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CREATING HEALTH SCHOOLS- FUNDED BY THE COLORADO HEALTH FOUNDATION

Kit Carson was awarded the Creating Healthy Schools Local Planning and Assessment Grant by The Colorado Health Foundation (TCHF) in 2018. The Creating Healthy Schools Grant is a two-part grant that provides for two years of planning and, if subsequently awarded, two years of implementation.

Purpose

The purpose of the Comprehensive District Health and Wellness Plan is to:

- Identify district priorities within the major Health and Wellness categories listed within this Wellness Plan.*
- Develop action plans within the six major categories aligned with evidence-based research.*
- Ensure collaboration and sustainability through local ownership of the plan by stakeholders who will implement action plans within the district and community.*

WSCC Model

The Whole School, Whole Community, Whole Child (WSCC) Model, developed by the Association for Supervision and Curriculum Development (ASCD) and the Centers for Disease Control (CDC), highlights school health components which every school should have to ensure the health, safety, and well-being of their students and staff in the school environment. By using the WSCC and CDC Models to plan, schools, districts, and communities can identify needs in the areas of health and wellness that require more attention.

Areas of Focus

Kit Carson School District has taken on the responsibility of ensuring the health, safety, and well-being of their students and staff in the school environment by taking a comprehensive look at Kit Carson's ten component areas:

- 1. health education*
- 2. physical education/activity*
- 3. nutrition environment and services*
- 4. health services*
- 5. counseling, psychological, and social services*
- 6. social and emotional climate*
- 7. physical environment*
- 8. employee wellness*
- 9. family engagement*
- 10. community involvement*

Planning vs Implementation

In 2017, Kit Carson was awarded the Creating Healthy Schools Local Planning and Assessment Grant by The Colorado Health Foundation (TCHF). The Creating Healthy Schools Grant is a two-part grant that provides for one year of planning and, if subsequently awarded, two years of implementation. Planning and implementation funds are awarded based on the number of students in the district compared to the percentage of free and reduced lunch (FRL) students. To facilitate local planning, capacity building and community collaboration efforts, a Wellness Council was established to focus on developing a comprehensive school health and wellness plan that combines the Kit Carson 10 areas of focus into six areas for planning purposes:

- *Comprehensive physical activity*
- *Supportive nutrition environments and healthy food and beverages*
- *Health and wellness friendly school climate and culture*
- *Health education*
- *Student health services*
- *Student behavioral health needs*

At the end of the year-long planning period, Kit Carson will use the comprehensive wellness plan to seek additional funding through The Colorado Health Foundation’s Creating Healthy Schools-Implementation Grant to support making the plan actionable.

UNDERSTANDING KIT CARSON SCHOOL DISTRICT

The historic town of Kit Carson is a statutory town located in the Cheyenne County. According to the 2018 population estimates from the United States Census Bureau, Kit Carson’s population is approximately 238 persons. The median household income is \$34,375 and 16% of the population is considered in poverty. 96% of the population is a high school graduate or higher. According to the 2000 census, the racial makeup of the town was 93% White and 6% Hispanic or Latino. 113 households had 25% of children under the age of 18 living with them and 23% of the population is under the age of 18. The school district currently serves 110 students; Pre School through twelfth grade. The nearest recreation center and major medical center is over 100 miles away. The nearest major market to collect fresh produce is 60 miles away and our current Community Garden does not have the necessary advances to help contribute to the districts healthy eating goals. Kit Carson’s rural location restricts community access to mental and behavioral health services. There is no professional behavioralist, psychologist, counselor, or any behavioral health professional present to address the health needs of the community. Through this wellness plan, the wellness team will emphasize an increase of access to these services

HOW WE GOT STARTED

Wellness Council and Community involvement

To best support the needs of all students, the Wellness Council was developed to support the planning process and was comprised of students, teachers, school administration, parents, and community/nonprofit partners. The Wellness Council identified key individuals to participate on the council. The priority for recruitment was to be inclusive of all students and ensure representation from different grade levels, backgrounds, and interests.

