

Wellness Summary

2011-12

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Purpose for Workshop

1. Review Wellness Policy and Wellness Guidelines and capture School Board input
2. Brief summary of schools' annual wellness data
3. Brief update on Communities Putting Prevention to Work Grant

Who & What is SHAC

School Health Advisory Committee

- Federally required standing committee
 - 57 district staff and community members
 - reflects the Coordinated School Health Model
- Develops, implements, monitors and reviews Pinellas County Administration Guidelines on Wellness, Physical Activity and Nutrition
- Annually prepares and delivers summary report to superintendent and school board

Required Goals for Wellness Policy

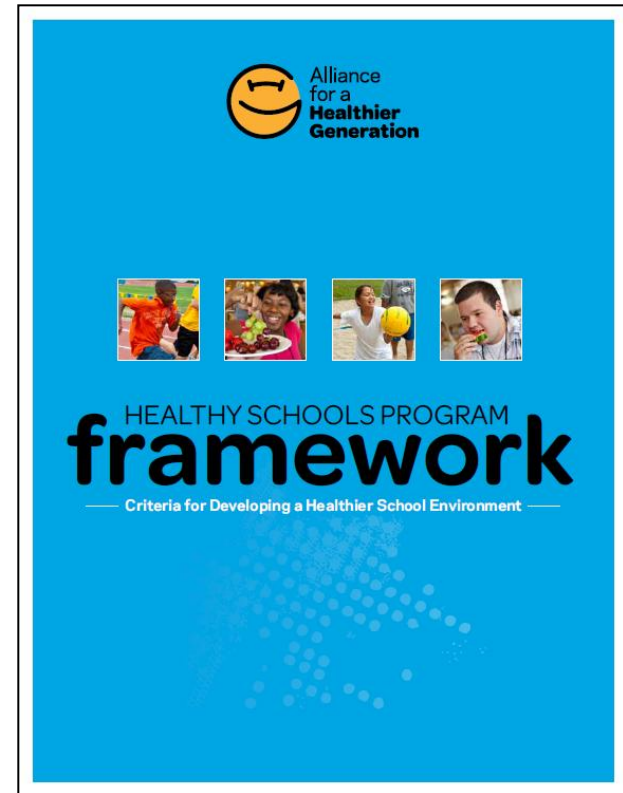
1. Nutrition education
2. Physical activity
3. Other school-based activities designed to promote student wellness
4. Nutrition guidelines for all foods available on the school campus during the day
5. Assurances that the guidelines for reimbursable school meals are not less restrictive than federal requirements
6. Plans for measuring the implementation of the guidelines

