



Health and
Wellness Action
Plans
for USD 465

Safe Routes to School

USD 465 supports active transportation including: walking and bicycling to and from school.

USD 465 supports safe routes to school and activities that bolster student safety and encourage physical activity.

USD 465 encourages celebrating Walk to School Days and other Promotional Activities that engage students in active transportation to and from school.

Health and Wellness Plan: Nutrition Education

Winfield USD 465 Health & Wellness Action Plan 2014				
DISTRICT PRIORITY: Nutrition Education and Wellness Promotion				
<p>ACTION PLAN PURPOSE: Schools include nutrition education through the comprehensive (pre-kindergarten through grade 12) <u>Health Education Content Standards</u> and engage in nutrition promotion that is part of not only health education classes, but is also integrated into classroom instruction in subjects such as math, science, language arts, social sciences, physical education and elective subjects. This includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.</p> <p>Nutrition education activities promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices. An emphasis is placed on caloric balance between food intake and energy expenditure and links with school meal programs, other school foods, and nutrition-related community services.</p> <p>Health education focuses on health literacy skills with an emphasis on accessing valid nutrition information, analyzing influences such as food marketing, as well as, setting goals and making responsible decisions related to food choices. School nutrition education and promotion includes informational dissemination to students, teachers, parents and other staff.</p>				
ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
1	<ul style="list-style-type: none"> Establish Health Curriculum Committee (PLC) to review K-12 Nutrition Education and Wellness Promotion curriculum and activities used to engage learners in this topic 	<ul style="list-style-type: none"> District Admin Principals Health, P.E., Science teachers 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Written plan indicating lessons, grade level taught, person responsible, etc. Nutrition Education and Wellness Promotion curriculum developed in Rubicon Atlas – curriculum management software system

Health and Wellness Plan: Nutrition Education

ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
2	<ul style="list-style-type: none"> Explore cessation of fund raising activities which promote or sell foods and beverages of low nutritional value 	<ul style="list-style-type: none"> District Admin Principals PTOs Site Councils 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> BOE approved policy Documented evidence of promoting/educating about alternative fund raising projects Track every fund raising effort to find out actual # of fundraisers that do not meet this goal
3	<ul style="list-style-type: none"> Develop policy which reduces using foods and beverages of low nutritional value for rewarding students, parties and celebrations 	<ul style="list-style-type: none"> District Admin Principals Site Councils Teachers 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> BOE approved policy Documented evidence of promoting/educating about alternative fund raising projects Documented student feedback
4	<ul style="list-style-type: none"> Provide an after-school snack program for students at WMS and WHS 	<ul style="list-style-type: none"> Food Service Director District Admin 	<ul style="list-style-type: none"> Begin Fall 2014 	<ul style="list-style-type: none"> Student participation numbers
5	<ul style="list-style-type: none"> Post KSDE Food Service Audit information on district website for public review 	<ul style="list-style-type: none"> Food Service Director 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Posted KSDE audits
6	<ul style="list-style-type: none"> Post Nutritional Information (Nutritional Analysis) on Foods Served in Cafeteria 	<ul style="list-style-type: none"> Food Service Director 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Posted Nutritional Analysis

Health and Wellness Plan: Nutrition Education

ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
7	<ul style="list-style-type: none"> Allow marketing (oral, Written, graphic) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> BOE approved policy
8	<ul style="list-style-type: none"> Offer information to parents at least once per semester that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families 	<ul style="list-style-type: none"> Food Service Director 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Documented evidence of information distributed

