

# HEALTHY SCHOOLS

## 2018 Report

### What We DO

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

### Why Healthy Schools?



Thank you for this program – it is one that leaves participants inspired and empowered.

### Wellness Policy Implementation & Measurement

In accordance with Federal Rule, Jeffco Public Schools implements a Local Wellness Policy. This report shares policy assessment results from schools across the district.



119 schools completed the wellness policy assessment

Healthy Schools Workshops Annually **2**

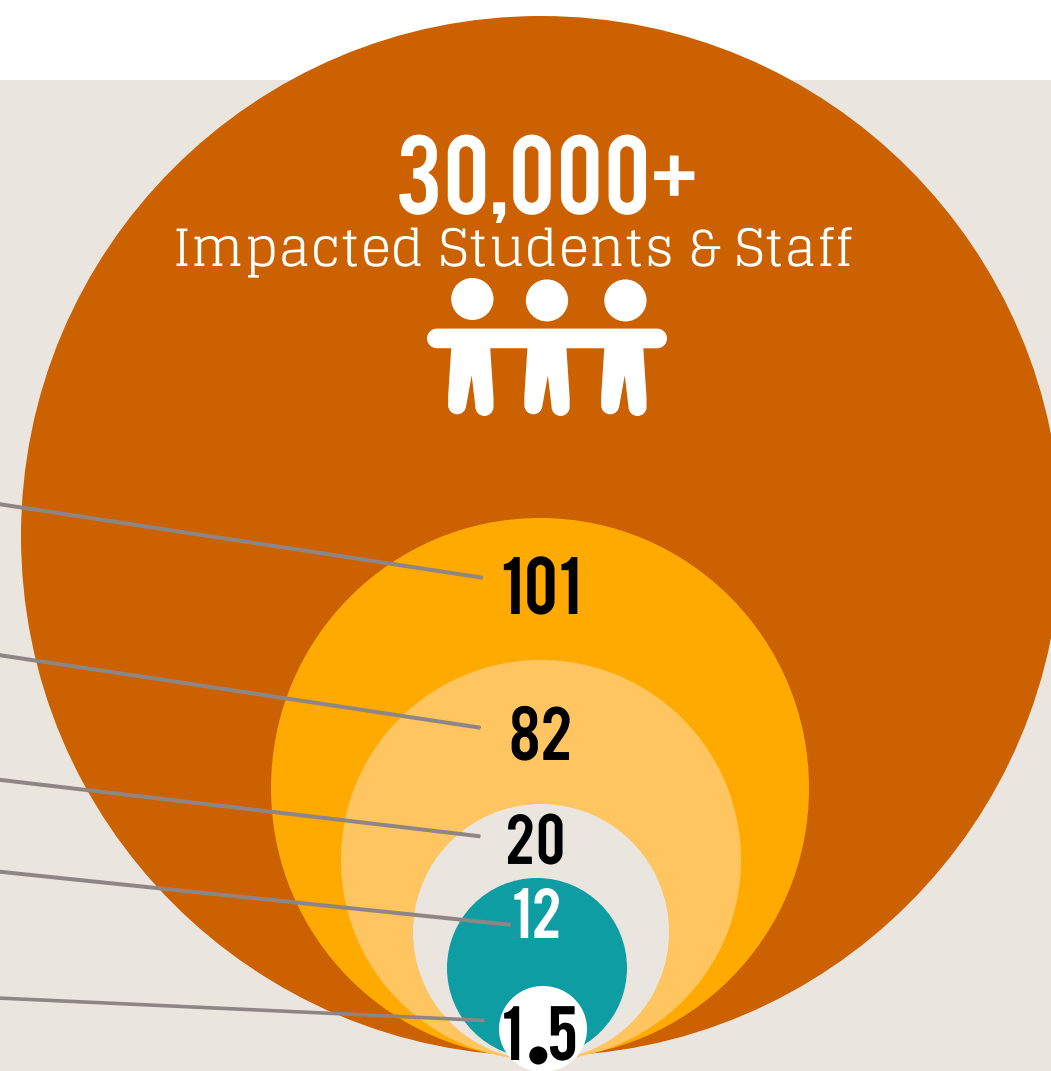
Healthy Schools Liaisons

Healthy Schools Teams

DHAC Members

