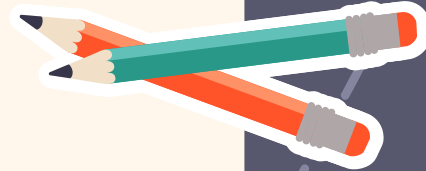


Getting Intentional About School Wellness: Creating a School Health Coordinator Position

Andrew Bartolacci, Lisa Greathouse,
Annie Noble, Meagan Shipley, & Jamie Walker



Learning Outcomes

By the end of the session, participants will:

- Demonstrate how a dedicated role can expand impact on school wellness
- List funding streams and partnerships that may be available in their communities
- Identify strategies for overcoming challenges and optimizing success



Who's in the Room?

Menti:



Live
Results

Introductions

Andrew Bartolacci - Marion
 Annie Noble - Vigo
 Lisa Greathouse - Monroe
 Meagan Shipley - Lawrence
 Jamie Walker - Orange

Also represented:

- Allen - Ft. Wayne Community Schools
- Bartholomew Consolidated School Corporation
- Morgan County



Funding & Infrastructure for Position

SCR: Morgan, Monroe, Lawrence, and Orange

Funded by the
Community
(& grants)



Employed by
the hospital



Serve the
area's public
school systems



Funding & Infrastructure for Position

Vigo County School Corporation

Funded by: Union Hospital with intention of gaining other community stakeholders and grant funds in near future

Employed by: Union Hospital

Team: 4 employees

- 1 Director
- 1 Mental Health Navigator
- 1 Physical Activity Navigator
- 1 Nutrition Navigator





Funding & Infrastructure for Position

Ft. Wayne Community Schools

Gina Dundon, BSN, MHA

Funded by Ft. Wayne Community Schools; half is with the general fund and half is with health benefits funds.

Employed by: Ft. Wayne Community Schools

Time allocation: 50% staff and 50% student wellness



Funding & Infrastructure for Position

Bartholomew Consolidated School Corporation

Director of Wellness

- *Funded by funding from recent referendum*
- *Employed by school corporation*

Part of BCSC's strategic plan is to "Meet physical, social, & psychological needs of students and staff" and this role is to help specifically with this part of the strategic plan

Funding & Infrastructure for Position

Indianapolis Public Schools

Funded by: General Funding

Employed by: Indianapolis Public Schools

Serve: IPS District 46 schools Pre-K12 Buildings

District Coordinator for:

- Physical Education/Health teachers
- Strength & Conditioning Teachers
- Adapted Physical Education
- District Wellness Lead

All Schools have a Lead Wellness Coordinator

- Funded by Title money
- MOU for Lead Wellness and schools are accountable for goals in PA and Nutrition
- Professional Development days geared towards WSCC Model and training 5 days a year
- Schools are held accountable to the District Wellness Policy

WSCC Model

- Student-centered
- Emphasizes the role of the community in supporting the school
- The connections between health and academic achievement
- The importance of evidence-based school policies and practices





Benefits of Having a Dedicated Role

1. **Time dedicated to health & wellness**
 - Prioritizes health & wellness
 - Makes sure health is apart of the conversation
2. **Direct contact person**
 - Allows for streamlined communication
 - Vetting process for programs
3. **Aware of community / partnership opportunities**
 - Work as a liaison between school and community
 - Attend middle of the day meetings
 - Help bridge the gap between community partnerships
 - Leverage community assets and resources



Benefits of Having a Dedicated Role

4. Able to look at the “Big Picture”

- Make connections between academic goals and health outcomes
- Provide holistic approach

5. Informed on health & wellness

- Related requirements and codes (compliance)
- Connection to state and national organizations (beyond local involvement)

○



General Funding Considerations

- Hospital systems
- Community Foundations
- Title IV, Part A
- Corporate businesses in community
- Universities/college/higher ed

****Think about who has similar mission/goals for student achievement***

Grants:

Helps with sustainability

Program-specific needs

Expand capacity & impact

Partnerships

- Faith-based
- Purdue Extension
- Universities
- United Way
- Coalitions
- Health Department
- Police Department
- Fire Department
- Local Entrepreneurs



Barriers

- **Time**
 - Red tape in public education
 - Everything moves slowly
 - Saying yes to everything may not be in your best interest
- **Engagement of administration**
 - Communication (or lack thereof)
 - Lack of priorities
 - Loss of learning = COVID 19 impact
 - Introduction to staff & other wellness champions