Health and Wellness Plan: Management of Chronic Needs

Winfield USD 465 Health & Wellness Action Plan 2014				
DISTRICT PRIORITY: Management of Daily Needs of Students with Chronic Conditions				
ACTION PLAN PURPOSE: Improve educational opportunities and diminish the effects of chronic illness or its treatment on the child's participation in school.				
Chronic disease and illness can significantly affect a child's ability to participate in regular education activities. Many developmental disabilities create the need for special education services that take into account the effect of the developmental problem on the child's ability to learn. Most chronic illnesses, however, create no direct impact on the child's ability to learn, although excessive fatigue and the effects of medication may affect the child's cognitive abilities. More commonly, the child faces frequent absences because of medical or surgical care or because of exacerbations of conditions such as diabetes, asthma or arthritis.				
ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
1	<ul style="list-style-type: none"> Asthma: Teach Open Airway curriculum to elementary students with diagnosed asthma 	<ul style="list-style-type: none"> Nurse 	<ul style="list-style-type: none"> As needed 	<ul style="list-style-type: none"> Instruction documented and filed in student records Track # of students taught with Open Airway curriculum, # of males/females, grade level, etc.
2	<ul style="list-style-type: none"> Complete Indoor Air Quality Risk Assessment in each facility 	<ul style="list-style-type: none"> District Admin Safety Officer Director of Building/Grounds Nurses 	<ul style="list-style-type: none"> 2014-2015 School Year 	<ul style="list-style-type: none"> Completed Indoor Air Quality Risk Assessment Assessment reviewed with Board of Education

Health and Wellness Plan: Management of Chronic Needs

ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
3	<ul style="list-style-type: none"> Develop policy and protocol for tracking students with chronic conditions (currently limited by technologies to segregate data) 	<ul style="list-style-type: none"> Nurses 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> BOE approved policy Written policy/protocols Identify & Track Chronic Conditions Increased number of parent forms returned to schools/nurses
4	<ul style="list-style-type: none"> Use online spreadsheet to share with parents of K-12 children with significant asthma issues 	<ul style="list-style-type: none"> Nurses 	Fall 2014; Implement Jan 2015	<ul style="list-style-type: none"> Track # of parents accessing online spreadsheet Feedback from parent and physician Documented decrease in asthma symptoms
5	<ul style="list-style-type: none"> Increase number of PreK – 12 insured students to 100% 	<ul style="list-style-type: none"> District Admin Nurses 		<ul style="list-style-type: none"> Market Place Navigator at enrollment KanCare representative at enrollment Returned # of forms with corrected/updated student health information

Health and Wellness Plan: Physical Education

Winfield USD 465 Health & Wellness Action Plan 2014				
DISTRICT PRIORITY: Physical Education and Physical Activity				
ACTION PLAN PURPOSE: Physical activity for students is provided through a quality physical education program and complemented by activities before, during, and after school, such as recess; physical activity integrated into academic and performing arts; intramural sports; interscholastic sports; walks and bike rides to school initiatives; special physical activity performances such as field days, gym and fitness nights; activity logs; and fitness challenges.				
All students in grades K-12, including students with disabilities and those with special health-care needs, are required to receive physical education instruction, as prescribed by the DoDEA Physical Education Content Standards and course descriptions. All physical education is taught by a certified physical education teacher.				
ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
1	<ul style="list-style-type: none"> K-12 P.E. teachers (PLC) will develop comprehensive physical education curriculum 	<ul style="list-style-type: none"> District Admin Principals P.E. Teachers 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Physical Education curriculum developed in Rubicon Atlas – curriculum management software system
2	<ul style="list-style-type: none"> All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity at least 2 times per week during the entire school year Check which buildings are not meeting this requirement Meet with building principals prior to setting school schedules 	<ul style="list-style-type: none"> Principals P.E. Teachers 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Determine if provided in each school by evaluating school schedules.