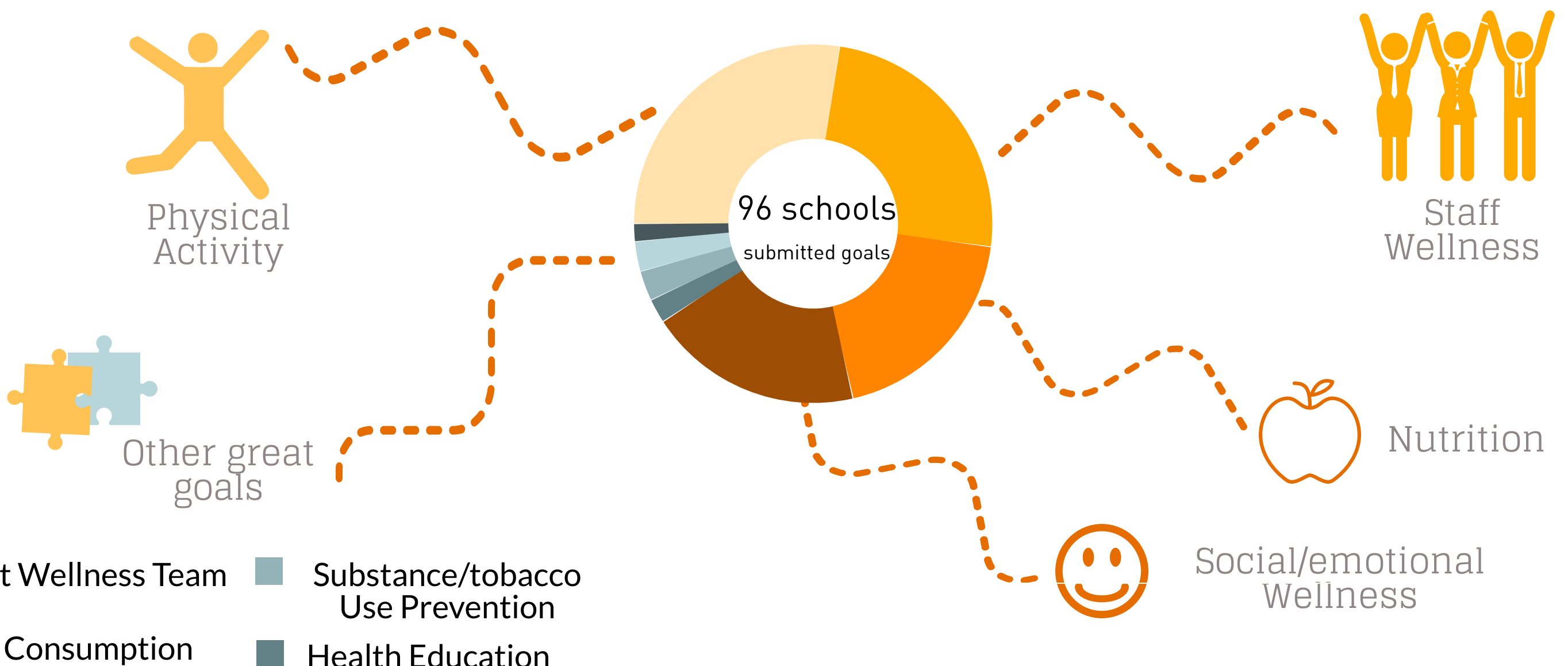
SHAC Students

Healthy Schools Coordinators



# The System

## School Wellness Goals



# NUTRITION POLICY & ENVIRONMENT

## District Policy Goal 1:

Jeffco will promote healthy dietary habits contributing to students' health and academic performance by providing schools with nutrition education resources and supporting implementation of nutrition standards in schools.

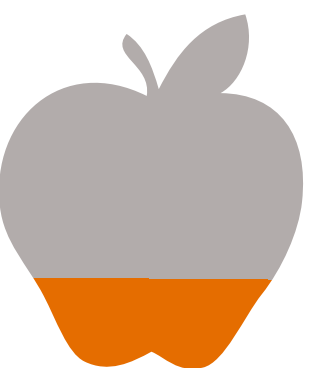
SCHOOL ENVIRONMENT



Used attractive displays for fruits and vegetables in the cafeteria



Placed fruits and vegetables near the cafeteria cashier, where they are easy to access