<i>Alexis Gekeler</i>	<i>PE Teacher</i>
<i>Allison Gekeler</i>	<i>Student</i>
<i>Brayden Bogenhagen</i>	<i>Student</i>
<i>Cally Rady</i>	<i>Student</i>
<i>CJ Roberts</i>	<i>Community Partner</i>
<i>Cordell Farmer</i>	<i>Student</i>
<i>Emily Weber</i>	<i>Student</i>
<i>Heidie Marriott</i>	<i>1st Grade Teacher</i>
<i>Jasmine Jacobs</i>	<i>4th and 5th Grade Teacher</i>
<i>Jill Harms</i>	<i>SPED/Kindergarten Teacher</i>

<i>Lois Behrends</i>	<i>Business/Art Teacher</i>
<i>Maggie Mather</i>	<i>Community Partner</i>
<i>Mariana Mitchek</i>	<i>Community Member</i>
<i>Melissa Bogenhagen</i>	<i>Head Cook</i>
<i>Natalie Framel</i>	<i>3rd Grade Teacher</i>
<i>Olivia Isenbart</i>	<i>Student</i>
<i>Robert Framel</i>	<i>Superintendent</i>
<i>Stephanie Framel</i>	<i>Student</i>
<i>Tara Gaynor</i>	<i>Community Member</i>
<i>Tieler Randel</i>	<i>Student</i>
<i>Tim Hogan</i>	<i>Science Teacher/Principal</i>
<i>Torrie Randel</i>	<i>Community Member</i>

Collaboration & Partnership

- Generation Schools Network is a Denver-based nonprofit that works locally and nationally to co-create healthy school ecosystems by partnering with educators, students, families, and communities to elevate the education experience. GSN provides several levels of support for the comprehensive health and wellness planning process:
 - Grant writing and management
 - Creating Healthy Schools Community Planning Process
 - Wellness research to ensure selection of evidence-based strategies for implementation
 - Technical assistance throughout the planning process
 - Implementation planning and support
- Lutheran Church hosts a student after football game party called the 5th quarter to promote healthy choices.
- Sources of Strength/Communities That Care/Youth Council; **See strategies below**
- County Health Nurse, Kelli Adamson provides immunizations, shots, dental checks, and periodic health checks for students and their families.
- **About F.A.C.E (-)**
- County Commissioner works with the district on traffic, roads, and fundraising.
- Volunteer Fire Department is responsible for fire safety week, tours of the fire trucks and firehouse, and help staff acquire CPR certification.
- County Sheriff's Office- Mike Bucannon supports with programs such as drug and alcohol awareness and self-defense courses.
- Kaboom – Kit Carson School District was awarded a Kaboom grant, which allowed them to construct a new playground for the district and community.
- **BEST Grant**

Community Survey

The Wellness Council developed a community-wide survey targeted to caregivers of students, community members, and district employees to gather input on health priorities in the community and in the school.

- Wellness Council members administered the survey through email distribution of
- One key takeaway included: Survey participants were asked to rate how severely students were affected by a list of issues at school. The list included bullying, drug and alcohol consumption, and stress. For each item on the list a significant number of survey participants, in many cases,

more than 24% of survey respondents answered “unknown.” This indicates that there may be a lack of communication between parents and staff about the issues the school faces.

- *24 surveys were collected. 75% responses represented a community member with a student enrolled in the district. 25% responses were community members only.*

Needs Assessment- Determining Health Priorities

The Wellness Council evaluated the current data on student, school and employee health to determine focus areas for each health topic. Data sources included the 2017-2018 Smart Source and Community Survey (data below).

- *The Wellness Council met once a month from March 2017 to June 2019 for a total of 10 planning meetings. Each monthly meeting was designated to one health topic.*
- *At each meeting, after a brief check-in and recap of the previous topic, GSN presented on each health topic’s national and state standards, data and statistics surrounding these topics, and relevant examples of successful evidence-based practices that are currently being implemented by other schools and organizations.*
- *After the data and relevant information was reviewed, the remainder of the meeting was dedicated to brainstorming potential initiatives to include in the wellness plan. Interest level was tracked using a “heat map” strategy.*
- *The Council then chose action items based on the heat map to further develop.*
- *The Council brought their research to the next planning meeting to allow for development of that portion of the plan.*
- *Specific action items were chosen with development guided by three critical factors; Sustainability Evidence-based practices and Scope and Impact.*

KIT CARSON WELLNESS PLAN

- *Intent: To educate Kit Carson Students on taking care of their “Whole Body” for optimal wellness.*
- *Desired Outcome: Healthy choices that are sustainable to wellness of our Students, Staff and Community.*

