

Encouraging healthy, happy living . . . every day.



Poudre School District Wellness Department

CanDo Coalition Meeting
10.29.15



POUDRE SCHOOL DISTRICT
Wellness

PSD Wellness: Who's Who?

Ashley Schwader

District Wellness Manager: Oversees all staff and student wellness

Office 970-490-3455

Cell 970-556-8232

Amanda Brantley

Wellness Coordinator: Responsible for School Wellness Teams

Office: 970-490-3074

Cell: 970-556-8593

Christina Erickson

Wellness/Benefits Technician: Keeping us organized!!!

Office 970-490-3499

Poudre School District: Wellness Vision

“Poudre School District embraces a culture of wellness that creates, empowers, and sustains lifelong attitudes, skills, and behaviors that promote healthy lifestyles.”

CanDo's Role in PSD and Wellness

- ▶ Assisted with the creation of the first PSD Wellness Policy in 2006
- ▶ Started BMI projects in PSD Schools
- ▶ Started the first wellness teams including support with activities and goal setting
- ▶ Hosted the first Wellness Workshop in 2007
- ▶ Produced the School Wellness Resource Kit
- ▶ Served on interview committee's for wellness staff in PSD
- ▶ Provided mini grant funding to school wellness teams

PSD Wellness Councils Overview (WACS) Wellness Advisory Council for Schools

- ▶ Advisory council whose purpose is to support and enhance student health and wellness for PSD.
- ▶ 21 members from external and internal stakeholders
 - ▶ 8 seats are standing
 - ▶ 13 are application every two years
 - ▶ Includes parents, student, community members, Child Nutrition, Curriculum, Student Services, Curriculum, Health Services etc.
 - ▶ Meet monthly from Sept.-May

PSD Wellness Councils Overview

(EWAC) Employee Wellness Advisory Council

- ▶ Internal advisory Council whose purpose is to support and enhance employee health and wellness for PSD.
- ▶ 9 standing members
- ▶ 5 are application every two years
 - ▶ Sub committee of PSD Benefits Council

PSD Wellness Overview

Wellness Policy



- ▶ School Wellness Policies are a requirement of the 2004 Women Infant and Children's Act. In addition the Healthy, Hunger-Free Kids Act of 2010 mandated that the USDA set guidelines for what needed to be included in local school wellness policies in areas such as setting goals for nutrition education and physical activity, informing parents about content of the policy and implementation, and periodically assessing progress and sharing updates as appropriate.
- ▶ PSD Highlights include:
 - ▶ Schools will have a school wellness team that submits yearly SHIPS
 - ▶ Schools shall comply with competitive food policy, healthy beverage policy, and food of minimal nutritional value policy
 - ▶ Schools will support a healthy food environment
 - ▶ 50% of options during school day and school sponsored activities should be fruits, vegetables and non-sugared sweetened beverages
 - ▶ Schools shall provided sufficient time to eat breakfast and lunch
 - ▶ Integrated and comprehensive wellness program for District employees
 - ▶ Student mental health needs supported by suicide prevention, school counselors, and District mental health team
 - ▶ Students overall health supported by school health services, safe school environments, and nurses providing resources on reaching or maintaining a healthy weight and preventative screenings

PSD Wellness Overview

Wellness Policy Implementation and Evaluation Plan

- ▶ Created by WACS 2014-15 school year
- ▶ Outlines recommended Action Steps for best practices
- ▶ Evaluation components done on annual basis
- ▶ Living document and will be updated annually
- ▶ The district and school principals will be responsible for completing the evaluation piece
- ▶ Resources listed in the implementation plan will be the work of WACS and potential subcommittees

PSD Wellness Overview: School Wellness Program

49 School Wellness Teams

Leader, Co-Leader and
Champion at every school!



