

PATTONVILLE WELLNESS

OCTOBER 14, 2025



WELLNESS PROGRAM BEST PRACTICES

- Encourage habits of wellness
- Increase awareness of factors and resources that contribute to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community in which the health and overall well-being of our students is recognized as an essential element of their success



SURVEY HIGHLIGHTS

- Increase in overall awareness regarding the District's wellness policy and feedback mechanisms from our last survey.
- Increased awareness by staff of district-wide PE/health experiences of our students but a decrease in awareness by parents of the initiatives provided by the district to increase physical activity and positive nutritional choices for our students.
- Need to increase staff awareness of nutritional requirements and National Smart Snack guidelines.



Captains Committee Structure

Captains from all buildings and departments

- Regular Meetings & Communication
- Training & Resources
- Empowerment & Autonomy
- Recognition & Motivation
- Feedback Loop



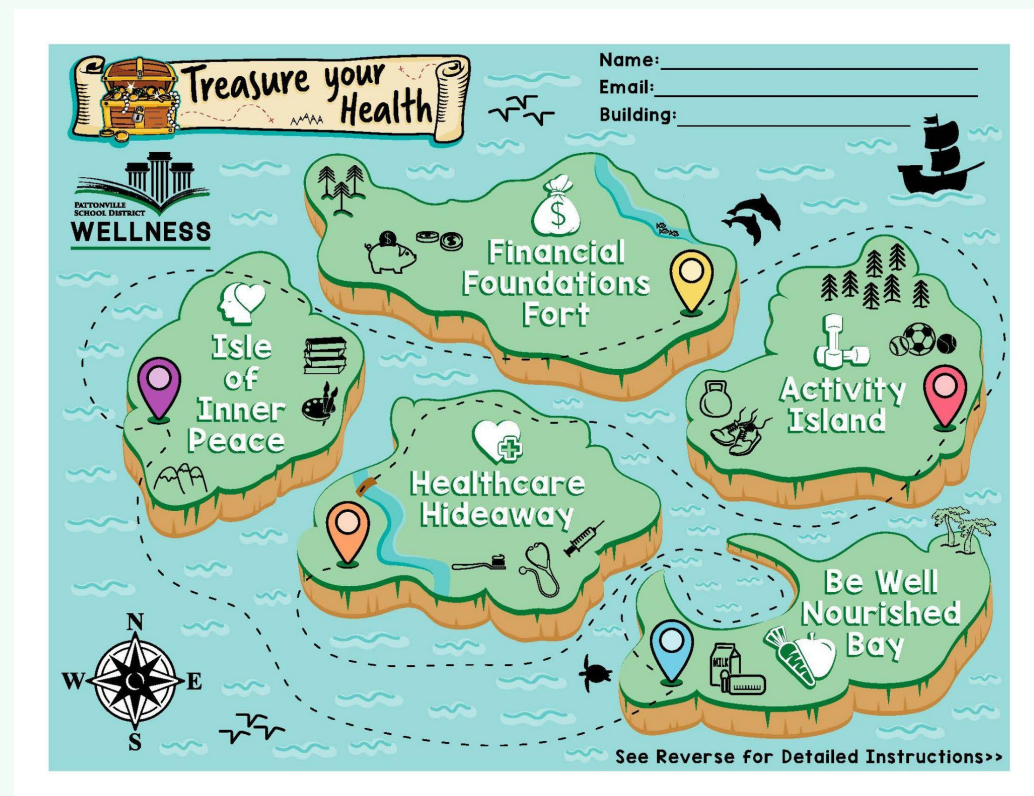
District Staff Wellness Initiatives

District Wellness Initiative

- January 2024 - Be Well Bingo
 - 150 employees participated - 15% of staff
- January 2025 - Sail into Wellness
 - 245 employees participated - 24% of staff
- January 2026 - Soundtrack to Wellness

District Walktober Challenge

- October 2024 - Spook Walktober
 - 226 Staff participated
 - 155 completed 120,000 step goal
- October 2025 - Show Me Your Steps
 - 224 Staff currently participating



District Wellness Challenge
B-W-E-L-L BINGO
 January 8 to February 9, 2024

1 Bingo wins a goodie bag 3 Bingos wins a lip balm 1 Cover All wins a bento box
 See your Wellness Captains to collect your prizes

B	W	E	L	L
B-W-E-L-L District Bingo Challenge	Eat 1 meal following myplate.gov guidelines	Buy yourself a treat you wouldn't usually buy	Keep track of all your spending for one week	Walk 30,000 steps in 1 week
Try a new vegetable recipe & share it here	Smile & say hello to everyone you see today	Intentionally stretch every hour/work day for 1 week	Organize your junk drawer	Meditate for 5 minutes 2 days/week for 2 weeks