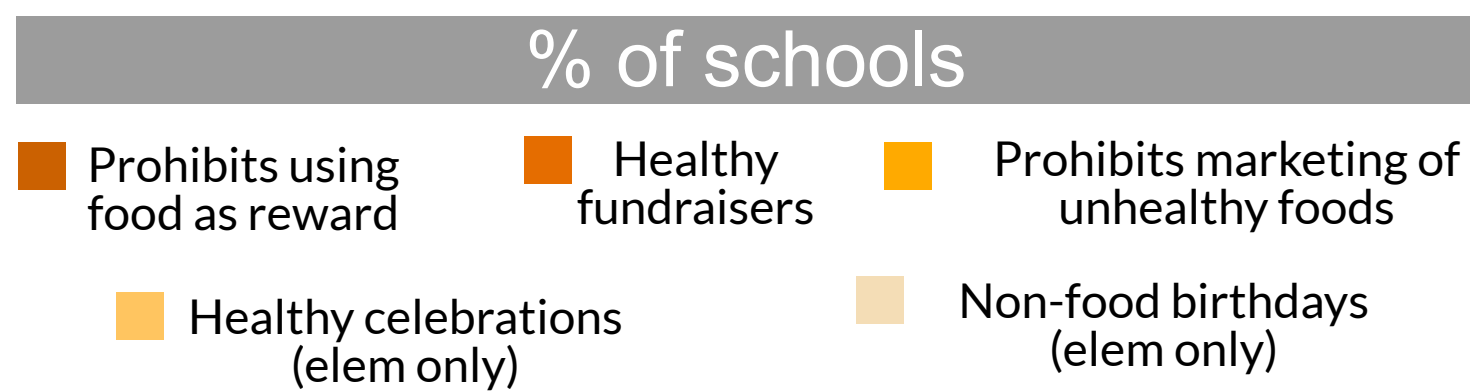
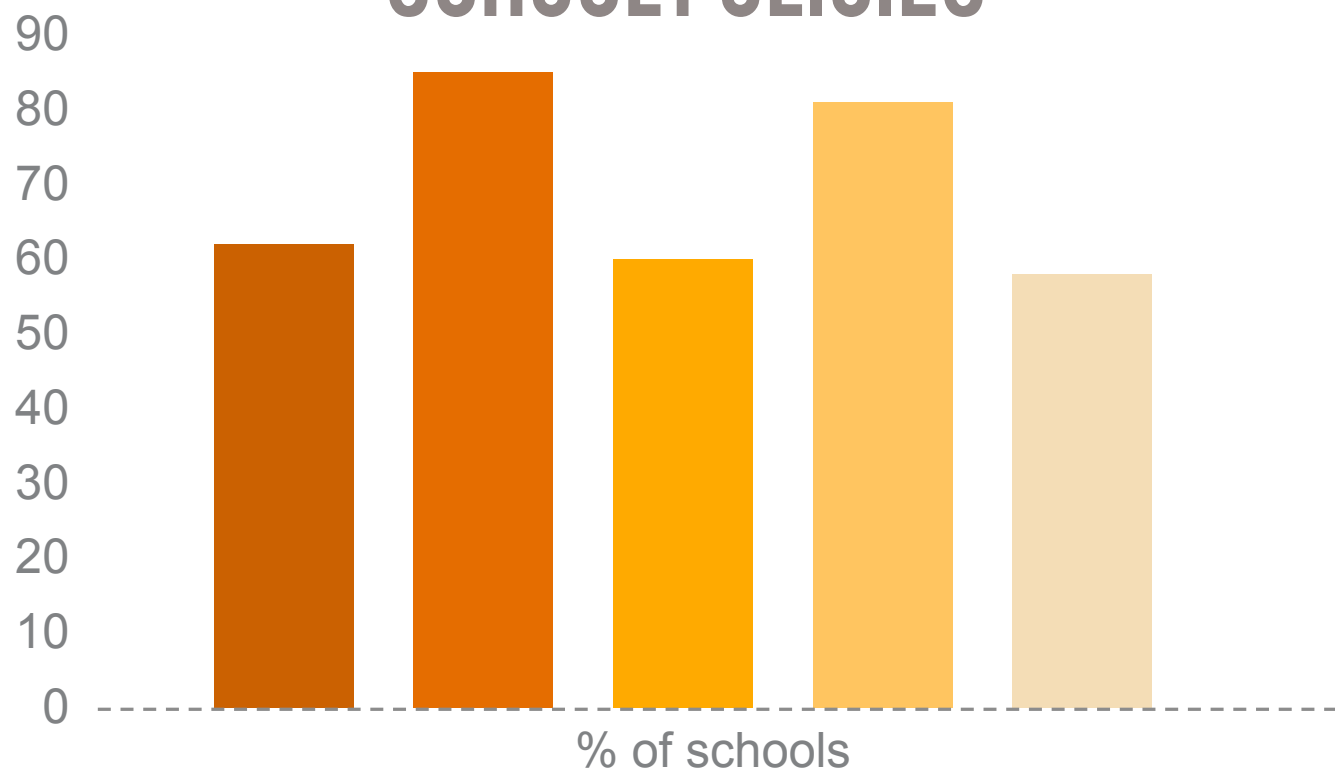


Labeled healthy foods with appealing names

■ No  
■ Yes



## SCHOOL POLICIES



# Physical Activity

## Policies & Practices

## District Policy Goal 2:

Jeffco will provide opportunities for students to engage in daily physical activity and provide regular instructional physical education.

Physical activity/movement breaks in classrooms



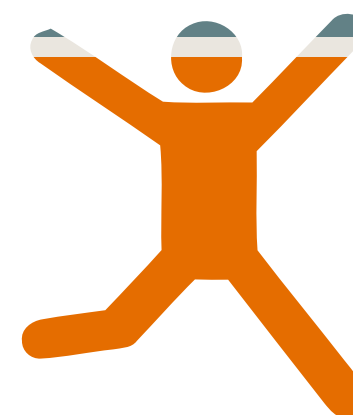
■ All or most (73%)  
■ Some (18%)  
■ Few (9%)

Policy that prohibits taking away recess for misbehavior or lost instructional time

