End Of Year Report 2018-2019
Jeffco Healthy Schools

1. 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

2. SCHOOLS INVOLVED 2018-19
   - Schools With Healthy School Teams
   - Find out how your school is involved! Or start a new team!
   - Funding available yearly

3. WHY HEALTHY SCHOOLS?
   - Healthy Students Learn Better

4. 2018-2019 HEALTH GOALS SUPPORTED
   - Nutrition & Healthy Celebrations: 33
   - Staff Wellness: 53
   - Active Recess: 18
   - Mindfulness & Social Emotional Health: 54
   - Water Filling Stations: 14
   - Active Classroom: 23

5. SCHOOL GARDENS
   - Students Impacted by gardens: ~4,000
   - School Gardens: 45

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

MANY MORE TIPS @ tinyurl.com/JeffcoHS

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