



A Gateway to Wellness



Building a Culture of Wellness
in Our Schools



Today's Presenters

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Health Teacher & School Wellness Leader

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Health/PE Teacher & School Wellness Leader

Welcome to St. Louis!



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
Health**

**Mental & Emotional
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



St. Louis Cardinals

Wellness Poll Question

How many people make up your wellness team?

1

2-4

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 assess 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



Stan Musial Bridge

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



Budweiser Clydesdales

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



Lewis & Clark

Wellness Partners

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