

Integrating Wellness into Your School Strategies for Success

Indiana School Health Network



Today's presenters

- Julie Burns, CEO, Jump IN for Healthy Kids
- Dr. Larry Young, Superintendent, MSD Pike Township
- Mrs. Kurt Benjamin, Assistant Principal, Pike High School
- Mrs. Kaitlyn Rose, Assistant Principal, New Augusta Public Academy
- Mr. Jonathan Dawkins, Athletic Director, Guion Creek Middle School

Today's Agenda

- Introductions
 - Pike Administrative and School Leaders
 - Jump IN for Healthy Kids
- School Wellness: the ASCD Whole Child and CDC WSCC models
- Local School Wellness Policies
- Operationalizing and sustaining school wellness work
 - Infrastructure and accountability
 - School wellness teams
 - Assessment, implementation and evaluation
- Programs, resources, and funding to support school wellness work

Learning Objectives

1. Learn how the Federal Local School Wellness Policy (LSWP) requirements under the 2010 Healthy Hunger-Free Kids Act and the WSCC model provide a framework for sustainable, effective school wellness infrastructure and plans
2. Gain knowledge on how the ASCD Whole Child Model connects to the CDC “Whole School, Whole Community, Whole Child” (WSCC) model
3. Gain Knowledge of best practice tools that are available to create long-term sustainable implementation of school wellness at both the district and school building level
4. Gain knowledge from shared real experiences of how to overcome barriers , maximize resources and celebrate success





Jump IN for Healthy Kids

Jump IN is a community-wide effort to empower kids in Central Indiana to live healthier lives! Our mission is to create healthy places, neighborhoods, and communities where families have real opportunities to make healthy choices that promote their health, vitality and well-being, including access to affordable, healthy food and meaningful opportunities to play and be active.

**4 in
10 kids**

In central Indiana are at
an unhealthy weight

**That's
221,000**

Children at a higher risk of
diabetes, heart disease
and cancer

**And a
53%**

Child obesity rate in
central Indiana by 2025
if trends continue

Tragedy of Childhood Obesity

Childhood obesity leads to adult obesity



Children with
obesity are

5x

more likely to have
obesity as adults

Adolescents with
obesity have an

80%

chance of having
obesity as adults

14.3%

of US deaths are
attributable to obesity

Research links school health practices to academic readiness and student success



Eating behaviors

- School Breakfast Program participation links to increased academic grades, standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory)
- Unhealthy diet is linked to lower grades, higher absenteeism, tardiness
- Hunger is linked to above **and** repeating a grade, inability to focus

Research links school health practices to academic readiness and student success



Eating behaviors

- School Breakfast Program participation links to increased academic grades, standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory)
- Unhealthy diet is linked to lower grades, higher absenteeism, tardiness
- Hunger is linked to above *and* repeating a grade, inability to focus

Physical activity

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior)
- Time spent in recess positively affects cognitive performance and classroom behaviors
- Classroom PA breaks are linked to improved cognitive performance, classroom behavior, and outcomes

Jump Right UP

Thanks to the Indianapolis Colts, Jump IN for Healthy Kids created [Jump Right UP](#), a partnership to improve the health of kids in central Indiana school districts.

4 Marion County Districts
(IPS, Pike, Lawrence, Warren)
85 schools
53,000 students



Current District Successes

- Pike wins AHG Bronze level award for all schools
- Developing sustainable infrastructure in IPS to support all schools
- Pike, Warren and Lawrence have completed the Program



The ASCD whole child approach to education redefines a successful learner as one that is knowledgeable, emotionally and physically healthy, civically inspired, engaged in the arts, prepared for work and economic self-sufficiency, and ready for the world beyond formal schooling.



The Whole School, Whole Community, Whole Child (WSCC) model operationalizes 10 aspects of health and well-being that are critical to supporting the whole child.

School wellness framework: Whole School, Whole Community, Whole Child model

Links to LSWP

If you address these 6 elements of the WSCC model, you will be well on your way to meeting the requirements of Federal LSWP requirements.

