

Wellness Committee and HLG 2.0/1801 Grant
or Student Health and Academic Achievement Grant Update
School Board Meeting
May 12, 2020

I. Wellness Committee

A. Committee Meetings

1. The committee met three times formally this year and one informal time this school year.
 - a) 1801 Grant meeting in September to discuss plans for the year.
 - b) Minutes from October - Click [HERE](#)
 - c) The workgroup met in December to coordinate Nick the Ninja Warrior's visit to Petersburg.
 - d) Minutes from January - Click [HERE](#)
 - e) Minutes from May - Click [HERE](#)
2. **BP 5040** - Student Nutrition and Physical Activity Policy is still in good standing. I believe next year will be a review year for the policy.

B. Progress

1. **Smart Snacks** - Carlee Johnson-McIntosh and Ginger Evens continue to advocate for compliance of Smart Snacks throughout the district.
 - a) Vendors like Costco and Amazon now have Smart Snacks in School specific items that can be easily purchased for compliance.
2. **Community Partnerships**
 - a) Continued collaboration with Erin Michael, Petersburg's Public Health Nurse.
 - b) Other community organizations (WAVE - Girls on the Run and Let Me Run, Petersburg Medical Center - Kelsey Lambe, Parks and Recreation, and Petersburg Indian Association) to promote wellness.
3. **Safety Team**
 - a) Coordinating with soon to be former Director Maintenance, Dan Tate, for volunteers to serve on the committee, as well as use the Wellness Committee meetings as a way to report back on progress the team is making.

II. HLG 2.0 - 1801 Grant

A. Year 2 of the HLG 2.0 - 1801 Grant

1. Training

- a) **Alaska School Health and Wellness Institute** - Carlee Johnson-McIntosh, Ginger Evens, and Dan Van Swearingen attended the mandatory training in Anchorage
- b) **Alaska School Counselors Conference** - Rachel Etcher attended the annual conference in October.

- c) **Alaska School Nutrition Conference** - Katy Brantuas attended this conference in January.
- 2. **Student Health and Academic Achievement (SHAA)** - Received targeted Site Funds for Stedman Elementary and MS/HS.
- 3. **Teleconferences**
 - a) Healthy Fundraisers
 - b) Smart Snacks in School
 - c) Monthly Physical Activity workgroup conversations with the State of Alaska employees and educators.
 - d) Cyde Coil - 1801 Grant Coordinator for the State of Alaska
- 4. **Nick the Ninja Warrior** - January 20-22, 2020
 - a) Funds from the 1801 Grant were used to help bring Nick the Ninja Warrior to Petersburg in collaboration with other entities in the community.
 - b) Helped to build the warped wall.
 - c) Coordinated with physical education teachers for Nick to attend physical education. In the high school and middle school classes, Nick worked with students on Native Youth Olympics (NYO) games. There was open gym time after school in the Community Gym for all students to participate in NYO games. In the elementary classes, Nick set up mini obstacle courses in the Community gym to simulate activities from the Ninja Warrior show.
 - d) The evening event included a spaghetti feed that was free for anyone who attended with a presentation by Nick the Ninja Warrior in the high school gym.
- 5. **Collaboration with staff**
 - a) Jaime Cabral Athletic Director - Communicated with Jaime Cabral throughout the year to determine if the HLG 2.0 could help support activities through supplies or materials.
 - b) Heather Conn and Rick Dormer - Kept administrators abreast of grant happenings with minutes from meetings, as well as communication between Wellness Committee Meetings.
 - c) Karen Morrison - Worked with Karen on financial requirements for the grant so that she could complete quarterly financial reports.
 - d) K-12 Staff - Newsletters about every two months highlighting grant happenings, health and wellness activity opportunities for staff, and Go365 information. Organized a Petersburg School District team for the 100 Miles in May Challenge through the Healthy Futures Challenge. Fit bits were purchased for staff wellness activities.
 - e) Stedman Elementary School's After School Program staff stipend is paid for through 1801 grant money.

- f) Christina Sargent's stipend for coordinating the Community Garden is funded through the 1801 grant.

6. Targeted Site Funds

- a) **Mitkof Middle/Petersburg High School** - Funds were used to purchase materials and supplies for food science and culinary classes, as well as healthy snack options for activity nights.
- b) **Stedman Elementary School** - Funds were used to support healthy cooking classes and fruit and veggie trays for family activity nights (Nick the Ninja Warrior) and other activities as needed.

7. **Partners in Education** - 1801 grant funds were used to provide healthy snacks to students and family members at the Family Sports Night Event this winter.

8. Stedman Elementary School

- a) **Health Kits** - Coordinated with Rachel Etcher to use 1801 funds to purchase health kit supplies (purchased from Petersburg Rexal Drug) for Stedman Elementary School.
- b) **Family Field Day Activities** - Coordinated with Dino Brock, Dan Van Swearingen, Heather Conn, and Carlee Johnson-McIntosh to use funds that were not used for Girls on the Run or Let Me Run due to COVID-19, for equipment that can be sent home for all elementary students on Tuesday, May 26th. Carlee Johnson-McIntosh will be making a picnic lunch for students on this day. Dino and Dan are working on an activity card that students can use for the activities.
- c) **Stedman Playground Equipment** - Allocated money to be used to help purchase playground equipment at the elementary playground.
- d) **Bring Your Parent to PE Day** - Advocated for and helped set a date for Bring Your Parent to PE Day in the fall and spring.

9. **School Climate and Connectedness Survey** - Funds for half the cost of the School Climate and Connectedness Survey (SCSS) that students and staff completed in March came from the 1801 grant.

10. **Year 3 Grant Application** - The grant application for Year 3 of the 1801 grant was submitted in January per request of Cyde Coil. The grant money comes from the Centers for Disease Control to the state to grantees and I have yet to hear back on whether or not we officially have the grant for next year.