



# A Gateway to Wellness



**Building a Culture of Wellness in Our Schools** 





# **Today's Presenters**

#### Ron Ramspott

Parkway Coordinator of Health and Physical Education

#### **Debbie Kirby**

Bellerive Elementary
Health Teacher & School Wellness Leader

#### Terri O'Leary

Parkway Central High
Health/PE Teacher & School Wellness Leader



## Wellness Poll Question

What is your role with school wellness?

- ☐ K-5 Teacher (Elementary)
- ☐ 6-12 Teacher (Secondary)
- **□** Administrator
- **□** College Student
- **□** Other

# What does wellness mean to you?

**Physical Mental & Emotional** Health Health Social Health Preventive

# A Historical Perspective



Francis Field - 1904 Olympics

#### School Wellness – A Look Back

- Surgeon General's Call to Action to Reduce Obesity (2001)
- Child Nutrition Act (2004)
  - Districts required to establish school wellness policy by 2006-07.
- Healthy, Hunger-Free Kids Act (2010)
  - Required public reporting on progress of school wellness policies

# Parkway Looking Forward

- Developed a Wellness Policy (August 2006)
- Formed a District Wellness Committee
- Hired School Wellness Leaders
- Formed School Wellness Teams
- Began Employee Wellness Programs
  - School-based and District-based Programs
  - District HRA & Health Screenings
- Hired District Wellness Coordinator (Nov 2013)

# Forming A Team



## Wellness Poll Question

How many people make up your wellness team?

- **2-4**
- **4**5-7
- **□**8 or more

### Coordinated School Health Model



## School Wellness Council (SWC)

- District and School Level
- Typically 8-12 members and includes representatives from each component of the CSH model
- Role is to access the school wellness environment, programs, and policies, and identify ways to strengthen these to improve health of students and staff.

#### District Wellness Council Members

- Health/PE Coordinator
- Manager of Health Services
- Director of Food Services
- Director of Counseling
- Health Insurance & Broker Reps
- Asst Superintendent of Student Services
- Finance Dept Reps
- Teacher Reps
- School Principals
- Healthcare Reps



#### School Wellness Council Members

- Food Service Staff
- PE Teacher
- Health Teacher
- Classroom Teacher
- Building Administrator
- Community Parks & Rec
- Parent or PTO Rep
- Counselor
- Nurse
- Custodial Crew
- Healthcare Professionals



# Wellness Champion

- Someone who has a passion
- Someone who can recruit other members
- Someone who can develop meeting agendas
- Someone who can facilitate meetings
- Someone who can communicate the work

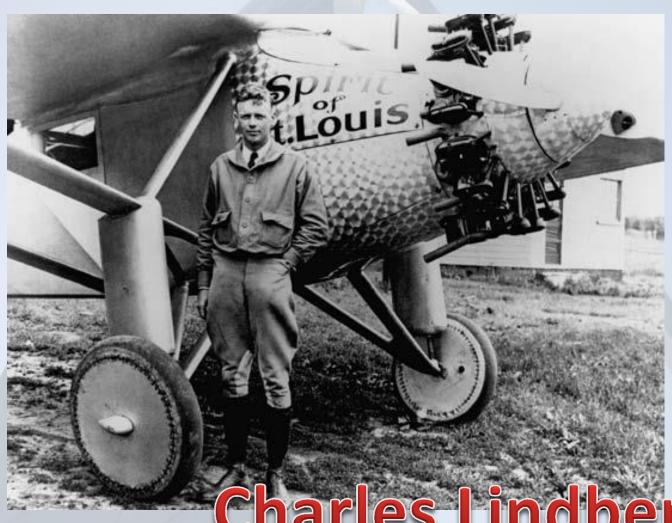


### Student Participation

- Student wellness council
- Agenda items on student council meetings
- Student surveys
- Marketing campaigns
- School wellness events



# Developing a Vision



Charles Lindbergh

# Developing a Visionary Brand







## **Employee Wellness Mission**

"The mission of the Parkway Employee Wellness Program is to support and empower employees to take responsibility for their own health - mind, body, and spirit - in order to foster more productive employees, healthier families, and the well-being of our school community."



