

**Wellness Grantees
2015 - 2016
Highlights**

Center

- By May 30, 2015 75% of teaching staff was trained about district health and wellness initiatives, UIP goal and SHIP, how to utilize resources, and how to integrate health and wellness practices in classroom instruction.
- For the first time ever, all three schools were selected at a high level of Healthy School Champion Recognition at the CEI Summit. The elementary principal attended the summit in 2014 and vowed to win a high-level award in 2015; the elementary school implemented recess before lunch, Brain Boosters, improved and expanded Health Education, developed a walking program before school, and for the first time ever, will have funding for a counselor in 2015-2016.
- With the loss of AmeriCorps funding, the Superintendent offered for the first time ever a budget from the general fund to support health and wellness programs previously funded by AmeriCorps. (After school PA programs). In addition, local department of social services is providing funding for staff; these funds are not based on grants so will be much more sustainable.
- Below is a chart representing the increases for physical activity and eating fruits and vegetables.

	Percentage	% Change 2014-2015
Students who report physical activity for at least 60 minutes 5 or more days in previous 7 days	65.57%	19.71%
Students who report eating fruits in previous week	37.30%	6.27%
Students who report eating vegetables in previous week	36.21%	14.59%

“Center’s superintendent writes in his letters of support that health and wellness work is not ‘peripheral’ to the work of our district, but integral to the way we conduct our business of education.”

Grand County

- West Grand (WG) updated their Wellness Policy and is in compliance with state guidelines, with board approval, May 2015. Wellness policy committees in both districts agreed to put “specific “information in school handbooks for fall of 2015.
- Grand County had a total of 13 staff members attend the CEI Summit in April, 2015 and came back and presented information to staff to build awareness and support. For this school year, all schools will be applying for the “Healthy Schools Champion” award, and asking for staff/administration support. Both districts sent individuals local spring “Mental Health First Aide” training held 5/2015 focusing on suicide and depression prevention.
- WG completed post survey data concerning PA, Nutrition, and Health Education. Outcome showed that PA increased 5% throughout the district, teacher’s comfort of implementing PA in the classroom by 20%. Nutrition knowledge increased with HS to students by 12%.
- DHAC worked with our community law enforcement to host a spring, “Marijuana Symposium” for students, parents, and community members. Approx. 90 people attended which was a “good” showing for community. Definitely a need and will work on presenting symposium again this coming year.

“The “veteran” co-leaders also need support because they are the “change agents” within their schools; they at times have the tendency to “just do it” and forget about the process of engaging all team members. Therefore, making sure there is strong communication between myself and co-leaders and co-leaders and team members and whole staff is imperative!”

Englewood

- Nutrition: Schools have committed to having healthy snacks and treats. Also, many of the food items in the school kitchens will be prepared from scratch.
- Physical Activity: All elementary schools have a procedure to have recess prior to lunch. All kindergarten students received bicycles in December 2015. This was a tremendous gift since the district has a 66% FRL rate and many families cannot afford bikes.
- All school websites have added a Health and Wellness link which contain the District Wellness policy, the school wellness members and the School Health Improvement Plan.
- All schools have viable School Wellness Committees that work on school wellness activities. Some schools incorporated the committee with other school committees and some met separately. Bringing health, academics, and social emotional wellbeing together as part of overall whole child wellness has been beneficial. The district Wellness committee oversees activities that support the district wellness policy.

“A great success has been the change in our food and nutrition program. It is great to have such a good focus on healthy foods in our lunch program.”

Lake County Schools

- Tremendous increase in administrative support for Health & Wellness – weekly meetings with district CFO to develop a strategic or comprehensive plan for health & wellness will serve as a long-term sustainability plan for the district.
- The Student Based Health Center opened this school year and SBHC executive committee guides the ongoing operations, communications and marketing. Currently, approximately 700 students are enrolled in the SBHC.
- District leaders have taken on Diversity & Inclusivity, Bullying, school schedule and calendar committees, and teacher retention on as district-wide projects that have strong implications on school wellness.
- We developed a sustainability guide for school health/wellness using the Impact Model for Success and Sustainability:
The “Impact” model encourages evaluating the program’s Identity, Constituents and Capacity. The Health and Wellness programming in the district has had a successful year for integrating efforts with the school and district missions. As LCSD’s superintendent says, “We do what’s right for kids”- even when this may look like a departure from the educational mission at first glance.

“The sustainability model we are using to guide further work in the district highlights messaging-the why of school health, capacity building and support building. “

“The SBHC has become the pride of LCSD health & wellness and has the full support of administration & staff.”

