Jeffco Public Schools

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?

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.

The System

Healthy Schools Workshops Annually

Healthy Schools Liaisons

Healthy Schools Teams

DHAC Members

SHAC Students

Healthy Schools Coordinators

30,000+ Impacted Students & Staff

82
101
12
20
1.5

School Wellness Goals

- Physical Activity
- Staff Wellness
- Nutrition
- Social/emotional Wellness

Other great goals

96 schools submitted goals

Student Wellness Team
Substance/tobacco Use Prevention
Water Consumption
Health Education

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Nutrition Policy & 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

School Environment

- Active Recess Kits Distributed
- Active Classroom Kits Distributed
- Students Reached

Physical Activity

- 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%)

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.

27 mins
Ave Recess Time

51%
Of schools average 25 mins or more of recess

75 mins
of PE/week in elementary (ave)

District Policy Goal 2:
Jeffco will provide opportunities for students to engage in daily physical activity and provide regular instructional physical education.

- 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

School Gardens

- % of schools
- Healthy fundraisers
- Prohibits marketing of unhealthy foods
- Non-food birthdays (elem only)
- Healthy celebrations (elem only)

41
School Gardens

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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

- Mental and emotional wellness: 97%
- Physical activity: 78%
- Healthy eating: 71%
- Personal hygiene: 76%
- Oral Health: 59%
- Sexual health education: 87%
- Violence prevention (e.g., bullying): 89%
- Stress Management: 73%
- Alcohol, tobacco and other drugs: 57%
- Unintentional injury prevention: 43%
- Suicide prevention: 39%

~50% High Schools offer Health Education Class

~1500 High School Students enrolled in Health Education Class

~350 Number of people trained on Juuls/ecigs

Schools running Not On Tobacco (NOT) groups

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

Social Emotional Wellness

- % of schools providing school-wide SEL support
- % of schools providing SEL class/groups

Mindfulness

- 61% of schools have some classrooms practicing mindfulness with students

Health Education

- Staff training participation
- Teachers
- Administrators
- Coaches
- RNs, Health Aides
- Mental Health Staff
- Paraprofessionals

% of schools answering "most"

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

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

**1.2 High School Students**

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

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**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)

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Learn more: [www.tinyurl.com/jeffcohealthyschools](http://www.tinyurl.com/jeffcohealthyschools)