



# *Here, We Learn for LIFE*

Learn - Interact - Focus - Empower

## **School Community Council Agenda: April 20, 2021**

### **Welcome: Chris Bronson**

- Excused: Jami Branch

### **Review of Previous Minutes: Seth Spainhower**

- Previous minutes and agendas on the school website <http://sfhs.nebo.edu/parents/community%20council>

### **Thought/Announcements: Melanie Peterson**

- Health and Wellness goals for Nebo School District

### **Student Wellness Report/Discussion: Seth Spainhower**

- Policy has been emailed to everyone on Council
- Efforts and success to improve student wellness at SFHS
  - Health and nutrition education
  - Physical education/activity time
  - Steps for creating a healthier school environment
- Employees' wellness climate, efforts and success
  - District sponsored wellness program
  - New leave incentives
- What areas could use improvement?
  - Students:
  - Teachers:
- Healthy choices for classroom rewards/celebrations
  - Vitamin D breaks and outside time
  - How are teachers following requests for healthier rewards/celebrations?
- Smart Snack Policy, Nebo Vending Policy and Student Wellness Policy
  - Smart Snack =
  - All vending machines comply and follow federal regulations
  - Any recommendations for policy or implement changes to the Student Wellness Policy?

### **Stadium & Scoreboard Update: Matt Christensen**

### **Counseling Update: Sharla Barber**

### **Assignments:**

- Next meeting April 20<sup>th</sup>

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## Minutes:

The meeting began at 11:08. Jami Branch and Anne Brown were not in attendance.

Seth Spainhower reviewed the previous minutes. Heidi Conway make a motion to approve the minutes and Luke Isley seconded the motion. All were in favor.

Melanie Peterson joined our meeting today. She is one of the secretaries at SFHS and also serves as the school wide Wellness Representative. She started our meeting by discussing the ins and outs of our district wide Wellness Program. It is a great program that promotes healthy living life styles. While following these healthy living guidelines, Nebo employees are also rewarded with company insurance benefits and personal incentives as well.

Seth Spainhower then went over the Nebo Student Wellness Policy/Healthy Discussion for this school year. All of the agenda items listed previously were reported on and discussed. Our administration feels really good about the physical education, health, and food service departments at SFHS. Everyone involved is doing everything they can to stay compliant with district policies and federal regulations. Most importantly, they focus on what is best for kids. Their physical, and mental wellness is always a top priority.

See the agenda for specific topics discussed. As part of the discussion about offering healthy choices for classroom awards, we discussed some none-food alternatives. These included; early out days, longer lunches, airpod drawings, swag handouts, and student highlights. We also discussed the possibility of offering preferred parking spots on the front rows to reward certain celebrations. Our council also brought up what our school is doing to teach overall mental wellness and psychology to our students. Preston Parrish explained the different psychology options our students have as well as his efforts with Mr. Josh Jensen and how they focus on these areas in their specific classes. Josh teaches each all of our sophomores in a Life Management class.

Matt Christensen then gave a quick update on our new stadium and specifically our future plans with the scoreboard. We are extremely grateful that our district has decided to approve the purchase of a larger, more inclusive, digital scoreboard. This scoreboard will better accommodate ALL of the sports that will be using the stadium and not just football. It will also allow our students, stakeholders, and boosters to run advertisements and highlights digitally to the spectators. This will be a great way for students to showcase their work and also provide a great revenue opportunity for our programs.

Monica Carter, who filled in for Sharla Barber, then gave the counseling update. She talked about the CCRP's that were taking place with our Juniors. It is also the busy season for scholarships and graduation preparation. Our counselors are working extremely hard making sure kids are ready and prepared! Leslie Swenson is also working with a group of girls on anxiety and how to use proper coping techniques to help them feel better and overcome anxiety. We are really excited to see how the collaboration turns out. We also discussed graduation being held at the Spanish Fork Fairgrounds and that we are not required to limit attendance. No tickets will need to be purchased either.

The meeting ended at 11:50. Heidi Conway made a motion to end the meeting, Rochelle Barber seconded the motion, and all were in favor to end.

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