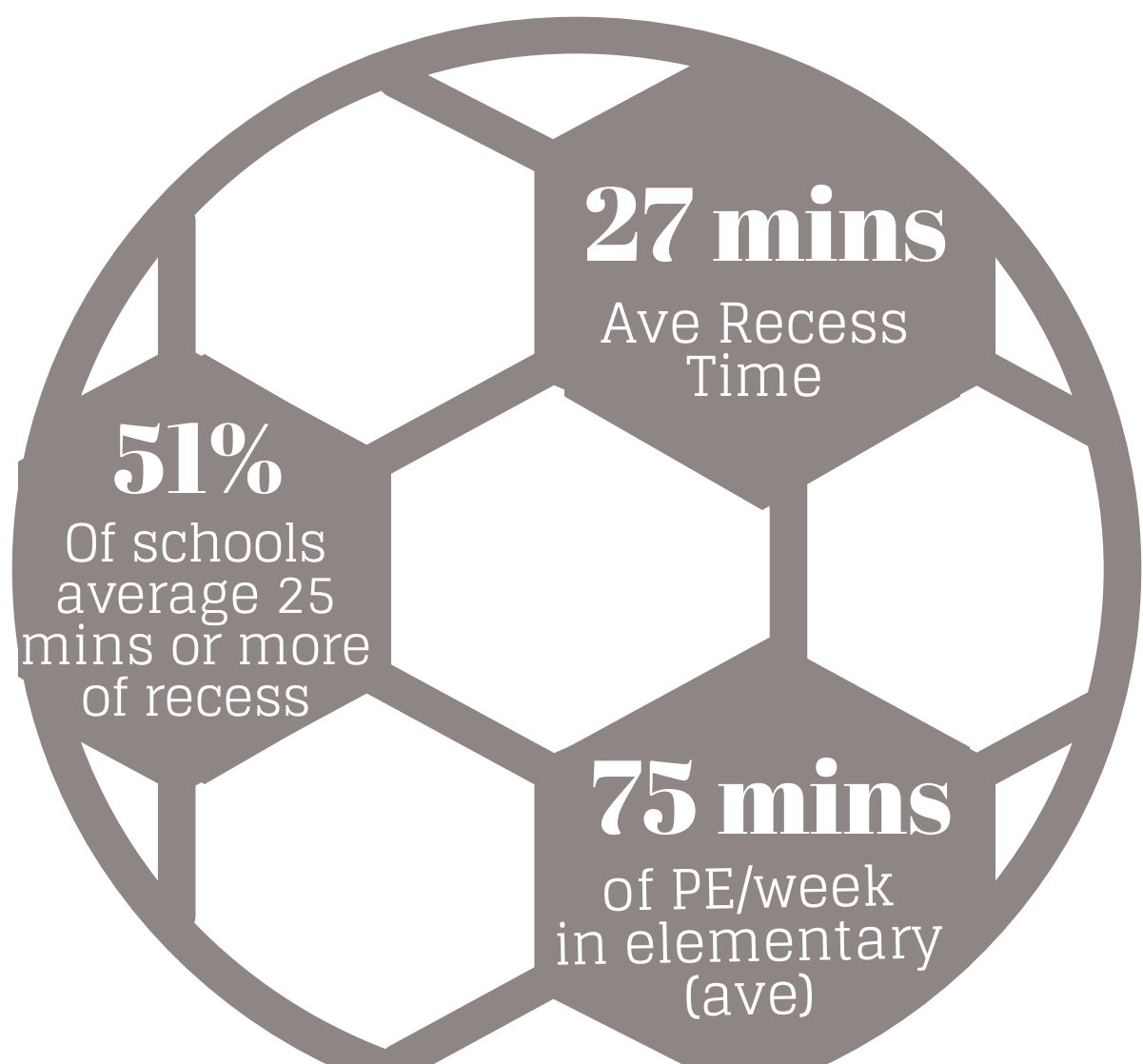


■ Yes (25%)  
■ No (74%)  
■ NA (1%)

Before or after school physical activity



■ Yes (89%)  
■ No (5%)  
■ N/A (6%)