- Health Education
- PE & Physical Activity
- Nutrition Services
- Health Services
- Counseling & Social Services
- Social & Emotional Climate
- Physical Environment
- Employee Wellness
- Family Engagement
- Community Involvement



School wellness framework: Local School Wellness Policy

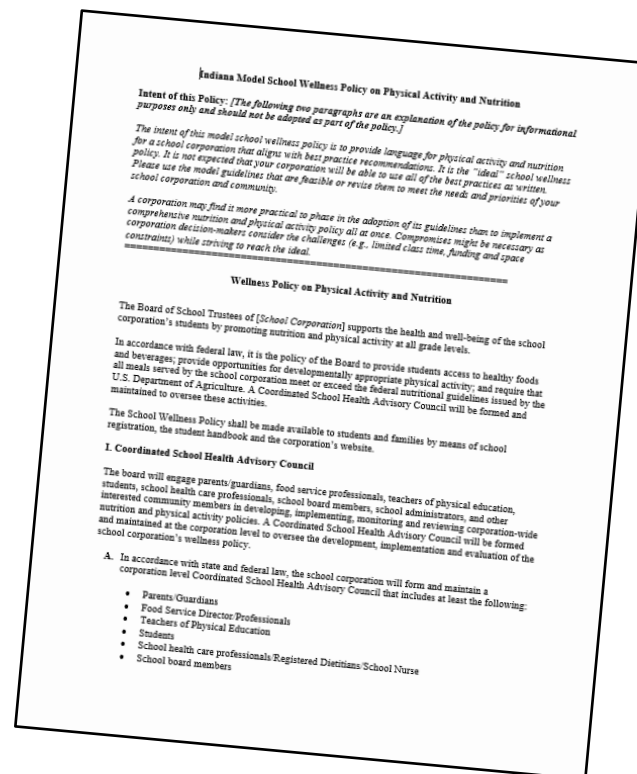
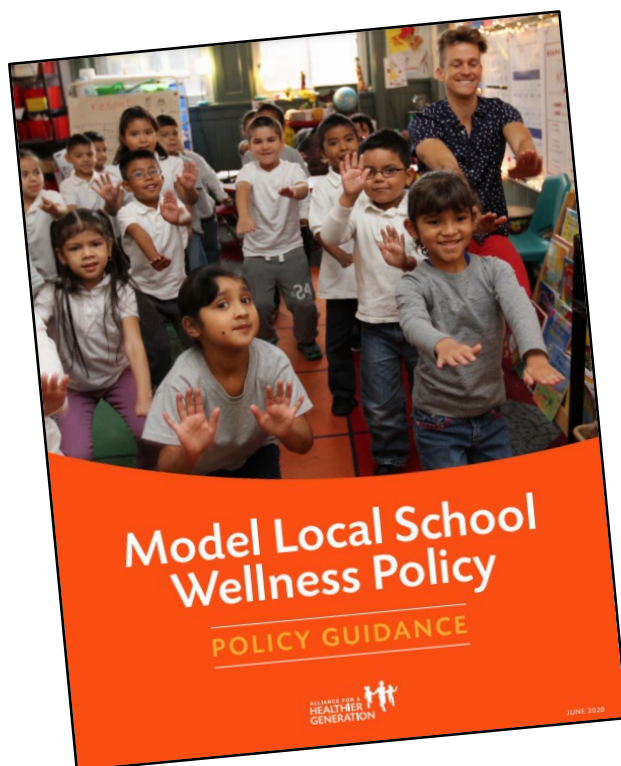
Final Rule: <http://www.fns.usda.gov/tn/local-school-wellness-policy>

- Any district receiving National School Lunch Program (NSLP) dollars; applies to all buildings
- Specific goals for nutrition promotion and education, physical activity, and other activities that promote student wellness
- Nutrition standards for **both**
 - foods and beverages ***sold*** (i.e., NSLP and Smart Snacks)
 - foods and beverages ***provided*** (e.g., parties, parents, incentives)
- Policies for marketing only foods and beverages that meet Smart Snacks
- Describe public involvement, public updates, policy leadership, and evaluation plan

Model Local School Wellness Policy

Best practices for policy development

- Alliance for a Healthier Generation
- Indiana Department of Education



Evaluation Techniques for your Wellness Policy

The Indiana State
Department of Health can
evaluate your wellness policy
using WellSAT 3.0 from
University of Connecticut.