Stakeholder Roles

- **Students:** *Make your voice be heard by sharing your opinions and help create more opportunities for physical activities that you enjoy in your district.*
- **Parents:** *Encourage physical activity at home by checking out the tips and resources available for ideas, to be involved and create opportunities to encourage physical activity within your family.*
- **Teachers:** *Incorporate physical activity into your daily lessons, attend trainings, and find ways to promote staff wellness as well as student wellness.*
- **Administrators and School Board Members:** *Support, direct, promote, and seek funding for the next steps listed in this plan.*
- **Community:** *Instill physical fitness in the community by participating and supporting the district in their endeavor to create physical awareness for an active lifestyle.*

PHYSICAL ACTIVITY

Defining Physical Activity

Regular physical activity is a vital component of health and education. Being physically active helps in several different areas to:

- 1. Control weight*
- 2. Reduce the risk of cardiovascular disease, type two diabetes, and some cancers*
- 3. Strengthen muscles and bones*
- 4. Improve mental health*
- 5. Increase life expectancy.*

Being physically active will benefit the mind, body, and spirit for a lifetime. Students who are regularly physically active tend to be more focused learners and perform better academically.

Current Physical Activity Practices

The Healthy Kids Colorado Survey shows that the student population of Kit Carson School District is quite active, due to the aligned instruction with the Physical Education Content Standards:

Whole School:

- Incorporate movement, such as physical activity/walking breaks, into daily classroom routines whenever possible to get students out of their desks and moving with interactive activities throughout all daily classes.*
- Implement Positive Behavior Intervention Support (PBIS) punch card system for school wide competitions and classroom behavior*
- Include in Physical Education Class a variety of different exercise methods including cardio, weightlifting, resistance training, and sport fundamentals.*
- After school walking path competition will be offered on early release days. The district will provide transportation for students to participate*

Junior High:

- 84% of junior high school students are active for 60 minutes per day*
- 95% of junior high school students play an organized sport*
- School offers 45 minutes of physical activity daily*

High School:

- 86% of senior high school students participate in an organized sport*
- 96% of senior high school students are active for 60 minutes per day*
- School offers 45 minutes of physical activity daily*

Action Steps:

The following action steps will help implement an opportunity for all stakeholders to participate in daily activities to instill a healthy lifestyle.

School Wide

- *Implement Positive Behavior Intervention Support (PBIS) punch card system for school wide competitions and **classroom** behavior*
- *Include in **Physical Education Class** a variety of different exercise methods including cardio, weightlifting, resistance training, and sport fundamentals*
- ***After school** walking path competition will be offered on early release days the district will provide additional transportation for students to participate*
- ***After school** bimonthly competitive physical activity for students not participating in athletics*

Elementary

- *Incorporate movement, such as physical activity/walking breaks, into daily **classroom** routines whenever possible to get students out of their desks and moving with interactive activities throughout all daily classes*

Junior High

- *Address student self-image through discussions with students in leadership groups, **advisory period**, and in the Sources of Strength program in response to the Healthy Kids Colorado Survey results that 50.9% of Junior High students are trying to lose weight and 26.5% describe themselves as slightly or very overweight*

High School

- *Incorporate movement and comradery in the **classroom** with Elementary students using Brain Breaks and Sources of Strength*
- *Implement an active Big Brother/Big Sister mentor program regularly in the **classroom***
- *Incorporate yoga into varsity athletic practice time (**Physical Education Class**)*
- *Provide self-defense instruction during **advisory period***

Staff and Community

- *Provide spin, yoga, and self-defense classes **before/after school***
- *Initiate an active lifestyle competition*

Materials for Implementation

The following materials will help implement an opportunity for all stakeholders to participate in daily activities to instill a healthy lifestyle.

- **Purchase interactive tools for student who struggle with focusing and incorporate them in classrooms.**
- **Ensure teachers have the support needed to effectively integrate the tools through professional development.**
- **Provide opportunity for professional development/education for all **physical education** teachers**
- **Fund transportation department for additional bus routes needed for early release days**
- **Purchase walking path exercise station equipment**
- **Reimburse local community/law enforcement to teach self-defense class**
- **Recruit and train community member to teach fitness classes**
- **Stipend for **after school** bimonthly competitive activity**

- Purchase spin bikes
- Purchase step counters (Fitbits)
- Rubberized Mulch for playground safety

Support Steps

The following support steps will help implement an opportunity for the following stakeholders to participate in daily activities to instill a healthy lifestyle.

