

**JESSAMINE COUNTY SCHOOLS WELLNESS PLAN**

**2014-2016**

**(revised on March 8, 2016)**

**Rationale:**

**The link between wellness and learning is well documented. Through nutrition education, physical activity, and health education, students are more likely to exhibit good attendance and are better enabled to achieve their full academic potentials.**

**The link between wellness and employee performance is also well documented. Through nutrition education, physical activity, and health education, staff is more likely to exhibit good attendance, increase productivity, and serve as effective role models for youth.**

**Overall Goals:**

- 1. Improve the health and wellness of students**
- 2. Improve the health and wellness of staff**

<b>Student Objectives</b>	<b>Timeline</b>	<b>Person Responsible</b>	<b>Financial Commitment —Short Term</b>	<b>Financial Commitment —Long Term</b>	<b>Actions</b>
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1a. Align health education curriculum to better provide instruction to students.		Jeff Castle, Chief Academic Officer	None	None	On district scheduled non-student work day, pull together health educators to review and revise the current health education curriculum.
<p>Progress Monitoring: Student performance assessments</p> <p>Actions to Date:</p> <p>Next Steps:</p> <ul style="list-style-type: none"> <li>• Meet with OTL Department to review and update health curriculum for all grade levels</li> <li>• Schedule meeting with elementary and secondary PE teachers for input into health curriculum</li> <li>• Obtain PD credit for PE teachers for meetings on health curriculum development</li> <li>• Look at American Heart Assn. program to possibly incorporate into the curriculum</li> <li>• Look at including science and elementary teachers into the health curriculum development</li> </ul>					
1b. Offer more intramural activities and clubs at schools.		Ken Cox, District Athletic Director	\$500 per school for startup		Offer funding in grants to schools to develop activity or club based on student interest and/or need.

Progress Monitoring: Students participating in elementary and middle school intramural activities and clubs

Actions to Date:

- Stipend was established for each elementary schools to promote intramural activities and clubs
- All elementary schools have established intramural clubs (walking & archery)
- A wrestling club was created for students in grades 3-8th
- Goals were established in Athletic and Arts Departments to increase participation in all extra-curricular activities

Next Steps:

- Consider adding one additional stipend for each elementary school to focus on intramural activities and clubs
- Continue to work with Parks & Recreation Department to promote elementary student participation

<p>1c. Mentor program – high school athletes mentor younger athletes to promote involvement in Parks and Recreation and YMCA programs.</p>		<p>Ken Cox, District Athletic Director and Matt Moore, Deputy Superintendent</p>			<p>High school athletic directors will identify student mentors and work through District Athletic Director to schedule mentor opportunities with younger students.</p>
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Progress Monitoring: Elementary students participating in community athletics

Actions to Date:

- High school students have helped distribute East and West t-shirts to promote school spirit
- Multiple school basketball teams have been established with Parks and Recreation
- High school students are visiting elementary schools promoting sports participation
- The district athletic directors have met with community youth football leadership to promote elementary student participation

Next Steps:

- Continue to work with Parks and Recreation
- Promote an elementary tournament for basketball
- Continue to have high school students visit elementary schools promoting Park and Recreation registration for sporting events
- Develop soccer feeder programs
- Continue to promote participation in the wrestling club

<p>1d. Instruct students in ways to monitor own health.</p>		<p>Pat Glass, District Nurse</p>			<p>Teach students how to monitor fitness in various ways (counting steps, monitoring calorie intake, determining BMI, etc.) Work with Health Educator from Health Department to determine different ways to present information with shared resources.</p>
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Progress Monitoring: Number of students trained

Actions to Date: We have added more physical activity programs, especially at the elementary level.

