NPS School Governance Councils
School Wellness Overview

January 2018
Agenda

• Intro and Background
• A Deeper Dive into Wellness
• Your Role
• Finding our Baseline
• Breakouts
• Closing Thoughts/Next Steps
What words come to mind when you think of “School Wellness”?
Introduction and Background

• **2006**: First NPS Wellness Policy/Committee

• **February 2016**: Committee reconvened

• **February 2017**: BOE approves new policy

• **Summer 2017**: “Roadmap” presented to NPS
  – Establish District-level Committee structure, communication/evaluation requirements
  – Determine first district-wide initiatives
    • Physical Activity
    • Social/Emotional Health
    • Lead Food Team
  – Establish School Wellness Teams (also called School Wellness Councils)
Norwalk Public Schools:
- Strategic Operating Plan
- Leadership and Support

District Wellness Committee:
- Implement, communicate, and evaluate Wellness Policy
- Support School Wellness activities

SGC/School Wellness Teams:
- Set priorities, plan, and implement wellness activities at individual schools
- Provide feedback and data to District Wellness Committee

District Wellness Initiatives:
- School Food
- Social/Emotional Health
- Physical Activity
Partners for Healthy Schools

Bethann Cinelli, D.Ed.
Co-Director, Partners for Healthy Schools

Dr. Mary Rose-Colley
Co-Director, Partners for Healthy Schools
Professor Emerita
Lock Haven University of Pennsylvania
Giving That matters

Community Affairs Signature Programs

Kim Fortunato
Director, Community Affairs
President, Campbell Soup Foundation
Campbell Soup Company

John Weidman
Deputy Executive Director
The Food Trust

Val Galarza
Senior Project Manager
Cooper’s Ferry Partnership
Real food that matters for life’s moments
Collective Impact

- Common agenda
- Shared measurement systems
- Mutually reinforcing activities
- Continuous communications
- Backbone leadership organization

THE COMMITMENT
10 YEARS
$MILLION
Healthy Communities’ Common Agenda: Measurably Improve the Health of Young People in Campbell’s Hometown Communities

- Food Access
- Nutrition Education
- Physical Activity/Access
- Public Will

System Change, Policy Work, and Process Improvement
Healthy Communities Across the U.S.

- Everett, WA, Snohomish County
- Metro Detroit, MI, Oakland and Wayne Counties
- Norwalk, CT, Fairfield County
- Camden, NJ, City of Camden
- Napoleon, OH, Henry County

No sites in AK or HI
Ice Breaker-Sit Down If:

• you didn't eat breakfast.
• you don't exercise at least 4 x's a week.
• you don't eat a variety of vegetables including dark green, red, and orange.
• you don't limit calories from added sugars.
• you don't limit saturated fats and transfats.
• you don't participate in muscle strengthening exercise that involves all major muscle groups 2 or more days per week.
WHY? Theoretical Framework for School Wellness
Our Urgency

• Health and learning are inextricably intertwined.

• Health risk behaviors compromise student health, learning, and academic achievement.

• Compelling case of the causal role that health plays in closing the education achievement gap.
Health promoting behaviors impact health, increase the likelihood of academic success, and support and promote healthy families and communities.

Health promoting schools provide a consistent message for student health and learning.
Norwalk Public Schools Wellness Policy
A local wellness policy is a written document that guides a local educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being and ability to learn.
Norwalk’s Wellness Policy

- Committee Structure and Function
- Goals for Monitoring, Evaluation, and Communications
- Nutrition Education
- Physical Education and Physical Activity
- School Food
- Other
  - Health Services, School-Based Health Centers, Staff Wellness, Social and Emotional Health, Family Engagement, Community Involvement
Wiggle Break

• Hola, Bonjour, Hello

• Think Like a Scientist

• Straddle Scissor Together

• Lunch
Your Role

Set up your School Wellness Team: Determine who “owns” wellness at your school (Hints: It could be SGC, or the “Team” may already exist!)

• Designate one School Wellness “Liaison” to the District-level Wellness Committee
• Determine the structure and function of your School Wellness Team

Conduct Assessment and Develop Action Plan

Communicate to your School Community: Push wellness messages from the district out to your school community and tell us about your success!
What is a School Wellness Team?