Healthy Schools Framework

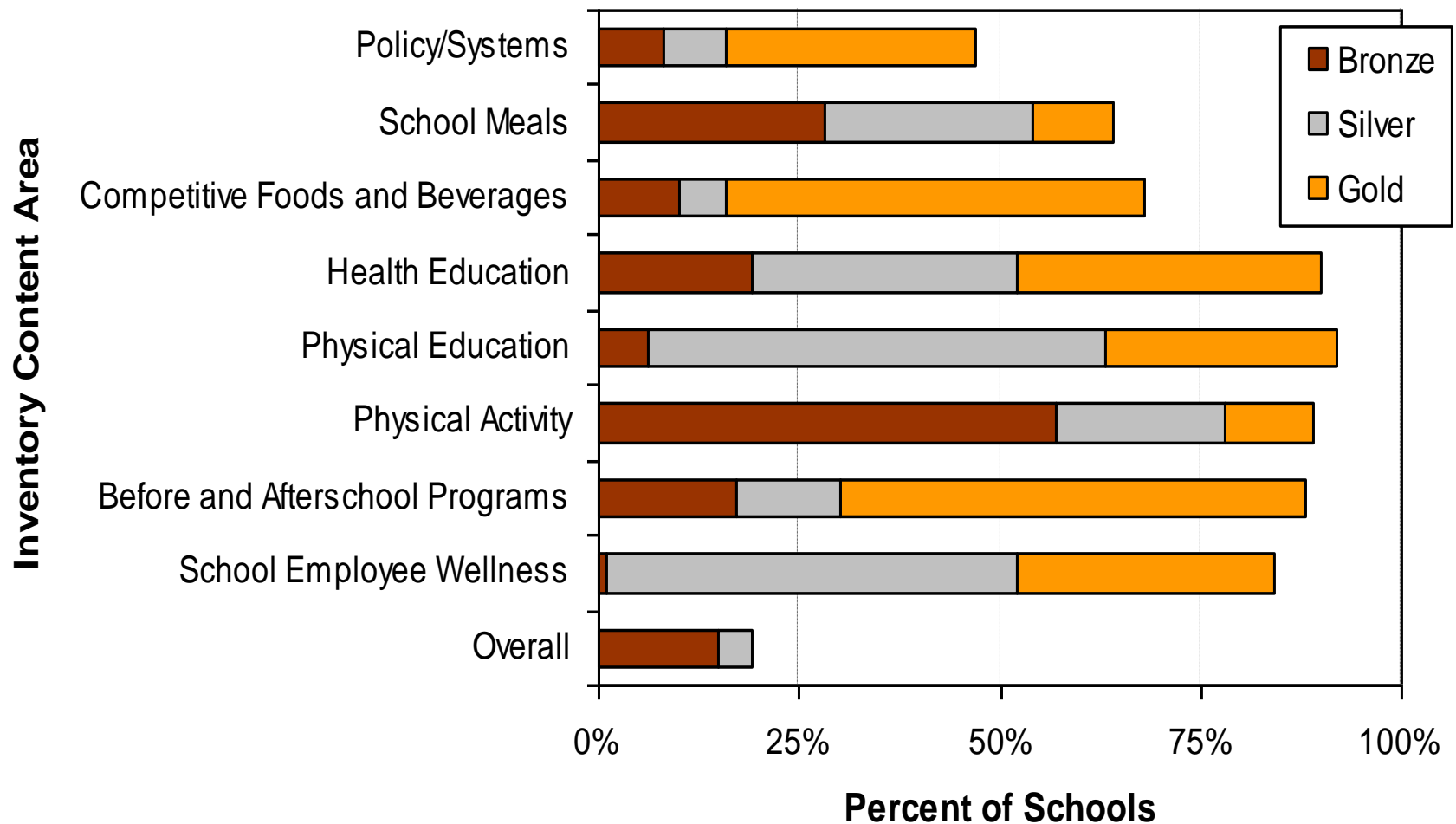
*A set of best practice **criteria** from the **Alliance for a Healthier Generation** that provide guidelines and a monitoring system for a healthier school environment*

