Jeffco Healthy Schools Report 2016

Why Healthy Schools?

Students and staff who are physically and emotionally well are more likely to be present, engaged and are better learners and educators.

Why Healthy Schools?

1 in 4 kids are overweight or obese (1)  
70% of students drink sugary beverages weekly (2)  
47% of middle schoolers have been bullied on school grounds (1)

Why Healthy Schools?

Schools Impact Health  
Our environments impact our health. Schools can help make students and staff healthier or less healthy.

Physical Activity  
Students who get 60 minutes of activity a day do better in school. PA increases cognitive function and behavior.

Nutrition  
Students who have adequate nutrition and eat breakfast do better in school.

Culture & Climate  
Students who receive instruction related to social emotional wellness do better academically (3)

Driving the Work

Jeffco Wellness Policy

Jeffco Schools recognizes that schools contribute to the basic health status of students and healthy students are better learners; therefore, the district promotes healthy schools through a coordinated approach that supports student wellness, good nutrition, regular physical activity and an environment that supports a culture of health and wellness as part of the total learning environment.

Implementation

Jeffco Schools has a District Health Advisory Council (DHAC) and a Healthy Schools initiative led by the Healthy Schools Coordinator. Both work to implement, monitor and revise the wellness policy, and support district and school progress towards the wellness policy and goals as outlined in this report.

Jeffco Vision & Strategic Plan

Social, Emotional and Physical wellness have been identified by the community and school district as a priority for Jeffco Schools, staff and students. The Jeffco Wellness Plan is in place to support school wellness while aligning with the district.

If you have any questions or support needs regarding Jeffco Health Schools, please contact Emily O’Winter, Healthy Schools Coordinator eowinter@jeffco.k12.co.us. More at tinyurl.com/jeffcohealthyschools
A Culture of Health

The Whole Child
In order for students to experience optimal health and academic success, schools are adopting protocols and practices that focus on the whole child.

The Whole Child approach focuses on both academic and non-academic needs of students in all areas of wellness, including social, emotional, nutritional, physical, environmental and prevention education needs. This is strengthened by employee wellness and family, student and community engagement.

Jeffco Healthy Schools collaborates with over 40 community partners to support wellness.

Building blocks of a healthy school
Building level collaboration is critical for a healthy school culture. Teams with goals typically experience greater success, sustainability and support. Wellness teams have a coordinator, and representation of social, emotional and physical wellness for students and staff, based on the whole child model and components.

Staff Wellness (SW)
A culture of health includes district and building support for the wellness of all staff. Communicating wellness as a priority and allowing time for wellness helps give staff “permission” to incorporate wellness into each day.

% of Schools

School Wellness Team | H&W Goals | H&W Coordinator

44% | 65% | 79%

Would allow staff meeting time for SW | 92%
SW communicated as priority | 97%
Has SW Coordinator | 71%

50-70 Schools have wellness committees each year

We have health and wellness goals that we are trying to achieve; the team has a positive impact in the school and community.

Best Practices
1. School has wellness coordinator and committee
2. School follows Whole Child model
3. Families and youth are engaged in school wellness
4. Staff Wellness is prioritized

Goals
1. 75% of schools have wellness coordinator, 50% have teams/committees
2. 75% of schools have wellness goals
3. Staff wellness is supported by all school leadership
4. Expand to preschools
Nutrition Practices

- Recess before lunch (ES only): 60%
- F&V easily accessed in cafeteria: 83%
- Water bottles OK in all locations: 87%

Increasing Physical Activity (PA)

"I love that it wakes us up and gets us stretched out for the day... It gives you more energy, gets your mind going and makes you more alert in class."

School Gardens

- 1062 lbs of garden produce into school kitchens through GTO
- # of Schools: 11/12, 12/13, 13/14, 14/15

Nutrition Policy: Rewards, Fundraisers & Celebrations

- 25% of schools have policy against unhealthy fundraisers
- 59% of schools have policy for healthy celebrations

Physical Activity Practices and Policy

- 86% of CO voters support requiring 30 minutes of PE DAILY even if it means time taken away from other subjects

Best Practices
1. Written policy supporting nutritious food choices, including healthy celebrations, rewards and fundraisers
2. Support healthy food habits including desirable water access, water allowable in all locations, and cafeteria set up to promote healthy choices
3. Written policy supporting physical activity, including building-wide support for PA in classrooms (10-20 mins/day) and not withholding PA/PE as a form of punishment

Goals
1. 50% of schools have a healthy nutrition and PA policy
2. 100% of schools allow water bottles in all locations
3. 75% of schools are giving 10-20 minutes of additional PA before, during or after school
Health education is a cornerstone of school wellness. Schools are giving students the skills, knowledge, and tools to make healthy goals, decisions, and to lead healthy lives. These efforts are happening through integration in classrooms, as well as health electives, and align with the Colorado Comprehensive Health Education Standards.

