

# Wellness CSIP Update

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# 2016 - 2017

Spring 2017

# Wellness Plan Committee

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# Goal 1:

The Ozark R-VI School District will increase student activity during the school day and outside the school day.

- The committee reviewed the current after school programs available and explored options to increase those opportunities.
- We increased current opportunities (i.e. Tiger Care before/after school, after school weights/cardio at high school, Cardio Club at Upper, bike club at South).
- The district also added a full-time position at the high school to improve before/after school physical fitness and wellness programs.
- See following slides for program highlights.

# Bike Club at South Elementary

- Coach Spohn of South Elementary introduced The Bike Club, an afterschool program serving 35-40 students.
- The program meets in the Fall and Spring for 5 week sessions, one day a week. The club also serves several middle school students and meets for 2 months in the Spring.
- Gives students structured opportunities to build their cycling skills. A skill that provides a lifetime of fun and physical activity.

# Cardio Club at Upper Elementary

- The program is ran by the physical education teachers and serves approximately 50 students. They meet before school 4 months a year.
- It provides structured cardio-centered activities (i.e. PACER Test) in which students closely track their personal progress.
- Program also provides important connections to heart health education.

# Goal 1 Continued

- During the 2015-16 and for 2016-17 school years we were able to protect and maintain the allotted amount of physical activity time K-12. This plan will continue as strong research connects regular physical activity to academic success.
- The committee added links to the district website that promoted physical fitness and wellness.
  - In April, the committee will meet to explore further ways to promote camps geared towards physical activity and wellness (i.e. online links, eNews, Facebook).
- During the 2015-2016 school year each school continued to incorporate nutrition into the PE/Health lessons.

## Goal 2:

The Ozark R-VI School District will provide healthy/nutritious food options while also providing nutritional/wellness education.

- Health Education has continued to adapt its curriculum to current standards/trends.
- Our food services are operating under and meeting all USDA guidelines. During the 15-16 school year, Food Services received a rare “exceptional” report from DESE.
- Vending machine options for students have healthier choices available.
- The district offered screenings in compliance to legislation (vision, hearing, scoliosis screening, etc.)
- During the 2015-16 school year schools worked with community partnerships to offer a wide range of wellness education opportunities (i.e. Fire Safety, Smile Center oral screenings, Bike Helmet Safety, Safe & Sober, Rotary Don't Meth with Us, Water Safety, Bus Safety, Bullying, Christian Co Health Dept - good touch/bad touch.)

# Goal 3:

GOAL 3: The Ozark R-VI School District will maintain wellness committees at the district and building levels

- We were able to maintain a wellness committee at the district level, meeting three times per year.
- During April, we will meet to explore options to form wellness committees at the building level.
  - These building committees will help to focus efforts towards Goal 4



# Goal 4

The Ozark R-VI School District will improve overall wellness of staff by providing comprehensive wellness opportunities

- During the 2015-2016 school year, the district provided 5 hours of professional development aimed at wellness improvement.
- 168 staff members participated in these opportunities.
- HRA (Health Risk Assessment) Screenings from Cox Health
  - During the 2015-16 school year, 73 staff members (11% of overall staff) completed the questionnaire and 118 staff members (17%) completed the Biometric Screening.
  - The number of screening participants saw a 2% decrease from 2014-15.

Professional Learning Communities	2015 - 16		2016 - 17		2017 - 18	
	Sessions	Staff Members Participating	Sessions	Staff Members Participating (Increase of 3%)	Sessions	Staff Members Participating (Increase of 3%)
Wellness - Nutrition - General Health	5	168	8	173	3	137
Medical Related PD (CPR / First Aid)	23	102	8	106	16	134
Mental Health (Self Esteem / Empathy)	2.5	75	4	78	3	159

# Goal 4 Continued

- HRA
  - The committee will meet in April to explore options to increase participation in these worthwhile and free health screenings.
  - The creation of building wellness committees will help to promote participation.
- The district wellness committee wants to ensure that we as a district provide and promote regular wellness opportunities to staff. We want to be more mindful of the importance of holistic wellness as it relates to professional performance and personal health.

Health Risk Assessment	2013 - 14	2014 - 15	2015 - 16	2016 - 17	2017 - 2018 Goals
Questionnaire	Data Not Available	Data Not Available	73 Staff Mbrs 11%	92 Staff Mbrs 14% (MET)	95 Staff Mbrs 17%
Biometric Screening	101 Staff Mbrs 17%	124 Staff Mbrs 19%	118 Staff Mbrs 17%	82 Staff Mbrs 12% (135/20%)	85 Staff Mbrs 15%

# DISTRICT CSIP MEASURES - Metric

Plans	Key Indicators	Measures	FY '16	FY '17	Basic			Approaching			<u>Goal</u>	Advanced		
					1	2	3	4	5	6	7	8	9	10
Wellness	HRA Participation	% of staff participating	FY '16		0 - 10	11 - 20	21 - 30	31 - 40	41 - 50	51 - 60	60 - 70	71 - 80	81 - 90	91 - 100
	Professional Learning Opportunities	# of staff members hours	FY '16		200	225	250	275	300	325	350	375	400	425

- The wellness committee found the district to be in substantial compliance to the state and federal guidelines for the wellness plan. A full evaluation will occur during the 2017-18 school year with the full implementation of wellness regulations from the Healthy, Hunger-Free Kids Act the Obama administration signed into law in 2010..