A.** Increase student activity. Focus on increasing participation in walking clubs. **Students participated in class marathons with four teachers in preparation for Mrs. Murray’s participation in the New York City Marathon.**
- B.** Weight loss programs for staff. **Not yet implemented.**

IV. Russell-McDowell Intermediate

- A.** Increase staff participation with walking challenges. **Still being implemented.**
- B.** Increase walking club participation for students. **Walking club implemented with 100’s participating!**

- C. Improve wellness aspect of school fundraisers. **Still under review.**
- D. Decrease use of recess elimination as punishment for students. **Still under review.**

V. Russell-Primary

- A. Increase activity and healthy eating promotions for staff. **Each month healthy tips for exercise, activity and healthy eating are posted in the teachers' lounge. Examples include: walking club, fitness center promotions, upcoming health screenings, importances of drinking water, and healthy recipes.**
- B. Implement an activity for students in the gym waiting for morning release. **Each Friday, teachers and their students take turns leading the school through a "Fitness Friday" movement. We have used brain breaks, exercise, and stretches as well as following song/dance through use of the projector. The students absolutely love and look forward to this each Friday! The Friday movement schedule is attached.**