13 Active Recess Kits Distributed

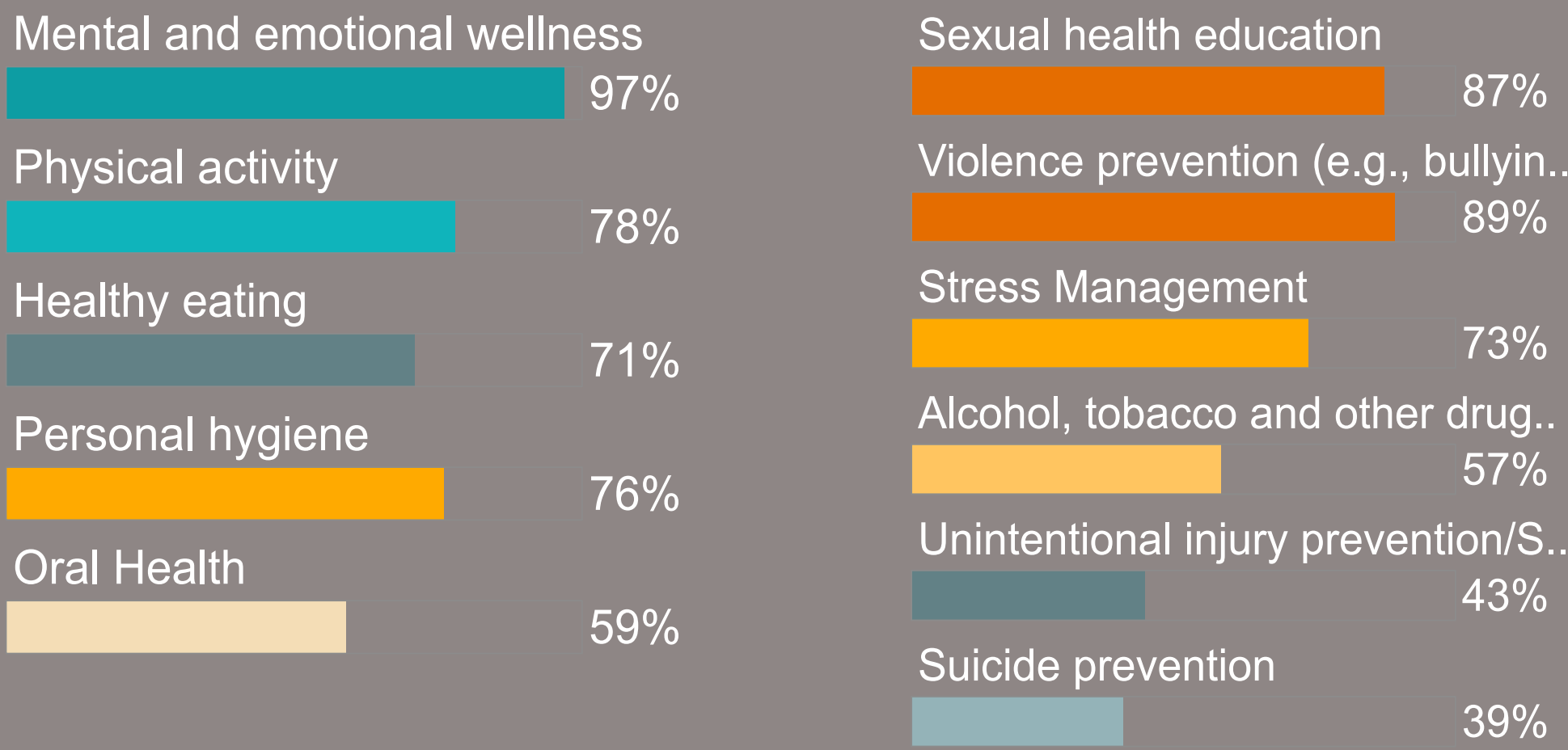
10 Active Classroom Kits Distributed

10,700 Students Reached

# District Policy Goal 3

Jeffco will provide guidelines to promote social, emotional and physical health and support lifelong wellness behaviors for both students and staff.