Seven Content Areas

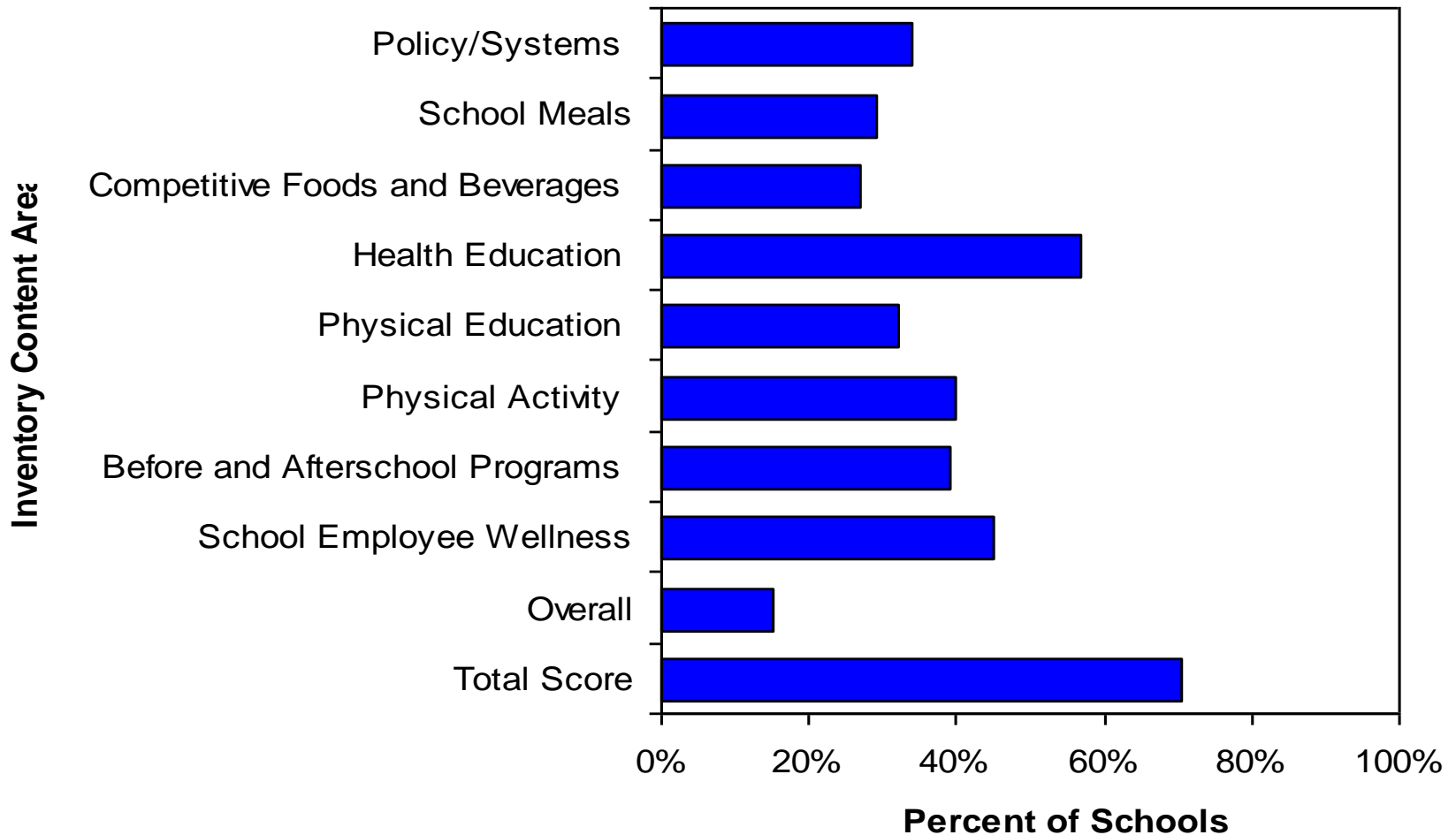
- Policy/Systems
- School Meals Programs
- Competitive Foods and Beverages
- Health Education
- Employee Wellness
- Physical Education
- Student Wellness