PSD Wellness Overview

Whole School, Whole Community, Whole Child (WSCC)

- Health Education
- Community Involvement
- Physical Education and Physical Activity
- Nutrition Environment & Services
- Health Services
- Counseling, Psychological, & Social Services
- Social & Emotional Climate
- Physical Environment
- Employee Wellness
- Family Engagement
- Community Involvement



PSD Wellness Overview

PSD School Health Improvement Plans (SHIPS)

- ▶ SHIPS are REQUIRED via the PSD Wellness Policy
- ▶ Two Goals
- ▶ Funding for completion
- ▶ A Final SHIP with updates are due in May



PSD Wellness Overview

Student Wellness Funding

- ▶ \$500 internal funds for 49 school wellness teams
 - ▶ Required: Meet 4x per year
 - ▶ Amanda must attend 2 meetings
 - ▶ Funds must be reflected in SHIP
 - ▶ Must follow PSD guidelines for funding (ex. Travel, Food, etc)

PSD Wellness Overview: Data

Smart Source and Healthy Schools Champion

- ▶ Smart Source required every other year. First year we are piloting this data collection.
- ▶ Teams can fill out Smart Source, and apply for additional funding that will be awarded in the Spring of each year

PSD Wellness Overview: Data

Healthy Kids Colorado Survey (HKCS)

- ▶ 2013 the HKCS launched with a single, comprehensive survey system to measure youth health behaviors in Colorado.
- ▶ Supported state wide by the Colorado Department of Public Health and Environment, Colorado Department of Education, and Colorado Department of Human Services.
- ▶ Is administered every other year in odd-numbered years in randomly selected schools and classrooms in Colorado.
- ▶ PSD participated in the fall of 2013. Eight PSD schools were selected by the state and this process was facilitated using active parent consent. 763 high school students and 343 middle school student completed the survey.
- ▶ Included in your packet is the PSD District reports. This can also be found on our PSD Wellness webpage.
- ▶ State wide over 220 schools and 40,000 youth participated in 2013 HKCS. Both state and regional data are available to provide schools and communities with data to support effective strategies to protect the health and promote academic achievement of Colorado youth. Larimer County, including PSD, is considered Region number two. These results can be viewed online at: available at http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent_Health_Data.
- ▶ UCD has additional information on the survey webpage at: www.HealthyKidsColo.org

PSD Wellness Overview:

Employee Wellness Program

- ▶ Integrated Health Management System
 - ▶ PSD Wellness
 - ▶ Health Clinic
 - ▶ Lifestyle Health Program
 - ▶ Employee Assistance Services (EAS)
- ▶ Employee Offerings
 - ▶ WellWorks Portal
 - ▶ Points to Wellness Incentive Campaign
 - ▶ Two Challenges Per Year
 - ▶ Health Risk Assessments, Biometric Screenings, Flu Shots
 - ▶ Fitness Facility and Massage Discount Program

Professional Development from Wellness

- ▶ Annual Wellness Workshop
 - ▶ 200+ staff and full day event with up to date research and training
- ▶ Stress and Setting Healthy Boundaries
- ▶ Building Resiliency in Educators
- ▶ Brain Based Learning
 - ▶ 500 currently trained in neuroscience and teaching with the brain in mind

Next Steps for PSD Wellness

- ▶ Securing funding for ongoing wellness programs including:
 - ▶ Wellness Coordinator
 - ▶ Professional Development like Wellness Workshop
 - ▶ Larger scale mini grants for deeper school wellness team work
- ▶ Key Informant Interviews
 - ▶ District Leadership
 - ▶ Principals, teachers, classified staff
- ▶ Surveying and evaluation
 - ▶ Internally looking at ways to better the program and strengthen the wellness policy

How Can You Get Involved?

- ▶ Serve on a school wellness team!!!
- ▶ Join a School Accountability Committee (SAC) and advocate for wellness
- ▶ Apply to be a part of WACS
- ▶ Send grant funding opportunities if you hear of them

Thank you & Questions



POUDRE SCHOOL DISTRICT

Wellness

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