## Elementary Health Education Topics



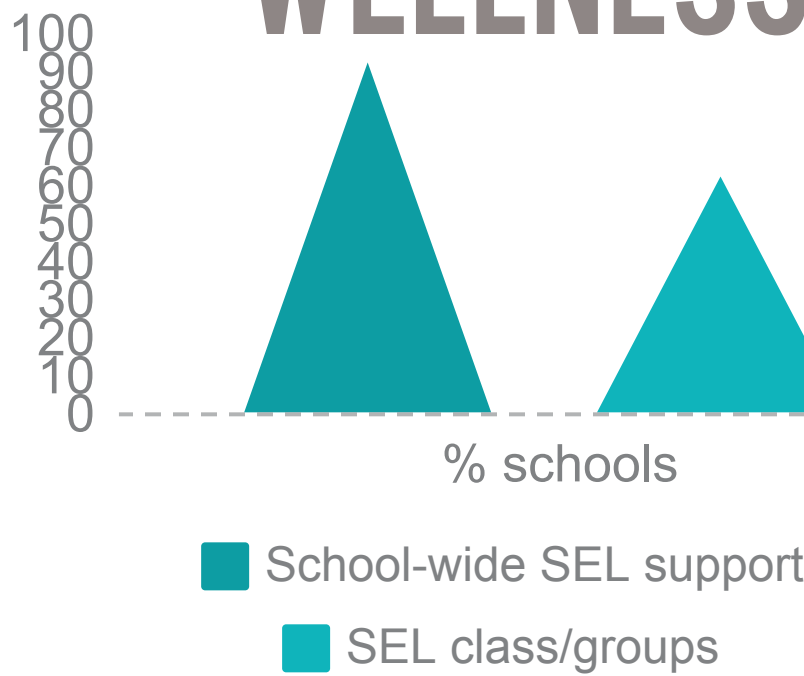
# Health Education



~350 NUMBER OF PEOPLE TRAINED ON JUULS/ECIGS

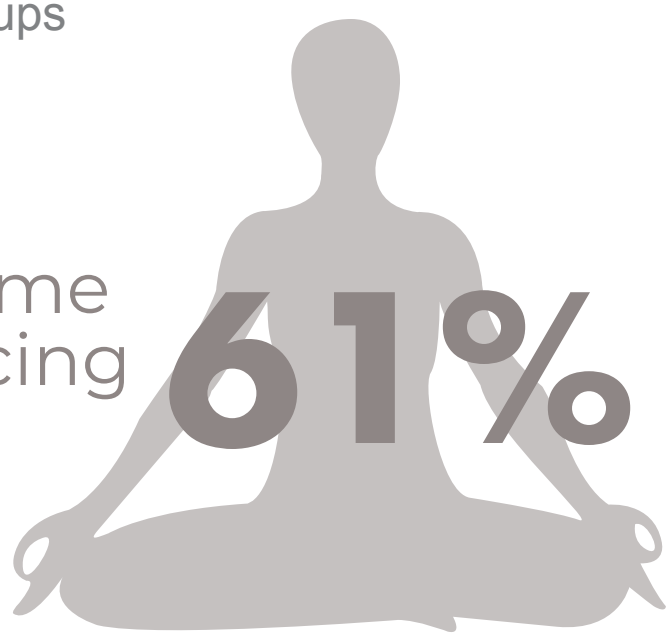
Schools running Not On Tobacco (NOT) groups 9

