

End Of Year Report 2018-2019

Jeffco Healthy Schools

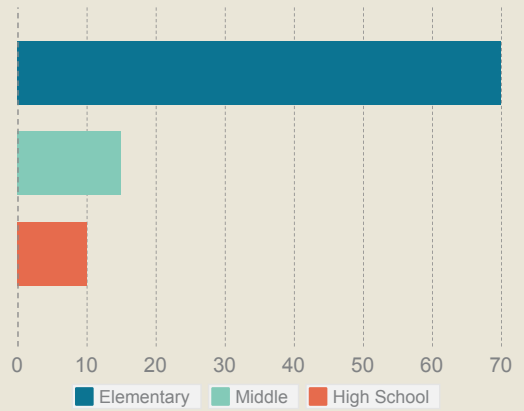
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WHAT WE DO

- Support implementation of wellness goals in schools
- District Health Advisory Council (DHAC) and Wellness Policy oversight
- Provide Professional Learning and funding in areas related to wellness
- Collaborate with community partners to support schools

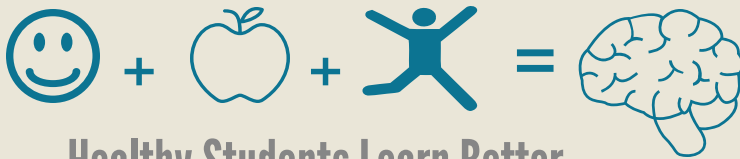
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SCHOOLS INVOLVED 2018-19



3

WHY HEALTHY SCHOOLS?



Healthy Students Learn Better

Schools With Healthy School Teams

Find out how your school is involved! Or start a new team!
Funding available yearly

4

2018-2019 HEALTH GOALS SUPPORTED

33
Nutrition & Healthy Celebrations

53
Staff Wellness

18
Active Recess

54
Mindfulness & Social Emotional Health

14
Water Filling Stations

23
Active Classroom

TOTAL REACHED 2018-2019 =

25,000 + Students

3,000 + Staff

97 Schools

A study by Active Living Research shows after 20 minutes of physical activity students test better in reading and math.

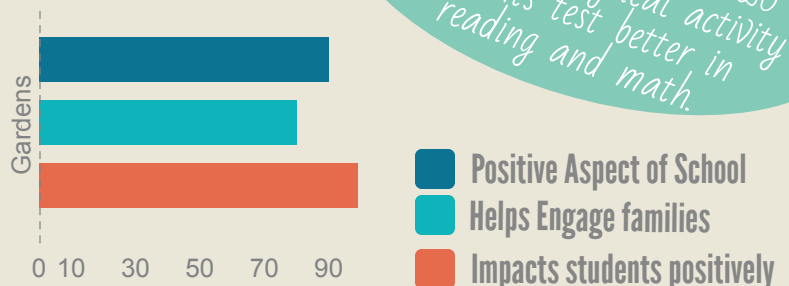
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SCHOOL GARDENS

School Gardens
45

Students Impacted by gardens

~4,000



6 JEFFCO WELLNESS POLICY (ADF)



- ★ Sexual Health Education required to comply with state law.
- ★ Birthdays should be celebrated with non-food celebrations
- ★ Support the social/emotional wellness of students.
- ★ Required elementary minutes
- ★ Prohibit any tobacco product use or possession
- ★ Prohibit food as rewards
- ★ Positive climate and culture - inclusive & safe for students, families and staff
- ★ High School Graduation PE/Health Requirement
- ★ Classroom parties should have 1/2 healthy foods
- ★ Prohibit Withholding of Recess or PE

The foods we share can teach students about nutrition and balance.

Wellness Policy How- Tos ★ FIND THEM AT: [Tinyurl.com/JeffcoHS](https://tinyurl.com/JeffcoHS)

- Step by Step Guidelines
- Implementation Resources
- Classroom Examples

7 QUICK TIPS FOR A HEALTHY CLASSROOM

- Offer regular physical activity and movement breaks
- Incorporate mindfulness and community building activities
- Follow healthy birthday and healthy celebration policies
- Align with the work of the school's Social- Emotional Learning Specialist (SELS)
- Provide students access to water throughout the day
- Find ways to take the learning outside (garden, walking discussions, etc.)

*New Recess Guidelines:
TWO periods of recess daily for elementary students*

MANY MORE TIPS @ tinyurl.com/JeffcoHS

8 STAFF WELLBEING



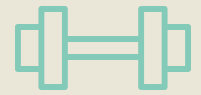
Run with Jeffco! Over 30 teams ran in the marathon this year.

Colfax Marathon



Shares of WT Acres Farm produce were delivered to the Ed Center weekly over the summer.

Warren Tech CSA



Local wellness clubs and businesses provide discounts for Jeffco staff

Discount Program

9 CONTACT US

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