Health and Wellness Plan: Physical Education

3	<ul style="list-style-type: none"> Structured physical activities are planned by a licensed P.E. teacher and integrated into health education and one or more core subjects, such as math, science, language, arts, and social sciences, as well as in non-core and elective subjects Give teachers more examples of “brain-breaks” and other related resources 	<ul style="list-style-type: none"> P.E. Teacher Regular Classroom Teacher 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Documented agendas allowing P.E. teachers the opportunity to share at staff meetings Survey Monkey – how many/day? What are the best resources? Do you or do you not include brain breaks? What differences did you see in students after using a brain break?
5	<ul style="list-style-type: none"> Physical education is taught by teachers licensed by the Kansas State Dept of Education 	<ul style="list-style-type: none"> District Admin Principals 	<ul style="list-style-type: none"> 2014-2015 	<ul style="list-style-type: none"> Licensed personnel report
6	<ul style="list-style-type: none"> Expand Walk or Ride to School Day (WORTS) to include more WMS and WHS students. WIS and WMS students make marketing posters 	<ul style="list-style-type: none"> P.E. Teachers Principals 	<ul style="list-style-type: none"> Spring 2015 	<ul style="list-style-type: none"> Increased K-12 participation in WORTS Day
7	<ul style="list-style-type: none"> Use KFIT to conduct fitness assessments on all students 10 and older taking P.E.; use WHS HOSA students during assessment periods 	<ul style="list-style-type: none"> P.E. Teachers 	<ul style="list-style-type: none"> Fall 2014 Spring 2015 	<ul style="list-style-type: none"> Completed # of pre and post-test data

Health and Wellness Plan: Physical Education

Health and Wellness Plan: Physical Education				
8	<ul style="list-style-type: none">Elementary students receive 60-90 minutes of physical education per week, which includes at least 40 minutes of moderate to vigorous physical activity	<ul style="list-style-type: none">P.E. TeachersPrincipals	<ul style="list-style-type: none">	<ul style="list-style-type: none">Track # of students participating in P.E.

Health and Wellness Plan: Tobacco Use and Prevention

Winfield USD 465 Health & Wellness Action Plan 2014				
DISTRICT PRIORITY: Tobacco Use and Prevention				
ACTION PLAN PURPOSE: Schools include tobacco use and prevention education through comprehensive (Grades 5-12) Health Education Content Standards, and engage in prevention activities outside of health education classes.				
Adolescence and emerging adulthood are stages of life with increased vulnerability to tobacco use. These are times of remarkable growth – physically, mentally, and socially – that are not always synchronous and are complicated because the brain has not yet fully developed. Peer influence is paramount during these life stages, and young people with greater numbers of peer who smoke are more likely to begin to use tobacco themselves. There is also compelling evidence between low academic achievement and smoking onset and use among adolescents.				
ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
1	<ul style="list-style-type: none"> Explore possibility of offering a tobacco cessation program as a WHS health elective credit 	<ul style="list-style-type: none"> District Admin WHS Admin Counselors Health Teacher 	<ul style="list-style-type: none"> Fall 2014: Evaluate potential for class Spring 2015: Offer pilot class 	<ul style="list-style-type: none"> # of students enrolled # of enrolled students who select to quit smoking
2	<ul style="list-style-type: none"> Establish Health Curriculum Committee (PLC) to determine where tobacco use and prevention are included in K-12 curriculum and activities used to engage learners in this topic 	<ul style="list-style-type: none"> District Admin Principals Health teachers 	<ul style="list-style-type: none"> Fall 2014 	<ul style="list-style-type: none"> Written plan indicating lesson, grade level taught, person responsible, etc.

Health and Wellness Plan: Tobacco Use and Prevention

ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
3	<ul style="list-style-type: none"> Review and align existing tobacco policies and explore possibility of including cessation programs/class, (ACE 2.0 Waiver) 	<ul style="list-style-type: none"> District Administration Principals Athletic Director Board of Education CDRR Coordinator ACE 2.0 Champion(s) 	<ul style="list-style-type: none"> Spring 2015: review existing policies Fall 2015: 	<ul style="list-style-type: none"> # of students in violation of policy # of students enrolled in cessation programs/class
4	<ul style="list-style-type: none"> Collaborate with city and district health facilitators to provide and distribute tobacco prevention education and cessation information/materials. 	<ul style="list-style-type: none"> Health teachers Counselors Nurses CDRR Coordinator 	<ul style="list-style-type: none"> School year 2015 	<ul style="list-style-type: none"> # of materials distributed # of materials not used Electronic survey sent to district health facilitators
5	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 		<ul style="list-style-type: none">
ACTION STEP	ACTION PLAN STRATEGY	WHO'S RESPONSIBLE	TIMELINE	EVALUATION
6	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
7	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
8	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">