

SCHOOL WELLNESS

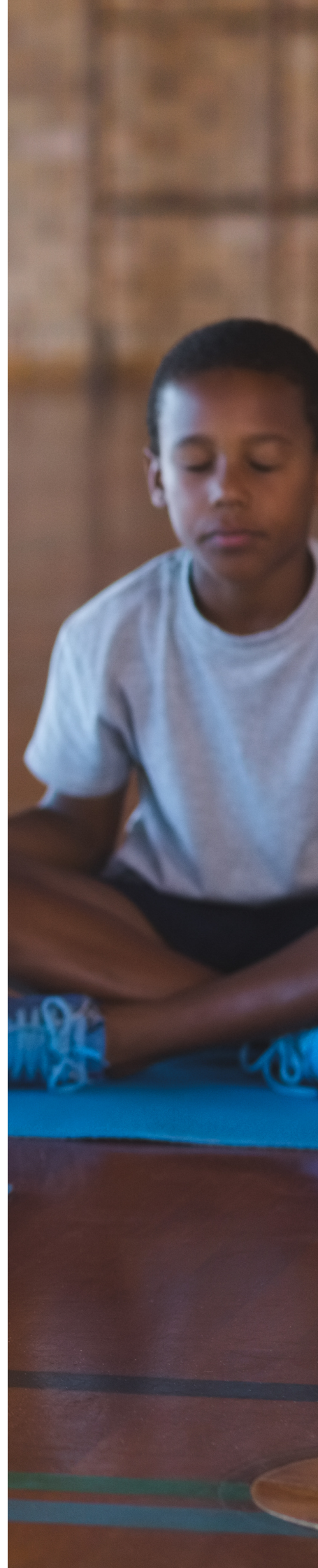
The Jefferson County Public Schools (JCPS) Whole School, Whole Community, Whole Child (WSCC) Committee functions as the District's Wellness Committee. The WSCC model serves as a framework for greater alignment, integration and collaboration between health and education and to improve each child's cognitive, physical, social, and emotional development. The WSCC committee consists of both district members, community partners, parents, and students and is responsible for the implementation and periodic review and update of the District Wellness Policy.

HEALTHY SCHOOLS PROGRAM (HSP)

The Healthy Schools Program from the Alliance for a Healthier Generation (AFHG) is an evidenced-based approach that focuses on a 6 Step Process. This 6 Step Process represents the ongoing journey to create healthier environments. It requires stakeholders to continuously evaluate and improve upon health and wellness initiatives, and learn from successes and challenges to create sustainable change. When repeated each year, the 6 Step Process helps solidify healthy policies and practices and strengthen an organization's culture of health.



Schools must update the HSP assessment every school year. This year, schools were asked to identify 1-3 items to add to a newly initiated school action plan. This report will give a snapshot of the results from this assessment.



ASSESSMENT SNAPSHOT

The assessment tool is intended to highlight strengths in school wellness environments and give recommendations for areas of improvement.

- 100% of the schools updated the assessment
- JCPS exceeded the national HSP school percentages on items that were fully met in areas of Nutrition Services, Smart Snacks and Employee Wellness.
- Action Plans were started in 136 schools.



HSP COMPONENT AREAS

All of the following areas were assessed:

- Policy & Environment
- Nutrition Services
- Smart Snacks
- Health & Physical Education
- Physical Activity
- Employee Wellness

CRITERIA

Schools use the following criteria to assess:

- Fully in place
- Not in place
- Partially in place
- Under Development



HIGHLIGHTED ASSESSMENT AREAS

Nutrition Services Items

- Annual continuing education and training requirements for nutrition service staff was fully met.
- All foods served and sold met USDA's Smart Snacks in Schools nutrition standards.
- Variety of offerings in school meals was marked as fully in place.

Health & Physical Education Items

- Most schools report that students are active at least 50% of class.
- Most schools report that licensed physical educators teach classes.
- Most schools report a sequential physical education program.

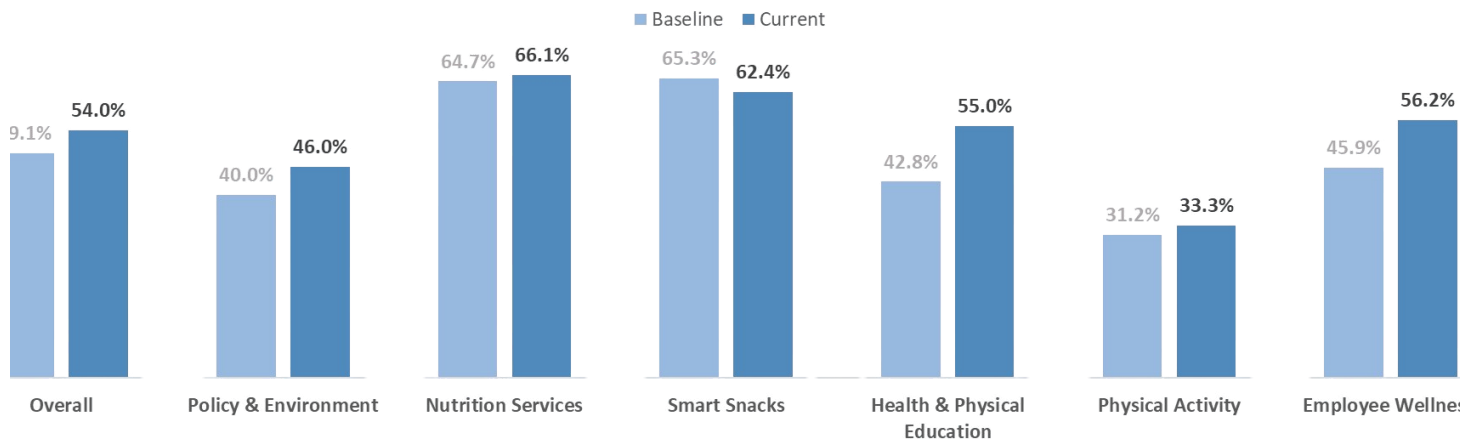
Physical Activity Items

- Recess programs in place in nearly all schools.
- Half of all schools provide physical activity breaks in their classrooms.