Jenna Sperry, Child Wellness
Coordinator




JSperry@isdh.in.gov

(317) 233-7580



WellSAT: 3.0
Wellness School Assessment Tool

DISTRICT SCORECARD

 Federal Requirement  Farm to School  CSPAP

Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	
NE6	Nutrition education is integrated into other subjects beyond health education.	
NE7	Links nutrition education with the school food environment.	
NE8	Nutrition education addresses agriculture and the food system.	
Subtotal for Section 1	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p> <p>Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p>	

Section 2: Standards for USDA Child Nutrition Programs and School Meals

		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	
SM2	Addresses access to the USDA School Breakfast Program.	
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	
SM6	Specifies strategies to increase participation in school meal programs.	
SM7	Addresses the amount of "seat time" students have to eat school meals.	
SM8	Free drinking water is available during meals.	
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	
SM10	Addresses purchasing local foods for the school meals program.	
Subtotal for Section 2	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p> <p>Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.</p>	

Operationalize and sustain school wellness

Accountability infrastructure - Example 1

1. Each assistant principal (AP) is in charge of health and wellness at their specific school. Those AP's have the role responsibilities in their job description. They are then evaluated on the work within that role in their yearly evaluation with the district.
2. These AP's are the leads of their school's wellness team. The AP's job is to help guide their wellness team to address gaps, achieve goals, and also align health and wellness with other school objectives.
3. All AP's then come together with district leaders 4 times a year as part of the District Wellness Team to discuss the district goals, expectations, and report back on their schools goals and initiatives throughout the year.

Operationalize and sustain school wellness

Accountability infrastructure - Example 2

1. Add to Quality Improvement (or School Improvement) Plan. Determine best way to add School Wellness into your existing QIP/SIP process.
2. Have a key person from the School Wellness team participate in the QIP/SIP committee. There may already be someone on both or integrate Wellness Team objectives into QIP/SIP committee's charge and activities.
3. Identify key metrics to measure success of School Wellness action plans. Report on progress through QIP/SIP process and committee.

Operationalize and sustain school wellness

Sustain: School Wellness Teams

Research indicates that school buildings with wellness teams are more likely to implement wellness policies passed by school systems, and thus are an important link to putting policy into practice.

- School staff
- School nurse
- Food Service Staff
- Community Stakeholders
- Students
- Parents
- Others



Operationalize and sustain school wellness

Sustain: School Wellness Teams

School wellness initiatives can also be aligned with your school's...

- School Improvement Plan
- Multi-Tiered Systems of Support MTSS
- Student Services
- Individual Health Plan (IHP)
- Emergency Action Plan (EAP)
- Individual Education Plans (IEP)
- 504 Plans



Here is a School Wellness Team [Toolkit!](#)

Operationalize and sustain school wellness

Progress NOT Perfection

Steps to Success

1. Build Support
 - Talk to staff, students, and families
 - Start a School Wellness Team
2. Assess Your School
 - Complete the School Health Index (SHI)
 - Reassess once a year
3. Develop an Action Plan
 - SHI gaps become goals
 - Create attainable action steps
4. Explore resources
5. Take action
6. Celebrate success!



Operationalize and sustain school wellness

Assess: School Health Index

Using the latest research and best practices in children's health, the Alliance for Healthier Generation's Healthy Schools Program provides a workable, customizable framework to help you create and sustain a healthy school.



The [School Health Index](#) (SHI) should then be used to aid in assessing gaps and action planning within those WSCC model categories.

- [Policy & Environment](#)
- [Nutrition Services](#)
- [Smart Snacks](#)
- [Health & Physical Education](#)
- [Physical Activity](#)
- [Employee Wellness](#)

Assessment for Schools

For Middle School in Healthy Schools Program.

