

#### What We DO

- Support implementing wellness in schools 1.
- Wellness Policy, District & Student Health Advisory 2. Councils (DHAC & SHAC)
- 3. Professional Learning around school wellness
- 4. Collaborate with community partners to support schools, including funding for schools

# The Healthy Schools SYSTEM

Leading the Work in Schools



Healthy Schools Staff (~1.5 FTE)

Healthy Schools Liaisons (~140)

Healthy Schools Teams (~65)

"We love healthy schools. I love being on the committee that makes healthy positive changes at our school." 24,761

Students reached by Healthy Schools Teams

ig Policy Change

**Policy** 

New nutrition standards are now in place for foods offered to students during the school day, including rewards and celebrations.

# Policy Input

Survey Respondents: 1150

Most said offer at least half healthy options for foods given to students

of Schools Represented

# **Student Health Advisory Council**

"SHAC changes lives. ...the lives of the Jeffco students and of SHAC members themselves."

Jeffco High school students have participated to give young people a voice in, and to impact health.



School staff and parents attend Healthy Schools trainings annually

"The networking and sharing [at the Healthy Schools Trainings] is so valuable to all of us—we love to hear what is working at other schools"

**School Gardens** 

Gardens, community gardens and greenhouses

# tiatives & Successes

### Active Classroom Design and All School Movement

24 schools funded

Schools funded for All School Movement

Additional minutes of physical activity offered per day



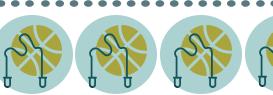
Schools using Active Classroom Design

Strongly Agreed/Agreed that students were more engaged in their learning

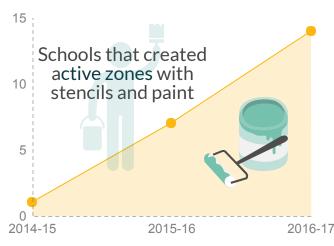
> Active classroom design increases engagement and attentiveness to task"

### Active Recess and Spaces

Community Gardens School Gardens



4 trainings to increase activity at recess

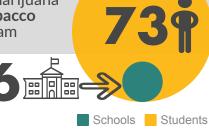


# **Water Filling Stations**



### Tobacco Programs

Supporting students to quit tobacco, vaping and marijuana with the **N-O-T tobacco** cessation program





Schools implementing mindfulness as a building-wide initiative



**Parents** 

People trained in conjunction with Jeffco School's Employee Assistance Program and the Healthy Schools Team

Students reached

PUBLIC SCHOOLS Healthy Schools

consuming a lot more water!"

Learn more: www.tinyurl.com/jeffcohealthyschools