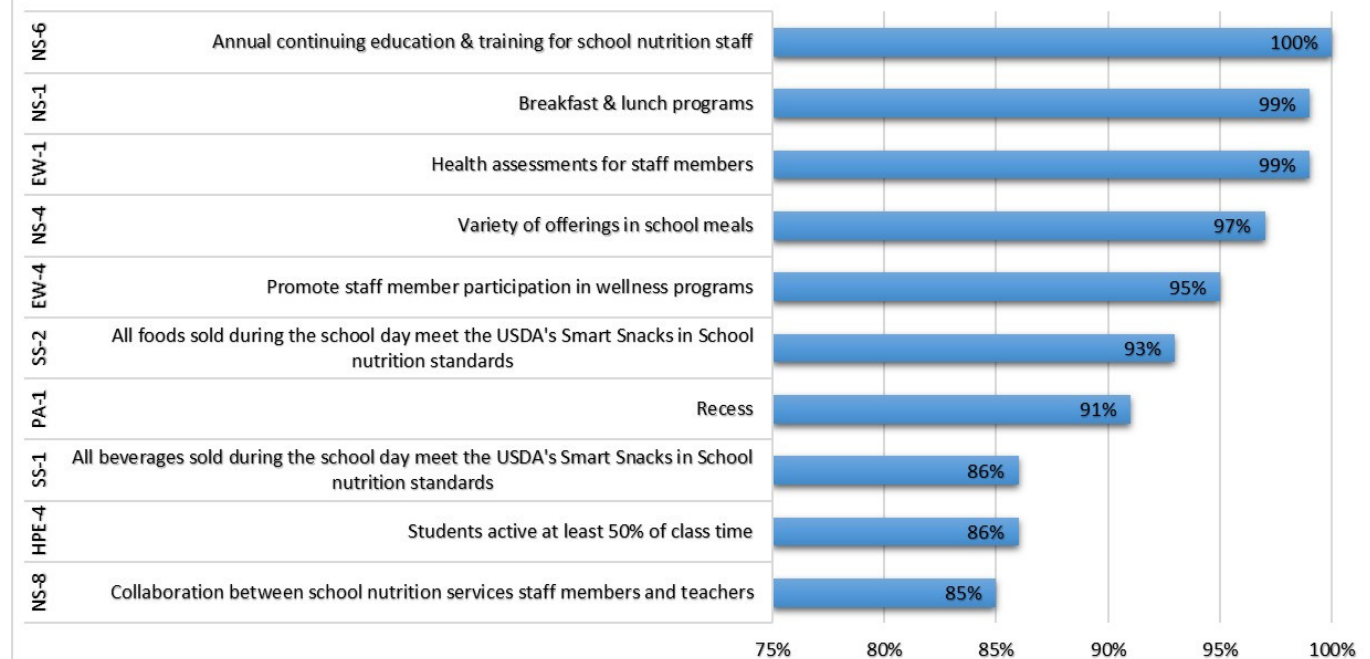
DISTRICT DATA DASHBOARD-AFHG

% of Items Fully Met



Note: JCPS data also includes state schools that are not required to complete the assessment, i.e. state agency schools, early childhood centers.

ASSESSMENT RESPONSES WITH THE HIGHEST % FULLY MEETING



ACTION PLANS

Schools began developing an *Action Plan* to focus on what is important and achievable for creating a healthier environment. This collaborative to-do list helps school Wellness Teams to plan and prioritize healthy changes for their school.

Resources for how to accomplish the goals on their *Action Plans* are readily available on the online assessment portal and can be added to a *Tasks List*.

760

Number of items in
schools' Action Plans

53

Number of items
already marked
complete

The Action Plan can be used to outline the tasks, dates, and resources that the school will use to meet their goals.

Most Commonly Selected Items on School's Action Plans



OTHER AFHG ASSESSMENTS

Many schools also completed two optional assessments housed on AFHG portal: The *Resilience in School Environments (RISE) Index* and a *Quick Start Health Assessment*. The *RISE Index* help schools assess, prioritize and plan key activities that promote the social-emotional health of staff and students. The *Quick Start Health Assessment* is a short 15-question assessment to support schools in prioritizing key mental, physical and social health practices within the context of COVID-19. These assessments were not required, however, many principals stated they were very valuable and added action items from these tools to their *Action Plans*.

RECOMMENDATIONS

The District Wellness Committee recommends the following:

- A training for principals, assistant principals, and any other wellness team members, who are responsible for completing the HSP assessment, should be required.
- Research the use of an alternative diagnostic tool for the assessment.
- All schools should adopt a wellness committee that would help oversee the assessment as well as help implement the *Action Plan*.

This report was compiled by the following members of the WSCC Executive Committee:
Andrea Wright, Meme Ratliff, Julia Bauscher, and Eva Stone.

This institution is an equal opportunity provider.