Hayden/South Routt Schools

- Both districts’ DHACs created missions, visions, operating agreements and group norms this year. There have been 2 policy revisions in each district, as recommended by the DHACs, showing evidence that the BOEs take the role of their DHAC seriously.
- Hayden ES has formed a School Health Team with staff and parent co-leaders. This group successfully scheduled, marketed and held a 5K and fun run after Thanksgiving, conducted parent and staff surveys, hosted a health fair and ran a student-staff three-week health challenge this year.
- Health Education- Hayden Middle School implemented a semester long required health education course for all 6th, 7th, and 8th graders this year
- Water Fountains/Water Bottle Filling Stations-In South Routt and Hayden, new water fountains/ water bottle filling stations were installed in all 3 schools.
- Weekend Physical Activity Backpacks-Hayden Valley Elementary School now has 20 weekend activity backpacks that contain Nerf footballs, soccer

balls, jump ropes, yoga mats and activity cards, balance boards, Frisbees, sling shots, etc.

- Tower/School Gardens Both school districts have secured tower gardens for their elementary school, primarily through grant funds from LiveWell and Action for Healthy Kids.

Cripple Creek Schools

- Assembled and rebuilt school health teams
- Coordinator meets weekly with leadership
- Increase in PA at all grade levels
- Created a staff and student fitness room
- Daily 20 minute open gym opportunity at the secondary level

Manitou Springs Schools

- 100% of MSSD14's CSH teams submitted applications for School Health Champion Awards
- Manitou Springs High School PE teachers attended SHAPE conference in Seattle and created list of agreements for PLCs across the district for PE/Health Education teachers for 2015-2016 school year
- Manitou Springs High School created a district/community resource guide for distribution to all families in MSSD14 and located at city hall, Manitou Springs Public Library and food/clothing bank for public use.
- Currently, there are activities for students and staff/community members five days/week. The activities are offered both in the morning, right after school, later in evening and weekends. There are currently five yoga options, two X-Fit options, basketball, walking groups, tennis, walking clubs, running club, rock-climbing center and pool/fitness center time.

Woodland Park Schools

- As the wellness coordinator, I have been able to continue submitting a Wellness Dept. Summary each month for the Leadership team to read/review. I started this last year and they welcomed it again this year. This is my way of communicating/promoting to all the upper administration, dept. leaders and principals about what is happening within the school district's Wellness Committee (WELCO). The public relations director also helped with putting announcements and pictures of health and wellness happenings throughout the district on our Facebook page, website and newspaper.
- Harvest of the Month: We successfully completed the following taste testings at each school.
 - Sept. 28-Oct. 2 (HOM-Watermelon) recipe: Watermelon Salsa
Like: 695 students Dislike: 285 students Not Sure: 199 students
 - Oct. 26-30 (HOM-Spinach) recipe: Spinach Cheese squares

Like: 482 students Dislike: 370 students Not Sure: 124 students
Nov. 30-Dec. 4 (HOM-Squash) recipe: Apple Squash Bisque
Like: 272 students Dislike: 450 students Not Sure: 125 students
Jan. 25-29 (HOM-Onions) recipe: Onion dip with a carrot
(8th grade gone this day)
Like: 412 students Dislike: 192 students Not sure: 104 students
Feb. 22-26 (HOM-Broccoli) recipe: Broccoli Salad
Like: 171 students Dislike: 309 students Not sure: 83 students
April 22-29 (HOM-Beets) recipe: Beet and Apple Sal
Like: 177 students Dislike: 581 students Not sure: 83 students

- The tower gardens have been purchased and delivered to Summit, Gateway and the WP Middle School. Schools really enjoyed having this addition to their garden club and/or science curriculum.
- Pedometers were bought for the Gateway Elementary Principal. When students need a break from the classroom, she takes them outside to walk around the school grounds. Thus far, they enjoy monitoring their steps and mileage count.
- The Heart Obstacle Course has been purchased for the schools to help teach Heart Health.
- We were able to teach the following health standards/themes/lessons when there was time during the various school schedules:
 - 1st quarter: Hand Washing, Definition of Wellness and How to be Healthy as well as germ free. (Completed at Gateway/Columbine/Summit)
 - 2nd quarter: Infectious Disease vs. Chronic Disease (Completed at Gateway)
 - 3rd quarter: Dental Health and Heart Health (completed at Gateway/Columbine/Summit)
 - 4th quarter: Sun/Boat/Water Safety & Bus/Pedestrian/Bike/Seat Belt Safety