



Otto-Eldred School District

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OESD Annual Wellness Report

June 4, 2020

The Otto-Eldred SD received the School Wellness Continuous Quality Improvement Grant from for Center of Disease Control and Prevention and the Pennsylvania Department of Health.

Selected school districts were invited to participate based on self-reported 2015-16 growth screening/BMI for age percentiles and counties with high prevalence of chronic disease risk factors. The school district received grant funding to conduct a district self-assessment to identify wellness priorities, develop an action plan, implement the plan, support professional development and evaluate the outcome.

A consultant from DOH met with our Wellness Council in August 2019 and has supported the process throughout the year. Meetings were held monthly to identify areas for improvement, members broke into groups to work on each area identified, and action plans were completed and put into practice.

Goal- #1 Identified two sustainable activities to be sponsored by Wellness committee to open buildings to the community. 1.) walking 2x/week and 2.) adult basketball one night per week. Need to plan in advance during 20-21 to ensure building availability.

#2 – Identify professional organization to join as PE/Health staff including accessing expertise in IU9 area. Completed, plan to join PSAhperd.

#3 – A review of the current health topics being taught was completed.

#4 – Collect data and analyze at both buildings the time required to go through the lunch line and prepare to leave after lunch. It was determined that 25 minutes are needed and adjustments will be made to the schedule.

#5 – Educate the school and community regarding food allergies. Information placed on OE website and more information will be disseminated in the fall.

#6- Involve student interest in naming fruits and vegetables served at both buildings.
Survey sent out to students.

#7- Develop and maintain Wellness page on the OE district website. Completed.

It is the understanding of the Wellness Committee that this grant will be extended into next school year. The money is to be used for professional development for staff in the context of health and wellness. The committee will continue to meet and discuss opportunities for improvement.

Respectfully submitted,
Mary Kay Templin
Matthew Splain