

Improving Learning
Through
Improving Health

Annual Nutrition & Physical Activity Report

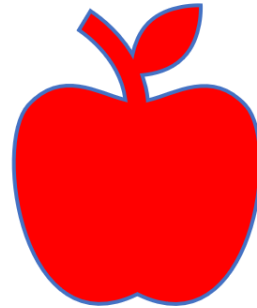
Nutrition Services – Julia Bauscher
Physical & Health Education – Andrea
Wright for Donna Benton
Health Services – Eva Stone



Background

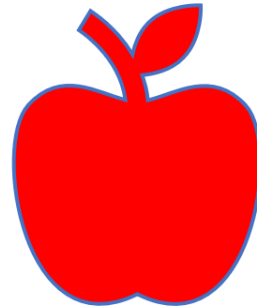
- Since 2006 the Board of Education has received an annual Nutrition & Physical Activity Report
 - Nutrition Environment
 - Physical Activity Environment
 - Health Promotion Schools of Excellence
- The district wellness committee includes JCPS representatives, health organization representatives and other community members.
- The committee meets quarterly.

An apple a day
is not
enough.....



- “Kids’ health is declining in so many ways. We need to improve it. We can & we will. But it starts with thinking of health as a skill.”

An apple a day
is not
enough.....



- “It takes a lot of things to raise a healthy child. And healthy kids do better in school. They have better jobs. They lead better lives.”

Introduction

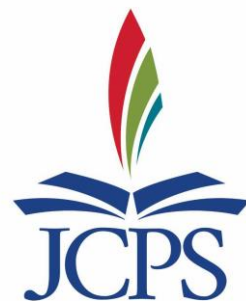
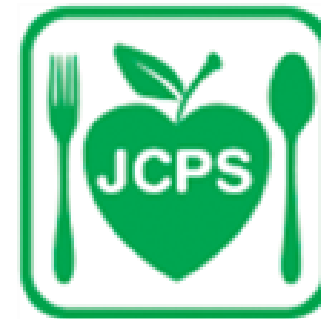


- Whole School, Whole Community, Whole Child model
- Greater alignment, integration & collaboration between health & education
- Improve every child's cognitive, physical, social & emotional development
- **GOAL:** Ensure all students are transition & life ready



Healthy
Schools
Program

SCNS
Principal
Survey



Physical
Activity
Survey

HEALTHY SCHOOLS PROGRAM

*“Healthy students make
wealthy earners not to mention
better learners.” ~ Taylor Mali*



Findings and Recommendations:



138 schools completed a full Healthy School Program (HSP) Assessment.



89 schools have a HSP Action Plan.



Continue to offer professional learning to support and improve school action plans and implementation.



SCHOOL WELLNESS ENVIRONMENT

*"Set yourself a health goal.
It doesn't have to be wild."
~Taylor Mali*



Findings:



Six middle schools have a school wellness policy; no high schools reported having a school wellness policy.



63% of the schools have a policy that addresses food allowed during the school day.



A bi-annual review of the school wellness policy is not occurring in all schools as required.



School meals meet USDA requirements

SCHOOL WELLNESS ENVIRONMENT



Recommendations:



Create an walk-through tool to assist schools in improving school wellness environment.



Work with SBDM office to update school wellness policy template to ensure alignment with the District Wellness Policy.



Provide support to schools to work on fuller implementation of their school wellness policies.



Increase efforts to provide resources to help promote healthy school celebrations.



PHYSICAL ACTIVITY ENVIRONMENT

“The choices you make every day have the biggest impact in the biggest of ways.” ~ Taylor Mali



Findings:



All elementary school wellness policies include moderate to vigorous physical activity (MVPA) each day.



Some schools/ teachers withhold MVPA from students or classrooms.



All elementary schools report allowing 30 min. per day/150 min. per week of physical activity

PHYSICAL ACTIVITY ENVIRONMENT



Recommendations:



Continue to monitor school wellness policies for the inclusion of MVPA.



Increase efforts to support schools with alternatives to withholding recess



Seek funding to continue Go Noodle Plus and secure revenue for outdoor resources each school needs.



HEALTH SERVICES REPORT

“Because the future...
the future belongs to the
healthy youth.” ~Taylor Mali



Findings:



JCPS employs 36 nurses (6 APRNs, 1 RN, 29 LPNs) & contracts with a staffing agency to provide school services.



2 Health Promotion Specialists support schools in health and wellness initiatives.



JCPS screening nurses conducts state mandated vision/hearing screenings in all elementary schools.

HEALTH SERVICES REPORT



Recommendations:



Make reporting student health conditions easier for parents & support schools being able to respond to medical needs.



Implement process to support all schools with action plans & implementation.



Use data from required screenings to help ensure students are ready to learn.



Additional Actions and Recommendations

- Explore district policy for management of food allergies in schools.
- Implement food allergy management system.
- Going forward report on all areas of WSCC.

CONNECT TO DISTRICT INITIATIVES

3 PILLARS:

BACKPACK OF SUCCESS SKILLS:

Ensure healthy students in
classrooms & ready to learn

RACIAL EQUITY:

Looking at equity in
services across JCPS

CULTURE/CLIMATE:

Culture of wellness

System 5: Academic & behavioral supports- The Whole School, Community, Child model provides a system to support structures that promote student success. We have also increased focus on using data to help determine supports needed by schools/students.



Next Steps

PUBLIC FORUM
January 28, 2019
4:00 - 6:00 PM
VanHoose Education Center
Stewart Auditorium



Questions?