Parents, Community Members, Staff

- *Serve as role models to children by living healthy, active lives. Engage in physical activities with your child at least three times a week.*
- *Develop partnerships with your district to provide additional resources, programs, and events focused on physical activities*
- *Get involved in fitness initiatives at the district such as through a volunteering at a field day or volunteering to teach a 10-week fitness after-school program.*
- *Promote after-school activities such as sports or exercise classes and safe routes to school*
- *Provide materials for parents to learn more about physical activity practices in the school as well as ideas to try at home.*
- *Participate in conversations led by administrators and school board members about how to increase access to physical activity for students, staff, and the community. Help identify community issues, priorities, and values.*
- *Participate in fitness initiatives at the district by volunteering for various physical activity programs at the school*
- *Engage the community to gain deeper insights into its values about the relationship between physical activity and student learning*

** For more tips and ideas for parents, please see the recommended websites in the resources section below.*

NUTRITION

Defining Nutrition

Daily nutrition is a vital component in making healthy lifestyle choices. Being educated on nutrition helps in several different areas to:

1. Interpreting nutritional food labels to make healthy food choices
2. Reduce the risk of cardiovascular disease, type two diabetes, and some cancers
3. Improve student/staff health
4. Increase academic achievement

Being aware of healthy nutrition will benefit the mind, body, and spirit for a lifetime. Students who understand healthy nutritional practices tend to be more focused learners and perform better academically.

Current Nutrition Practices

The Healthy Kids Colorado Survey shows that the student population of Kit Carson School District has some awareness, due to the Child Nutrition Program, regulated by the Colorado Department of Education:

Elementary Students

- *Graham Crackers for snacks*
- *Milk Program (paid for by parents)*
- *Water jug and ice offered to students*
- *Salad bar offered at lunch*

Junior High Students/ High School Students

- *26.5% of students describes themselves as being overweight*
- *50.9% of students are trying to lose weight*
- *49% of students drink one or more sport drinks a day*
- *37.5% of students eat breakfast in the morning*
- *Water jug and ice offered to students*
- *Salad bar offered at lunch*

Action Steps:

The following action steps will help implement an opportunity for all stakeholders to participate in daily nutritional choices to instill a healthy lifestyle.

Whole School

- Provide breakfast bar **before school** to enhance performance in the classroom
- Utilize Mid-day Snacks to continue performance in the **classroom**
- Provide refillable water bottles to utilize water bottle refilling station
- Implement a Healthy Snack of the Week Program during **Advisory** to expand students' healthy choice selection to share with all stakeholders
- Invite a guest chef to teach how to make healthy dishes
- Teach students how to interpret nutrition labels during **Science class**
- Introduce a healthy competition of sugar consumption awareness using the SUGAR APP
- Create a Community Garden to provide fresh produce locally

Junior High

- Administer proportional protein/sugar snack **before and after practice**
- Offer a Milk Program to students to purchase an additional milk during the day
- Incorporate nutritional stickers on Candy Locker items to better inform students on their decisions

High School

- Plant a Fruit Tree Orchard through an **AG** emphasis to teach students self-sustainability
- Incorporate nutritional stickers on Candy Locker items to better inform students on their decisions during their **break time**

Staff & Community

- Collaborate with students and community to help maintain Community Garden
- Provide refillable water bottles to utilize water bottle refilling station
- Host a seasonal Healthy Recipe Contest to teach proportional servings
- Research a Healthy Snack for the weekly program and present to students during **Advisory**
- Invite a guest chef to teach how to make healthy dishes
- Introduce a healthy competition of sugar consumption awareness using the SUGAR APP
- Participate in the seasonal Healthy Recipe Contest to understand proportional servings
- Partner with local grocery store to provide stakeholders a free Healthy Snack Pack Kit

Materials for Implementation

The following materials will help implement an opportunity for all stakeholders to participate in daily nutritional choices to instill a healthy lifestyle.

- Purchase breakfast foods (sandwiches, oatmeal, cereal, etc.)
- Purchase fruit, string cheese, crackers, dried fruits, etc. for mid-day snack
- Purchase water bottles for staff and students
- Purchase groceries and ingredient cards for Healthy Snack of the Week
- Stipend for guest chef
- Purchase stickers for candy locker items
- Purchase groceries for monthly Healthy Snack Pack Kits
- Green House Materials and year-round structure; Purchase seeds, trees, soaker hoses for Community Garden and Tree Orchard
- Garden stipends
- Healthy Food Initiative materials such as refrigerator, microwave, marketing materials.

Support Steps

The following support steps will help implement an opportunity for all stakeholders to participate in daily nutritional choices to instill a healthy lifestyle.