### Health Education Topics Offered

<table>
<thead>
<tr>
<th>Topic</th>
<th>% of Schools offering topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Eating</td>
<td>48%</td>
</tr>
<tr>
<td>Drug, Alcohol, Tobacco</td>
<td>44%</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>88%</td>
</tr>
<tr>
<td>Safety</td>
<td>42%</td>
</tr>
<tr>
<td>Suicide Prevention</td>
<td>23%</td>
</tr>
<tr>
<td>Social Emotional Wellness</td>
<td>68%</td>
</tr>
</tbody>
</table>

### 15+ Schools are including health in their cross-content Project Based Learning work

### 60% of high schools have done a tobacco free schools policy assessment and 2 have increased signage on school grounds

### 8 school running tobacco cessation groups for students

### Substance Use PREVENTION: LST

<table>
<thead>
<tr>
<th>Year</th>
<th>People Trained</th>
<th>Schools implementing</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/11</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>11/12</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>12/13</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>13/14</td>
<td>40</td>
<td>20</td>
</tr>
<tr>
<td>14/15</td>
<td>50</td>
<td>25</td>
</tr>
</tbody>
</table>

LifeSkills training is the gold standard in substance use prevention. Evidence based and supported by funding from the Jefferson County Child and Youth Leadership Commission, this initiative makes universal and focused substance use prevention possible at no cost in Jeffco Schools.

### Best Practices
1. Comprehensive health topics taught at all grade levels
2. Health Education course in all middle schools
3. Health Education graduation requirement

### Goals
1. Assure Health Education integration and 2020 Competencies related to health is integrated in all schools
2. Health Education graduation requirement
School Culture and Climate

38 Schools signed up to participate in the School Without Hate (SWOH) initiative. This initiative is a result of collaboration between SHAC and Day Without Hate (DWOH) high school students from across Jeffco to expand DWOH and build community in schools and classrooms.

100% of participant schools felt SWOH had a positive impact.

Mindfulness
- Gratitude
- Awareness
- Empathy
- Focus

89% of schools would support mindfulness training for teachers and classroom use. Jeffco is exploring a larger mindfulness initiative.

Youth and Family Engagement in Wellness

Student Health Advisory Council
Student Health Advisory Council (SHAC) gives youth a voice in health and impacts school health from a youth perspective. SHAC is a partnership with Kaiser Permanente, based on positive youth development and engaging youth as partners in health.

Successes
- Peer Education videos: -Marijuana Prevention -Bully Prevention Policy
- Assessing health concerns of high school and middle school students
- School Without Hate Initiative
- Partnering with multiple community partners as Youth Voice for health initiatives

5 Years

68% of schools provide parents with info on bullying.

Wellness is a wonderful avenue for family engagement, and an area schools and families can partner on to benefit youth lives.

24% of schools engage youth in culture and climate decisions and policy.

Best Practices
1. Universal, prevention-based Social Emotional Wellness
2. Bully prevention taught to all students and staff
3. Youth Engagement practices at school and district levels
4. Family Engagement in wellness at school and district levels

Goals
1. Social-Emotional Wellness, including bully prevention delivered universally in 100% of schools
2. Youth Engagement: continue SHAC as mode for student voice in wellness
3. 80% of schools with PTA have wellness chair
4. Explore expanding mindfulness
How?
Meeting goals and aligning across systems

**A Culture of Health**
By focusing on the school as a place for wellness for the whole child, schools, districts and communities can impact wellness while improving life, learning, parent and community connections.

**Technical assistance and Professional Development for schools**

**Healthy Schools mini grants for schools**
$1.6 M Funding brought into Jeffco via the district Healthy Schools Team

**Jeffco Wellness Model and Strategies**
Support schools, wellness coordinators and wellness committees with vision, skills, incentives and resources needed to implement best practices like those in this report, guided by the six strategies below

**Menu of Strategies**
1. Information Sharing
2. Environmental Change
3. Health Education
4. Policy
5. Youth Engagement
6. Family and Community Involvement

**Jeffco Wellness Plan**
The Jeffco Comprehensive Wellness plan supports implementation of the District Wellness Policy and goals. It includes a System of Supports and a menu of strategies for implementing best practices. The plan exists to support school wellness while aligning with the District’s Strategic Plan, specifically supporting the Whole Child.

**System of Supports**
**Professional Development**
- Creating a culture of health
- Recess Training for Paraprofessionals
- Yoga in classrooms
- Garden to Cafeteria training
- LifeSkills Training for Staff
- N-O-T on Tobacco Training for staff
- Youth Mental Health First Aid Training

**School Wellness**
- Technical Assistance developing:
  - culture of health
  - wellness team
  - health and wellness goals
  - school wellness policy
- School Garden support
- Funding for health and wellness goals, and health education materials
- Connecting to district and community resources to meet school needs

**Health Education & Substance Use Prevention**
- Health Education Integration into content areas
- Healthy Education PBL and course planning
- School Garden curriculum
- Parent education support (including but not limited to: nutrition, physical activity, and tobacco, e-cigarettes, and marijuana)
- Tobacco Free Schools Policy assessment
- Classroom support for teaching health

**Best Practices**
1. School and student wellness assessments
2. Teams and schools supported by District Healthy Schools Team
3. Health Education content support
4. Professional development provided for areas of wellness

**Goals**
1. Support all schools in meeting wellness components of Jeffco Strategic Plan
2. Progress monitored via assessments biennially (HKCS, Smart Source, etc.)

Sources: unless otherwise noted, school-level data came from the Jeffco Healthy Schools Checklist, a district version of the Colorado Healthy Schools Smart Source.
1) Healthy Kids Colorado Survey 2013
2) Jeffco Make Your Voice Heard student survey
3) CEI Health is Vital for Student Success: A Summary of Relevant Research
4) Poll by the Colorado Health Foundation 2009
5) SAMSAH report 2016: http://www.rmhdda.org/
7) Jeffco SPARK project