# **Making Connections**



## Developing a Wellness Plan

- Assess needs, interests, issues
  - Student, Staff, Parent Surveys
  - Health Risk Assessment Results
  - Youth Risk Behavior Survey (YRBS)
  - Program Evaluation Data
- Identify School and District Priorities
- Develop SMART Goals
  - Specific
  - Measurable
  - Attainable
  - Realistic
  - Timely

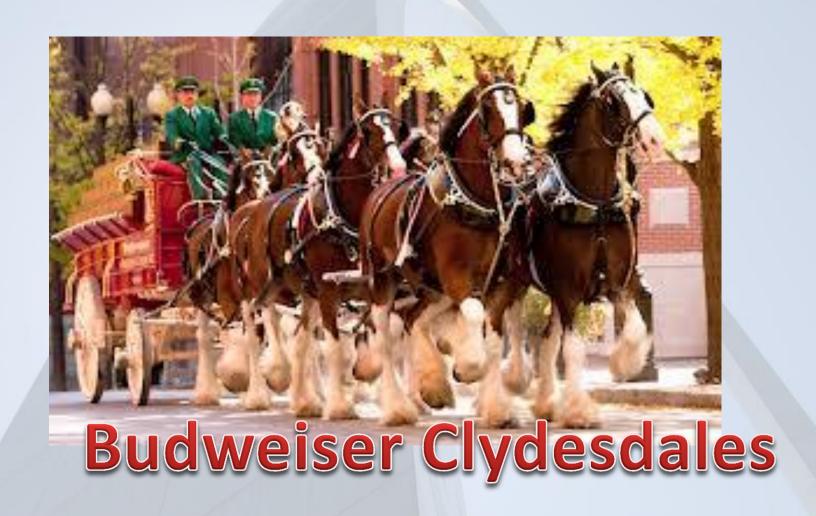
## **Employee Wellness Goals**

- 1) 90% participation annually by Parkway UHC members in biometric health screenings and Health Risk Assessment (HRA).
- 2) 70% participation annually by all district staff in at least one building/district wellness activities.
- 3) 50% increase in the number of Parkway employees that participate in recommended screenings (i.e., Pap test, Mammogram).
- 4) 100% of School Wellness Teams will be rated effective, as measured by the School Wellness Profile

# School Wellness Action Plan

Goals, Objectives and Action Steps (Student, School, Staff)
SMART Goal/Objective #1:
1
2
3
4
Evaluation & Assessment:
SMART Goal/Objective #2:
1
2
3
4
Evaluation & Assessment:
SMART Goal/Objective #3:
1
2
3
4
Evaluation & Assessment:

# Steps to Implementation



## Wellness Poll Question

How many wellness opportunities have you had at your school this school year?

- **0**
- **1-2**
- **3-4**
- **□**5 or more

# Program Implementation

- Develop action steps
- Identify and devote resources
- Implement action plan

#### Student Wellness

- School Policy Changes
- Healthy Snacks
- Brain Gym
- Fuel Up to Play 60
  - Back to Football Friday
- Walking School Bus
- Monthly Wellness Activity
- Beautification Day
- School Lunch Contest
- Read, Write, & Run





#### Staff Wellness

- District Health Fair
- Fitness Challenges
- Exercise Classes
- Fitness Centers
- Bulletin Boards & Newsletters
- Cooking & Nutrition Classes
- Weight Loss Classes
- Community Events
- Staff Development





# **Community Wellness**

- Parent Newsletter
  - Wellness Facts
- Let's Move in Parkway
- Health & Fitness Nights
- Alliance for Healthy Communities
- Preferred Family Healthcare



# **Program Evaluation**





**Chuck Berry** 

# **Wellness Evaluation Tools**

- CDC School Health Index (SHI)
- Alliance for a Healthier Generation
- WellSAT
- Action for Healthy Kids
- ASCD Healthy School Report Card
- Fuel Up to Play 60 School Wellness Investigation
- American Heart Association

#### **Effective School Wellness Criteria**

- School Policies
- Wellness Education
- Promoting & Encouraging Physical Activity
- Employee Health & Fitness
- School Lunch Participation
- Healthy Food Choices
- Wellness Planning & Coordination
- Wellness Communication

### Wellness Poll Question

How much financial support does your wellness program receive?

- **\$**0
- Less than \$100
- ☐ Less than \$1,000
- ☐ Less than \$10,000
- ☐ Less than \$100,000
- ☐ More than \$100,000

#### Concerns

- No money
- No training
- No support
- No time
- Something else
- Not related to education
- No personal benefit

#### **Wellness Partners**



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#### **External Partners**

- United Healthcare
- American Heart Association
- St. Luke's Hospital
- Midwest Dairy Council
- Play 60/St. Louis Rams

#### **Internal Partners**

- Environmental Services
- Food Services
- Alumni Association
- PTOs

#### Celebrate Success!!



2011 World Series Champs