**Show-My Steps:
 A Missouri Walking Challenge**

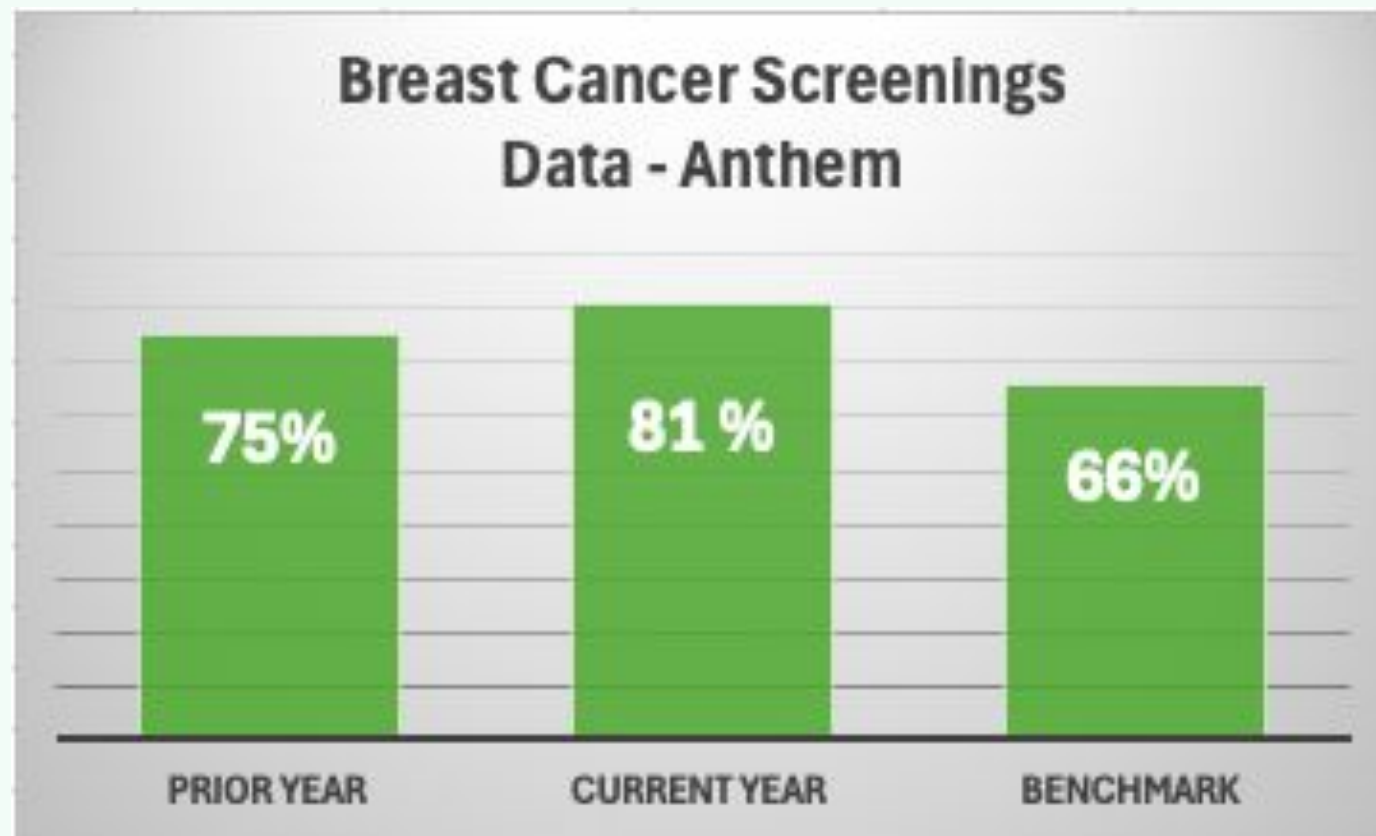
Get your walking shoes ready! This October, we're taking a virtual walk around Missouri. Scan the QR code to join BeWell!

MISSOURI

2023 Wellness S

Overall Health Benefits

% of members visiting Primary Care Physicians and completing follow-up wellness checks



- **Primary Care Physician Visit**
 - 79.4% (Current Year)
 - 64.1% (Prior Year)
 - 55.7% (Benchmark)
- **Adult Wellness Compliance**
 - 60.9% (Current Year)
 - 46.2% (Prior Year)
 - 42.8% (Benchmark)

MO Healthy Schools/CDC Grant



MHS #OnTheMoveMO ft. Pattonville High School Plant Sale & Sustainability



- Professional development opportunities were provided for physical education and health teachers.
- Gaga ball courts were purchased for elementary PE classes.
- Applied Sciences, Culinary classrooms, and high school greenhouse received updated materials and equipment.
- District wellness program utilized funds to install ice/water dispensers in several staff lounges, promoting staff health and hydration.

Next Steps

- Continue to strengthen communication of the district wellness policy through district updates, principal newsletters, and community outreach.
- Increase staff engagement in wellness with newsletters, incentives, and wellness captain outreach and initiatives.
- Continue to educate wellness captains on our benefits and wellness programs.
- Provide staff training on nutrition education and the district wellness policy.
- Expand K–8 athletics by ongoing partnering with the high school administration, coaches and students to build school capacity for student activities and sports.
- Educate staff and PTOs on Smart Snack policies and healthy fundraising and celebratory options.

Questions

Thank you