Results for the 122 PCS schools that updated their Inventory responses as of June 2011



Percent of schools showing improvement since baseline (2007) for each content area on the Healthy Schools Inventory (n = 124).



75% of schools meet at least **Bronze** level
in all but 3 content areas:

- Policy/Systems
- School Meals
- **Competitive Foods & Beverages**

AHG Revised Inventory Categories and Items
Summer, 2011

- **PCS Target - Competitive Foods & Beverages**
 - Healthy Fundraising (Item 302)
 - Foods as Rewards (Item 304)
 - Staff Vending (Item 305)

Wellness Guidelines

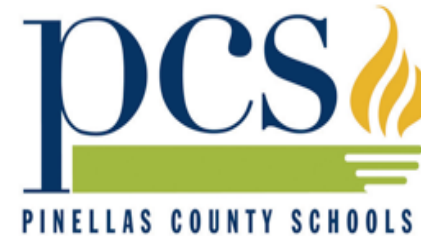
(see hand-out)

Drafted

1. Healthy Fundraising
2. Staff/Employee Foods
3. Foods Rewards

Approved by SHAC

1. Lactation Support
2. Diverse Communication
3. Safe Routes to School



Administration **Guidelines**

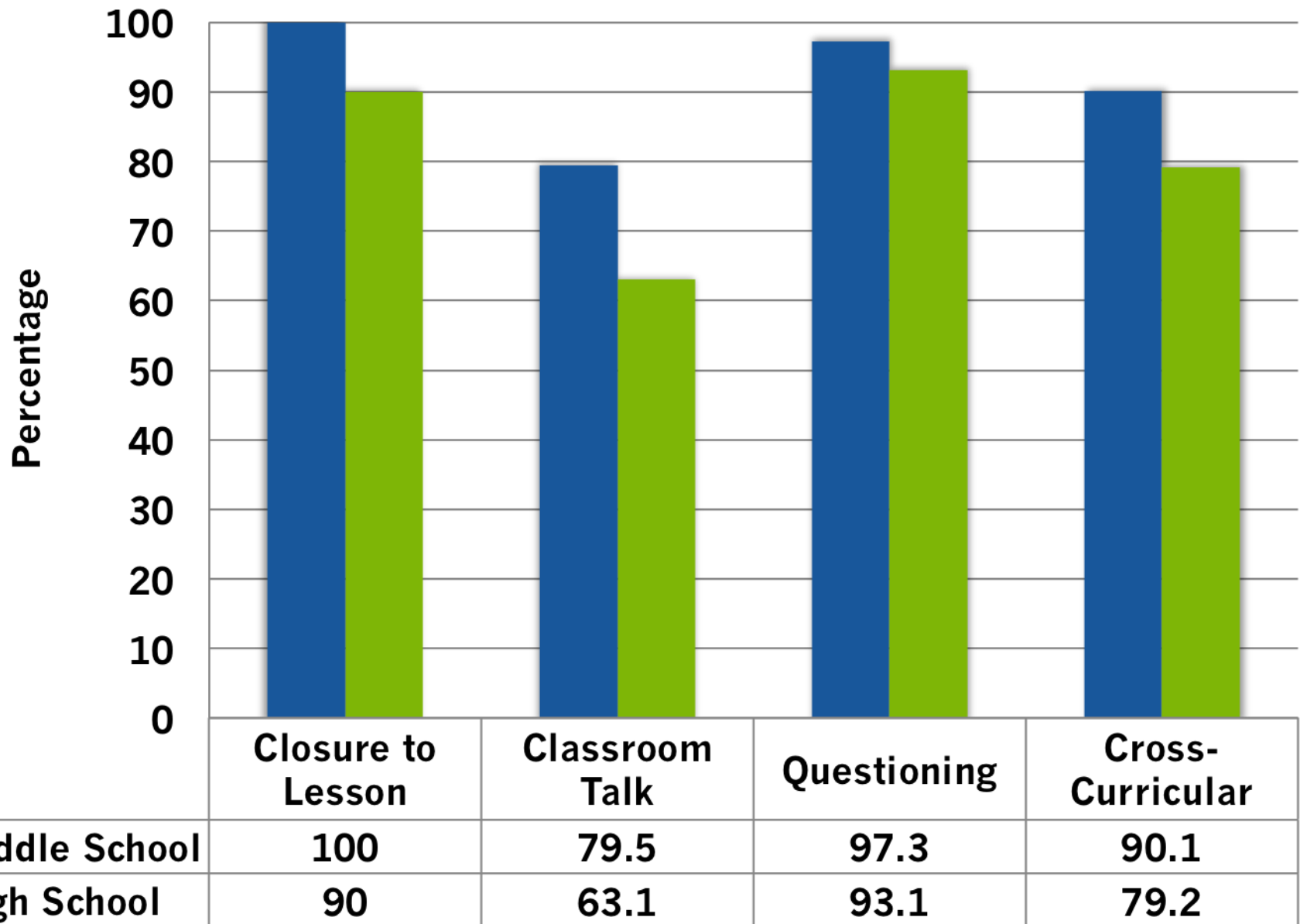
***Wellness, Physical Activity
and Nutrition***

Improving the Practice for Quality Physical Education

- **CPPW staff created and implemented a Physical Education “Walk Through” instrument and Physical Education Department survey to collect baseline data.**
 - *Used as a national model at the **2011 Urban Leadership Summit for Physical Education.***
 - *Recommended for publication by the Centers for Disease Control (CDC)*
 - *Presented at 2012 AAHPERD Conference.*
- **Two 10 minute observations ...**
 - *23 middle schools & 17 high schools*
 - *125 teachers were observed*
 - *Over 18,000 students*



PCS Physical Education Program Areas NOT Evident



Physical Education Interventions



- ***NEW Physical Education Curriculum Guides*** for Middle School and High School, (Elementary, 6/12).
- Moderate to Vigorous professional development plus 14 other national presenters for PE PD
- Incorporating literacy into Physical Education
- Monthly PLC meetings and training sessions