## SOCIAL EMOTIONAL WELLNESS

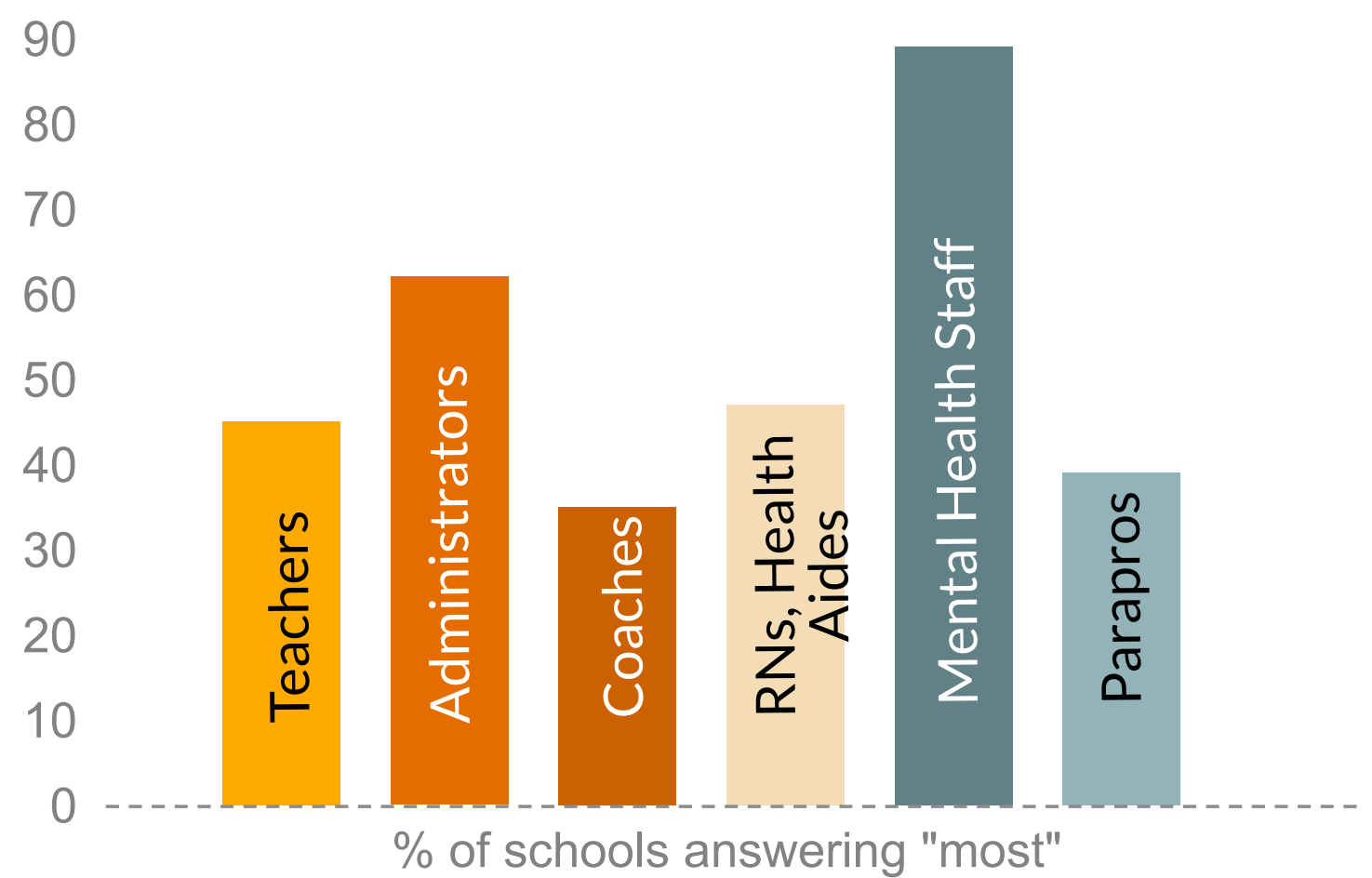


### MINDFULNESS

of schools have some classrooms practicing mindfulness with students



Staff training on how to identify and support students with social, emotional, & behavioral health needs



# Wellness Staff



- Communicate employee wellness as a priority
- Support staff wellness participation
- Allow staff meeting time to promote employee wellness

34+

Jeffco Teams in Colfax Marathon Relay (that's 170+ staff)

2nd

Annual Staff Wellness Retreat

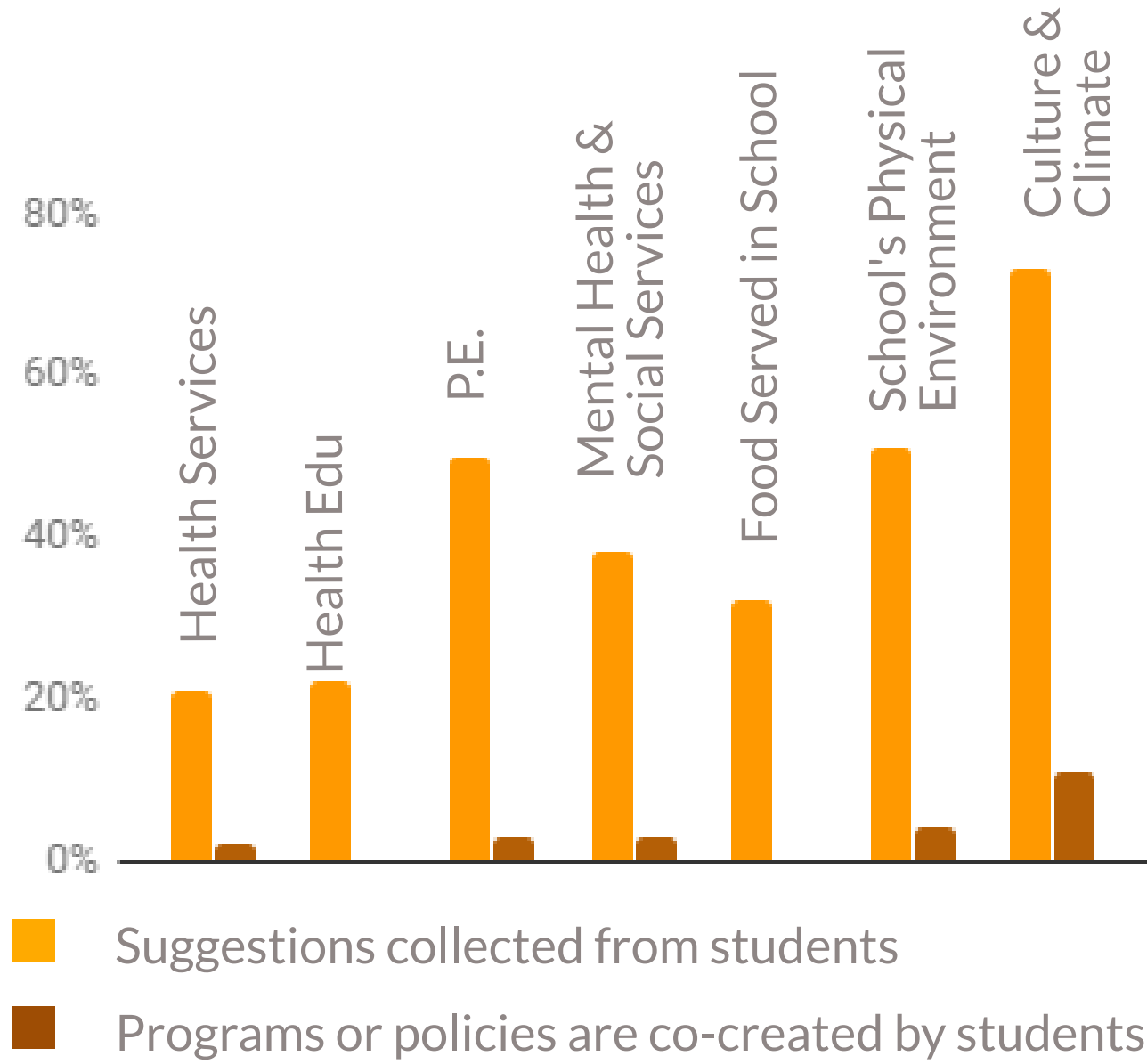
"So grateful that the district I work for supports holistic health and the health of its staff by offering a wellness retreat..."