Next Steps:

- Work with PE teachers to develop more programs for students in health monitoring
- Work with local health department, YMCA, and Parks and Rec in offering programs to educate youth in this area.
- Possibly offer Girl Scouts and Boy Scouts programs for Health Education for elementary students
- Also look at 4H and STEM programs
- Offer phone apps for school menu dietary information for parents and students
- Health Facts: Offer weekly fast food dietary information to students and parents
- Look at expanding one-day health fairs for students (RDES model)
- Continue to promote movement activities throughout the instructional day at all grade levels

1e. Provide health services at accessible locations in school buildings.

Pat Glass, District Nurse

Work with Health Department to coordinate after-school hours Health Clinic for immunizations, flu shots and dental services.

Progress Monitoring: Number of students participating and students attendance

Actions to Date:

- Flu shots are offered at each school for staff
- Vitality checks are offered at each school for staff
- RDES offered a health clinic for staff
- Dental screenings are offered to students

Next Steps:

- Establishing a health clinic at EH for the 16-17 school year
- Establishing mental health counseling services through Daniel Lee
- Support of proposed “walking path” for use by students and staff

Staff Objectives	Timeline	Person Responsible	Financial Commitment – Short Term	Financial Commitment – Long Term	Actions
2a. Offer after-school hours health and wellness activities for staff and community in school buildings		Patrice Jones, District Communications Coordinator			*Tobacco Cessation (Health Dept.) *CDC Diabetes Prevention (Humana sponsored) *Zumba and Yoga (YMCA) *Weight Watchers *LiveStrong program (YMCA)
<p>Progress Monitoring: Number of staff participating and staff attendance</p> <p>Actions to Date: Developed a Zumba Class for the staff and community</p> <p>Next Steps:</p> <ul style="list-style-type: none"> <li>• Offer Weight Watchers at a school site</li> <li>• Check into any other programs that may be available for staff</li> <li>• CDC Diabetes Prevention Program offered to staff in spring of 15-16 school year by the Health Department</li> <li>• Continue working with the Health Department with offering Tobacco Cessation Program</li> </ul>					
2b. Provide access to health and wellness business offers/discounts to employees on website.		Patrice Jones			Work with community partners and Humana to provide a comprehensive list of offers/ discounts.

Progress Monitoring: Satisfaction survey

Actions to Date:

Next Steps:

- A meeting will be scheduled in 2-3 weeks to establish this site on the JCS webpage

2c. Offer a wellness fair for staff to increase access to health care and wellness opportunities

October 2014

Karen Barden,  
Nutrition Director,  
Pat Glass, District  
Nurse

Work with community partners to coordinate a health fair to include dental screenings,

Progress Monitoring: Number of participants

Actions to Date:

- Offered wellness fair during the 2014-15 school year

Next Steps:

- Consult with principals on possible need for a future health fair
- Partner with Health Department to participate in their Health Fair

2d. Provide healthy foods to staff.

Karen Barden

None

None

Survey staff to determine what foods and snacks are appealing for snack machines and in cafeteria.

Progress Monitoring: Use of healthy foods and snack by staff on campuses

Actions to Date:

- A food tasting and sampling of healthy foods and snacks were offered at three schools (Elem, Middle, High)
- Surveys were completed at three schools (Elem, Middle, High) on healthy foods and snacks

Next Steps:

- Offer to principals a listing of healthy, appealing, compliant snacks for use in school snack machines
- Encourage staff to consume healthy foods by participating in the school meal programs
- Possibly offer coupons for school meals for staff in 16-17 school year

Potential Objectives for the 2015-16 and 2016-17 School Year:

1. Movement Activities Embedded in Instructional Day  
Continue to encourage and develop this program
2. Promoting Organized Activities for In-Door and Out-Door Recess  
Will add this to the health curriculum development committee
3. Karen's Goals  
Want to improve breakfast participation by 10 % in 16-17 school year
4. Increasing Participation in Extra-Curricular Activities
5. Health Clinic
6. CPR Training for HS Students  
Will add this to the health curriculum development committee
7. Health information that can go home in weekly newsletters from the schools/ FRC/YSC's