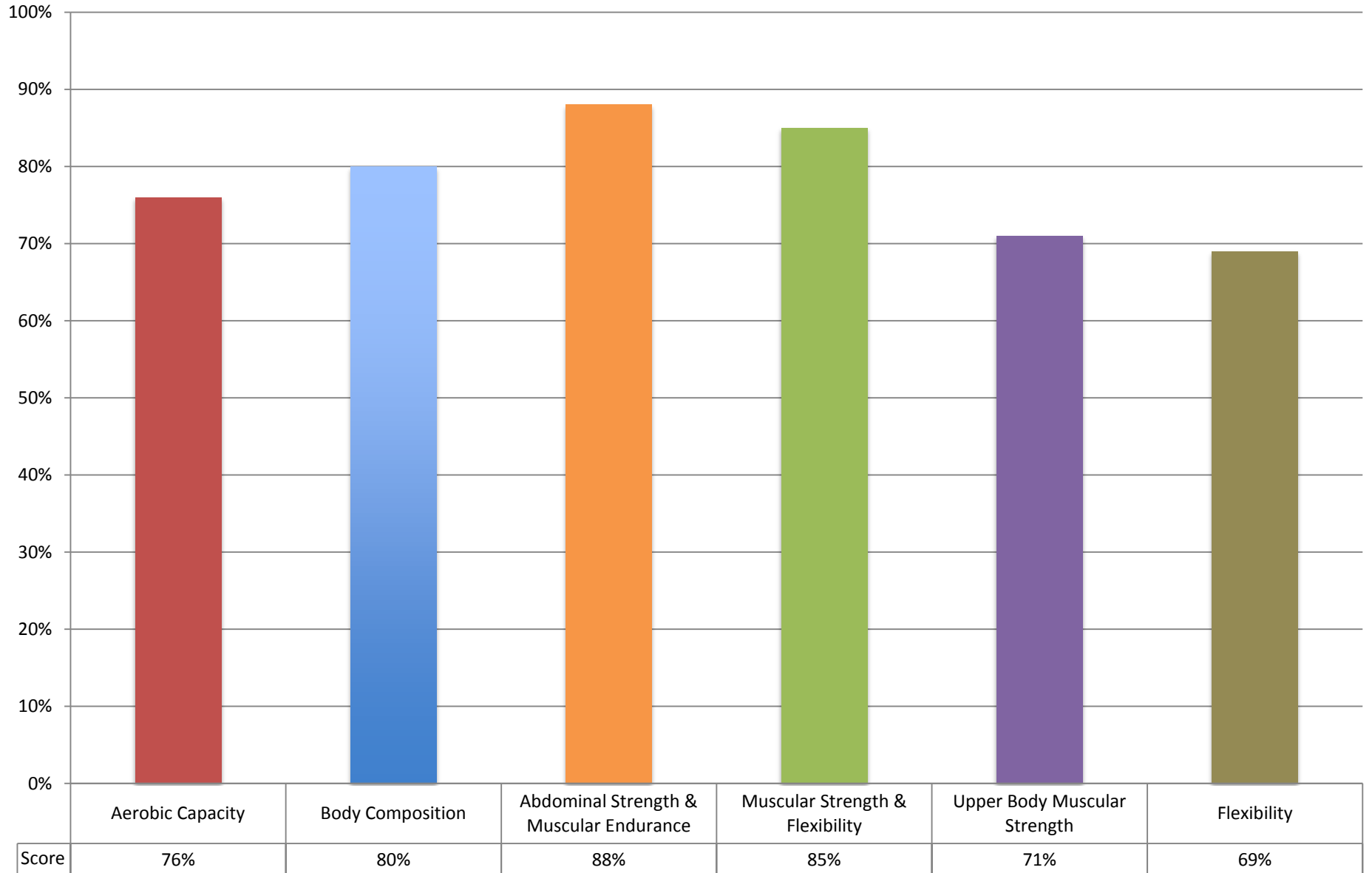
Implement Fitnessgram to measure health-related fitness of 3rd-12th grades students

2010 – 2011



- Files embedded into Portal to track data over time and compare fitness levels to academic achievement, absenteeism, etc.
 - Student/Parent Reports
 - Healthy Fitness Zone Reports
 - BMI Reports

Pinellas County School District Fitnessgram Data 2010-2011



New 2011-12 School Year!

- **Ala Carte Price for fruit or vegetable was reduced by half**
 - There has been a 20% increase in ala carte fruit and vegetable purchases
- **Students may choose as many *different* fruit or vegetable offerings with a full meal as they would like for the same price (exception is only 1 juice)**
 - Walsingham/Southern Oak report a 50% increase in the fruits/vegetables selected by students daily



School Gardens

- **Food Service Support and Coordination Program**
 - Maintain Database of all school gardens for networking
 - Developed and distribute a Resource Guide
 - Provide technical assistance
 - Provide financial assistance through the CPPW Grant / Food Service grant budget



Pinellas County Schools - Systemic Changes

- SHAC analyzes district results and creates guidelines to impact the wellness culture at every school.
- School Improvement Plan includes a Wellness Goal.
- *FitnessGram, "Being Fit Matters,"* is embedded into the student information system.
- Fruit or vegetable offerings are unlimited with a purchase of a full meal.
- Schools provide 20 minutes of embedded daily physical activity at the elementary level.
- Staff walking paths are designated on school campuses.
- Physical education program is aligned to NASPE/NGSSS & the new Teacher Appraisal process.

Interesting Links

- **Physical Activity Break Ideas**

<http://moodle.pcsb.org/course/view.php?id=11133>

- **Find the Fun Website**

<http://www.findthefunnow.com/>

- **Safe Routes to School**

<http://www.saferoutesinfo.org/>

- **PCS Administrative Guidelines on Wellness, Physical Activity and Nutrition**

https://www.pcsb.org/images/stories/Academics/Health-Education/2011-12_Wellness_Guidelines.pdf

Considerations

- **Future workshop presentation (Drug Use and Suicide data from Health Class Surveys)**
- **Input on Guidelines?**
- **Questions?**