

Wellness Update December 11<sup>th</sup>, 2018 Gov. Board Meeting



1. The DWC has met for a total of three times so far this year with total attendance of 31, 19, & 21 people respectively at each meeting. We have three chairs represented for each facet of wellness including physical, mental (staff & students), and social wellness to encompass overall health.
2. We have reviewed JL Student Wellness and JL-RA and JL-RB and have continued to approve this policy (including change with revision to recess verbiage presented at a previous governing board meeting).
3. We have outlined the DWC wellness goals below for this year and had them finalized at the last meeting in November.

## DWC Wellness Goals 2018-2019

### *Goals for Physical Health*

1. Host the annual Top Chef competition on April 24<sup>th</sup> at Park Commons to promote healthy nutrition between our eight schools with goal attendance of 200 people. We will work with the social group on marketing and promotion.
2. Increase educational opportunities for students, staff, and parents focused around illegal substances. This will be a baseline year for this and will be measured by the number of people who attend (parents will be encouraged and students can attend per discretion of the parents). We have booked the first presentation to be featured at The Madison Center for the Arts on March 5<sup>th</sup>.
3. Create a video archive filled with links to videos on our Health & Wellness page to promote healthy eating and physical exercise for adults and students before the end of the year.
4. Achieve gold status of the Smarter Lunchroom Assessment at 50% of our cafeterias by the end of the school year, which will help encourage students to eat their meals. The Smarter Lunchroom Assessment also covers using recess as a punishment.

### *Student/Family Goals for Mental Health:*

1. Develop a list of health/wellness resources by January that students and their families can use to get support with mental health (facilities, free classes, doctor offices, videos).
2. Generate campus plans by the end of the school year from the social workers and site administrators for the sharing of information with students about stress, including presenting healthy coping skills.
3. Incorporate a social-emotional curriculum throughout the district by the end of the semester support student interactions and social-emotional wellness (ex: Second Step, five radical minutes).
4. Determine how to incorporate nutrition & physical education on all campuses by the end of the school year. This could include stretching student breaks, teachers & staff receiving training in nutrition education and mental health for their pupils, bran breaks, anti-bullying protocols, weekly PA announcements with health tips & safety, and increase education and awareness of food allergies. Food Allergy protocol is now posted on the school website under Lunch Menus.
5. Establish a baseline of staff members who model healthy food/drinking habits by collecting data in the staff survey to be sent out in the spring.

*Goals for Staff Wellness for Mental Health:*

1. Increase Participation in Wellness Challenges to 40% by the Spring Wellness Challenge.
2. Increase participation to biometric screening to 30% for the fall biometrics testing. This goal was met with a total percentage change from last year to this year to be 32.79% as of 12/6/18 (not all data has been received just yet will obtain in January).
3. Create a resource list of discounted memberships by December for January distribution to gyms/healthy products or companies.
4. Develop a district-wide survey to distribute by spring to assess current staff needs and interests in regards to wellness and develop a potential plan/calendar of events by August.
5. Identify EAP presentations to be presented once per semester, with the first one being offered in January.
6. Analyze Interactive Health data reports as a team by March (tie into survey) to identify areas of greatest need for staff, with new data reports being analyzed once available.
7. Review HAWP award requirements, set a plan to accomplish HAWP requirements by end of 2nd semester, and apply for HAWP award by end of 18-19 school year.
8. Promote involvement in the Dash/other events by creating running/training groups that all staff can participate in by January.

*Goals for Social Health*

1. Promote events and campaigns created by the physical group.
2. Creating food pantries at all schools by the end of this year if feasible.
3. Increase nutrition education with parents about Smart Snacks (a la carte school purchases) by creating and posting an infographic sheet that explains more about the Smart Snack options. This is now posted on the Health/Wellness Page.
4. Promote a “walk to school/bike to school” week to increase physical activity.
5. Help the physical group promote the Top Chef event by contacting parents, students, PTO, etc. to increase attendance of the event to be up to 200 people.