

## Memorandum

To: Russell Independent Board of Education/Community

From: Dennis Chambers, Food Service Director

Re: Wellness Assessment

Date: November 15, 2022

On November 14, 2022, the District Wellness Committee met to discuss the results of the assessments performed on the Alliance for Healthier Generation website at the individual schools and District levels. The purpose was to create an action plan that included at least two areas for improvement over the next year regarding our wellness initiatives. The committee also reviewed what our buildings are currently doing for activities, such as Brain Break and Go Noodle at RPS; Walking Club and Movement breaks at RMIS; and Intramural activities during lunch at RMS. Finally, the committee reviewed the existing wellness plan (Policy 9.2 in the Board Policy Manual) and our Coordinated School Health Policy Manual. No changes were made to the policy or the manual. The following states the action plan areas for the next year:

### District

1. To communicate and inform our Trauma-informed approach for *Staff* well-being
2. To increase professional development on staff well-being

### Russell Primary

1. To increase involvement and meetings in the school health team.
2. Create a survey to gain knowledge of our community/families/ understanding of what a "Trauma-informed approach" school looks like, as well as, to gain knowledge of traumas that our families may have experienced to allow for our training to focus on specified areas. The survey would be volunteer only.

### Russell-McDowell Intermediate

1. To have classroom teachers provide short, physical activity breaks between lessons or during transition times, daily.
2. To have teachers and have other school/community personnel not withhold opportunities for physical activity (e.g., recess, physical education) as punishment and/or as a time to makeup missing work. Students will still be given the opportunity to move their bodies physically during recess and physical education class.

### Russell Middle

1. To increase our relationship with Farm to Table vendors.
2. To involve local farmers markets in our instruction and possibly food service.

Russell High

1. To define and provide school-based therapy for staff as needed.
2. To provide for physical activity breaks during the day for students.