Barriers

- **Staffing**
 - Stress & burnout
 - Being mindful about paying/incentivizing teachers
 - Staff turnover
 - Political climate
- **Grant opportunities**
- **Service area**





Strategies for Overcoming Barriers

- **Administrative**

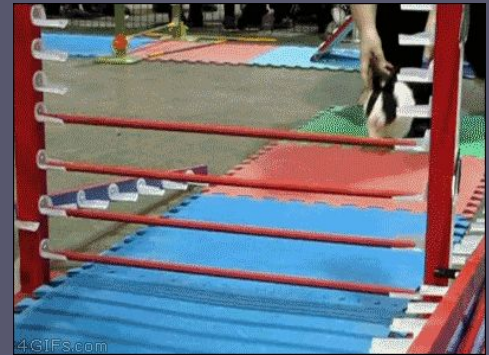
- Set expectations and reporting/communication structure early on (MOU)
- Set up recurring meetings with school personnel
- Research is a key to Administrative listening

- **Be in the know**

- Integrate self into already established groups/meetings
- Who is already doing the work?
- Gather multiple perspectives on issues

Strategies for Overcoming Barriers

- **Relationships are crucial**
 - Connect with PTO/PTA
 - Listen to staff/community at all levels for their needs/desires
 - Find wellness champions
 - Find a network/community doing similar work
- **Plan ahead** → school calendar is finalized/approved EARLY!
- **Share successes** publicly and celebrate small wins along the way



Successes

Monroe: Sex Ed for All Learners

- Coordinator oversees sexual health education
- Provides professional development for staff
- Created animated videos for online learning
- UDL approach and created adaptable curriculum for students with intellectual and developmental disabilities

Lawrence: Comprehensive Tobacco Policy

- Selected vaping prevention curriculum *together*
- Provided PD for teachers
- Drafted letter home for parents/families
- Connected external agencies for supplemental programming



Successes

Allen: Tower Gardens across schools

- Grant funding from local organizations and state agencies allowed FWCS to purchase 52 tower gardens
- Increase in grant funding is allowing us to purchase 33 more
- Integrating science, ag, and nutrition education along the way

Bartholomew: Dedicated time to offer PD on teacher wellness

- Created wellness summit at district level for PD day
- Secured 59 presenters to focus on 8 dimensions of wellness
- Featured speaker: Marc Brackett (*Permission to Feel*)



Successes

Vigo:

- Buy-in from school corporation – leading school wellness policy committee
- Family Engagement Events
- Aquaponic Program
- Move Crew/Run Clubs



Orange: Expansion of the Team Peace Resiliency program in $\frac{2}{3}$ county schools

- Serve over 800 students
- Teach mindfulness and regulation through yoga and brain science
- Increased grant funding for the program so minimal cost to schools

Successes

Indianapolis Public Schools

- Recess for all students 20-30 minutes
- SMART SNACK implementation for all schools
- ESER Funding- \$1.9 Million
 - Safety Campaign
 - Enrichment programs to engage in more physical activity
- Health Education for all K-12 buildings
- Professional Development for all teachers





Financial Impact



South Central Region

Grants

Written, secured, for school health promotion, programs, salaries, etc.

Budget

Using own funds within budget towards school efforts

External \$

Partnerships, financial gifts brought to the schools from external entity

Donations

Financial breakdown of donated services, goods, materials, equipment

\$625,727



Grants

\$13,313

Budget

\$61,734

External \$

\$82,871

Donations

Vigo & others

Grants

Written, secured, for school health promotion, programs, salaries, etc.

Donations

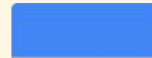
Financial breakdown of donated services, goods, materials, equipment

\$133,640



Grants

\$4,700



Donations

Allen County

Grants

Written, secured, for school health promotion, programs, salaries, etc.

Donations

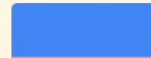
Financial breakdown of donated services, goods, materials, equipment

\$132,270



Grants

\$6,865



Donations

Marion County

Grants

Written, secured, for school health promotion, programs, supplies, professional development, etc.

\$1.9 Million+



Grants

Where to Get Started?

- Administration
- Community members
- School board
- Hospital endowment
- State funding → “school liaison” (public health departments)
- Staff
- Students



Questions? Contact Us:

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