52-55 Questions
6/10 WSCC Components

Way to go!

You're 100% complete.



Nice going!

Last Update:

November 16, 2018 by Haley L




[Download the Assessment guide](#)

[Get your Assessment Results](#)

Invite a Team Member

Build your team and collaborate with others in your school.

[INVITE A TEAM MEMBER](#)

TOPIC	STATUS
Policy & Environment	
Nutrition Services	
Smart Snacks	

Operationalize and sustain school wellness

Action Planning

<https://www.healthiergeneration.org/take-action/get-help/how-to-use-the-action-plan>

Healthy Schools Program
Action Planning Chart
2018-2019 SCHOOL YEAR



SCHOOL: Click to enter school name.

DISTRICT: Click to enter district name.



CRITERIA	TASKS	LEAD	DATE	RESOURCES	EVIDENCE OF SUCCESS
Healthy Schools Program criteria to improve.	List of specific tasks needed to complete the Action Step.	Person responsible for ensuring tasks are completed.	Goal date to complete all tasks.	People, tools, support & funding to help complete tasks.	Evidence needed to demonstrate implementation of the criteria.
HPE-5 - Professional development for physical education teachers	<ol style="list-style-type: none"> Educate leaders about the need. Find online trainings and resources. Work with lead PE teacher to schedule the professional development. 	<ol style="list-style-type: none"> Haley Jonathan Julie 	9/1/2019	<ul style="list-style-type: none"> We will use the free online training for PE teachers through the Alliance for a Healthier Generation. Need support from school leaders and PE department. 	Evidence Needed: <ul style="list-style-type: none"> Specific information on what was taught during the professional development. Dates and times of training List of PE teachers who attended and completed training

Convenient School Health Status Report

Reporting

Assessment for Schools report for .

Download or print this report: [XLS](#) | [CSV](#) | [Print](#)

Policy & Environment

50%		30%	20%
QUESTION		STATUS	
PO-1	Representative school health committee or team	Under development	
PO-2	Written school health and safety policies	Fully in place	
PO-3	Local school wellness policy	Partially in place	
PO-4	School start times	Fully in place	
PO-5	Health services provided by a full-time school nurse	Fully in place	

Operationalize and sustain school wellness

Celebrate success

You've completed your SHI, you've created your action plan, put together a school wellness team, and implemented as many best practices as you could.

Now it's time to evaluate your progress.

- **Retake/update your SHI once per year.**
- Discuss the changes year to year with your wellness team and leaders.
- Ask your school and district leaders to add wellness into all other school evaluations.
- **Celebrate success with your school community and district leaders!**



Programs, Resources, Funding

What resources do you already have?

- Are there staff members with hidden talents or skills?
- What programs is your school already a part of and how could you add wellness?
- What events or fundraisers does your school have? Could you add health and wellness aspects?
- What student clubs could you introduce wellness ?
- Does your school have space for a garden or to host a fitness night?



Programs, Resources, Funding

Your school may need...

- Funding
- Leader and district support
- Technical assistance
- Additional supplies

Key resources

- [Jump IN Resources \(symboloo.com\)](http://symboloo.com)
- [CDC Virtual Healthy School](http://www.cdc.gov/healthyschools)



Programs, Resources, Funding

Funding

Every Student Succeeds Act (ESSA)

<https://www.doe.in.gov/grants/title-iv>

- Title IV Part A: Student Support and Academic Enhancement (SSAE) grants
- Funds are allocated using Title I funding formula
- Must use at least 20% of these funds on efforts to improve mental and behavioral health, school climate, or school safety
- Wellness policies are included in this funding
- Social and Emotional Climate and Counseling, Psychological and Social Services
 - Portions of the WSSC model are also covered under this funding

How can you connect with the Jump Right Up program?

- Contact Julie Burns at Julie.Burns@jumpinhealth.org
- Services vary based on State locale
- Access all school-based tools on our site at:
<https://www.jumpinforhealthykids.org/resources-listing>

Thank You