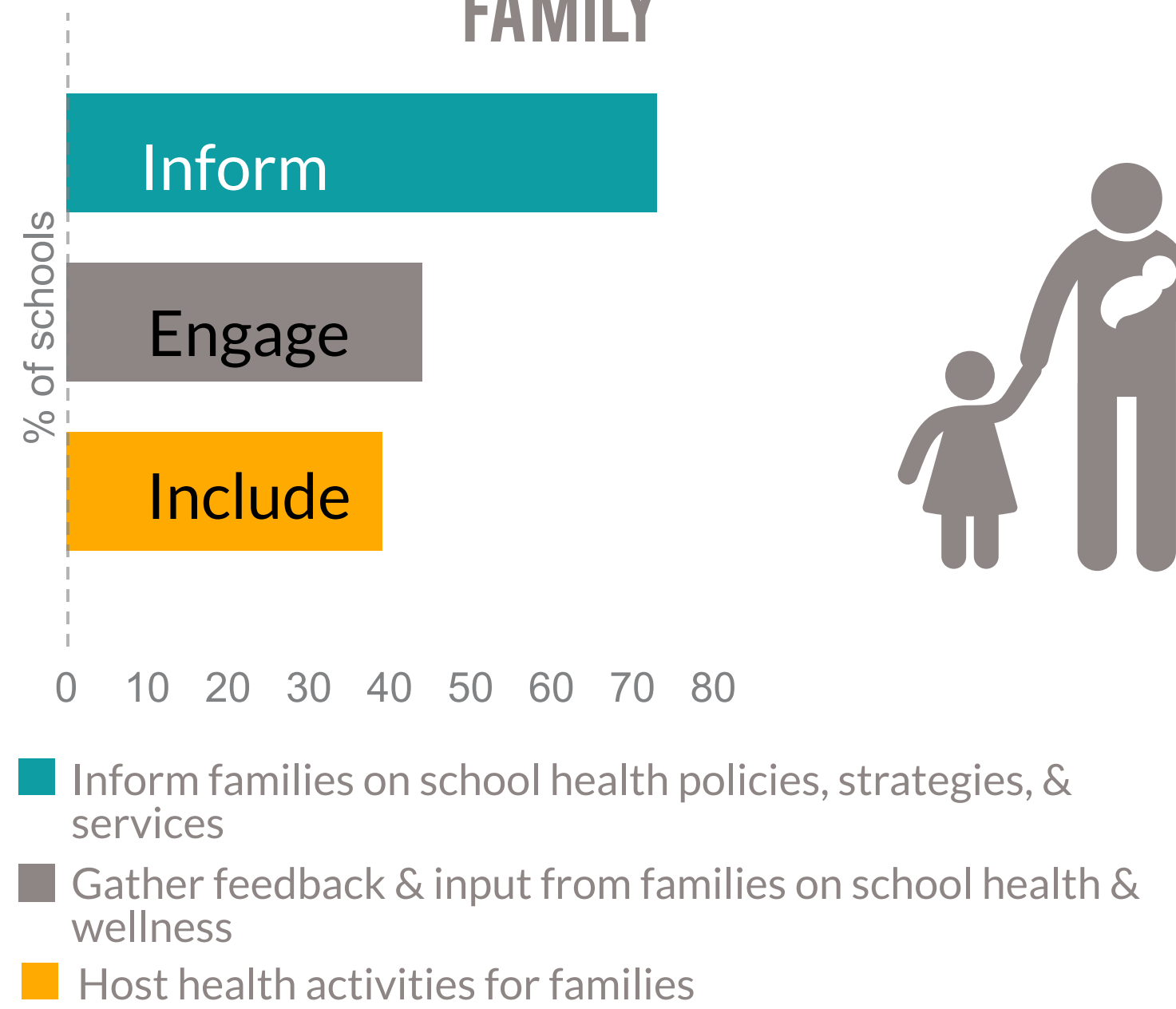


# STUDENT & FAMILY ENGAGEMENT

## STUDENT



## FAMILY



## Student Health Advisory Council

**12**  
High School Students

**2**  
Goals  
1. Give students a voice in health  
2. Impact health of peers

"SHAC changes lives"  
Of the nine clubs and activities I'm in, SHAC is by far my favorite.

**CURRENT INITIATIVE** Investigate mental health disparities, give voice to marginalized populations, and highlight actionable ideas for schools to increase supports for all students.

## School Climate

**66%**

Of schools encourage staff to attend professional development on safe and supportive school environments for all students



**~70%**

Of schools provide information to staff, families and students about prevention of, and response to bullying

- Instructional materials reflect and teach student diversity
- Implement culturally responsive teaching
- Student-led club to create a safe and welcoming environment for all youth, regardless of sexual orientation or gender identity (e.g., student voice, gay/straight alliances)