

Hobble Creek Elementary School Community Council Meeting Minutes April 26, 2022

1. Nebo Student Wellness Policy Healthy Discussion
 - a. School Wellness Specialist- Linda Baird. She attends meetings at the district level.
 - b. Reviewed the policy on the Nebo School District website.
 - i. Emphasized that students get adequate physical education and proper nutrition is available at school.
 1. Recess is given to each grade level outside of lunch time. Each grade level also receives lunch recess time. Each class attends a P.E. class each week.
 2. Everything served at school comes from a nutrition outline from the government and state on what can be served.
 - c. Discussed efforts from teachers at school to encourage a healthy lifestyle in students.
 - i. Replaced student of the month treat from a candy bar to a book to have a better alternative.
 - d. For employees, they are encouraged to participate in the Nebo Health and Wellness Program, especially if they are on the district insurance.
 - e. Healthy choices for classroom rewards/celebrations: teachers are trying to provide healthier rewards/other incentives