- A building-level group of school community representatives charged with creating and supporting a healthy school community.

- The School Wellness Team is the mechanism for the Whole School, Whole Community, Whole Child Model (www.cdc.gov/healthyyouth).
What is the Role of the School Wellness Team?

- Create healthy school communities from K to grade 12
- Plan, implement, and evaluate policies, practices, and curriculum to address student health and academic success
- Align with the district Strategic Operating Plan and school improvement plan
How do we start our School Wellness Team?

- School Governance Council MAY serve as the School Wellness Team
- OR a separate Team may be established
- Decision is made at the school level

*Just let the District Wellness Committee know your strategy!
Critical Steps for School Wellness Team Success and Sustainability

- Develop a clear and purposeful mission statement for your building
- Review policies
- Review school and district data related to student health to identify areas of concern
Critical Steps for School Wellness Team Success and Sustainability

• Develop an action plan with goals, objectives, strategies, evaluation, and resources. The action plan addresses data and policies.

• Communicate policies (e.g. Wellness Policy) with school community.

• Communicate action plan goals and outcomes with school community.
Critical Steps for School Wellness Team Success and Sustainability

- Keep administration and school board continually involved/informed-school liaison

- Principal (administrative) leadership is imperative for success!
The Healthier Schools Program: Alliance for a Healthier Generation

• The Alliance School Health Index (ASHI)
  – Identifies strengths and weaknesses for nutrition and physical activity
  – Helps teams to develop an Action Plan
  – Assists in developing a School Wellness Team

• Addresses
  • Wellness Policies
  • Snacks and Beverages
  • Breakfast and Lunch
  • Health Education
  • Physical Education
  • Physical Activity
  • Employee Wellness
Alliance School Health Index-Modules

- School Health and Safety Policies and Environment
- Health Education
- Physical Education and other Physical Activity Programs
- Nutrition Services
- Health Services
- Counseling Psychological and Social Services
- Health Promotion for Staff
- Family and Community Involvement
The Alliance School Health Index in Action
Cranbury Elementary School
Breakout Session

• Log in to the online tool for your school: https://schools.healthiergeneration.org/

• In upper right hand corner, click on drop down under Your District and choose your school

• Explore, begin to complete Module 8 - Family and Community Involvement and/or any others
Breakout Session

– Where are our assets? What good work is already happening?

– Who else do we need on the team to complete this tool (who else has these answers, resources)?

– What support do we need from NPS and/or the District Wellness Committee?
The Alliance School Health Index in Action
Brookside Elementary School
• Determine strategies/activities to support the objectives/outcomes that are important to your school

• Identify resources needed
  – Time, money, personnel, community support

• Establish a timeline for completion

• Establish evidence of completion
Resources

• ASCD: The Whole Child Initiative
  – http://www.ascd.org/whole-child.aspx
  – www.ascd.org/learningandhealth

• CDC: Whole School, Whole Community Whole Child
  – http://www.cdc.gov/healthyyouth/wssc/

• CDC: Coordinated School Health
  – http://www.cdc.gov/healthyyouth/cshp/

• CDC: School Health Council
  – http://www.cdc.gov/healthyyouth/cshp/schools.htm
Resources from the CDC

• Alliance for a Healthier Generation
  – https://schools.healthiergeneration.org

• Program Planning

• Sharing Your Success
  – http://www.cdc.gov/healthyyouth/evaluation/share.htm

• Connecticut Nutrition Standards
Closing Thoughts/Next Steps

• Next Steps:
  – Send Lisa the name/contact info for your “liaison” by February 15
  – Complete Assessment Tool by May 1
  – May 2018: Wellness Convening (Details to come)

Questions, Comments, Takeaways?
Questions? Want to Learn More?

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Chair, NPS District Wellness Committee
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District-wide Initiatives
• Physical Activity: Theresa Argondezzi (targondezzi@norwalkct.org)
• Social/Emotional Health: Marissa Mangone (marissabmangone@gmail.com)
• Lead Food Team: Lisa Lenskold (norwalkgrows@gmail.com)
Thank you!