Parents , Community Members, Staff, Administration/School Board

- Serve as role models to children by modeling healthy food choices daily
- Develop partnerships with your district to provide additional resources, programs, and events focused on nutrition
- Get involved in nutrition initiatives at the district by volunteering to help care for the community garden and tree orchard
- Utilize Healthy Snack Kit into your family routine
- Provide materials for parents to learn more about nutritional practices in the school as well as ideas to try at home.
- Participate in conversations led by administrators and school board members about how to increase access to nutritional awareness for students, staff, and the community
- Help identify community issues, priorities, and values

- Participate in nutrition initiatives at the district by volunteering to help care for the community garden and tree orchard
- Engage the community to gain deeper insights into its values about the relationship between nutrition and student learning

* For more tips and ideas for parents, please see the recommended websites in the resources section below.

SUPPORT STAFF AND STUDENT WELLNESS:

Defining Wellness

Daily wellness is a vital component in making healthy lifestyle choices. It is important for stakeholders to incorporate the WHOLE body for optimal wellness. Being educated in wellness helps in several different areas:

1. Being aware of emotional intelligence and learning how to react to situations
2. Help in goal setting to help motivate
3. Help find individual strengths and talents
4. Learning how to flourish and thrive

Being aware of stakeholders' wellness will benefit the mind, body, and spirit for a lifetime. Students who understand healthy wellness practices tend to be more focused learners and perform better academically.

Current Wellness Practices

The Healthy Kids Colorado Survey shows that the student population of Kit Carson School District has some awareness of Wellness:

Elementary Students

Mindful training
Big Brother/Big Sister Relationships
Color Run (Sources of Strength)
Random Acts of Kindness Week
Morning Meetings
Emotional Check-In
Brain Breaks
Go Noodle
Incorporating Music into the classroom
Reading in different environments
Writing about other people and their emotions
Author of the Week
PAWS- PBIS

Junior High Students/ High School Students

18% of students were involved in a physical fight one or more times in the past twelve months
16% of our students do not feel safe at school
54% of students hate being at school

Implemented wellness advisory for Junior High and High School students

Mindful training

Big Brother/Big Sister Relationships

Color Run (Sources of Strength)

Random Acts of Kindness Week

Sources of Strength Leadership Team

Sources of Strength training for Secondary students

Self-Defense Training

Kindness Study

Athletic Team Retreats

Athletic Team Dinners

Community Celebrations

Team Unity Activities

Tragedy Fund

Valentine Cookies to Homebound

Fifth Quarter

Painting Pawprints

Staff:

Kindness Calendars

Secret Santa

Ladies Nights

Goal Setting

Action Steps:

The following action steps will help implement an opportunity for all stakeholders to participate in daily wellness choices to instill a healthy lifestyle.

Whole School

- Participate in a Self-Defense class
- Challenge to minimize screen time and maximize face to face communication
- Provide an opportunity to participate in a ropes course

Elementary

Junior High

- Offer First Aid/CPR training
- Provide child care so that parents/teachers can participate in wellness activities

High School

- Offer First Aid/CPR training
- Implement a Lunch and Learn session
- Volunteer at Hospital in the city

Staff & Community

- Provide yoga opportunities
- Position an AED in every bus, building, and educational wing
- Offer First Aid/CPR training
- Implement a place and time for staff stress relief breaks
- Encourage laughter
- Provide Employees with Music
- Incorporate Self-help book studies
- Promote Craft nights
- Purchase Himalayan Salt Lamps
- Utilize Air Purifiers
- *Provide funding for individual sport camp opportunity*

Materials for Implementation

The following materials will help implement an opportunity for all stakeholders to participate in healthy lifestyle choices that promote overall wellness.

- Purchase 3 AED machines and position for easy access
- Hire instructor to teach Self-Defense class
- Invest in Yoga Mats and Certification for an instructor
- Purchase Interactive Mirror Home Gym Instructor
- Purchase Apps for Calming/Breathing/ Positive Affirmations
- Training for Professional Development Threat Assessment
- *Continue paying for First Aid/CPR/Concussion training for staff and community*

Support Steps

The following support steps will help implement an opportunity for all stakeholders to participate in healthy lifestyle choices that promote overall wellness.

Parents, Community Members, Staff and Administration/School Board

- Serve as role models to children by modeling healthy lifestyle choices that promote overall wellness
- Develop partnerships with your district to provide additional resources, programs, and events focused on wellness
- Get involved in ongoing initiatives at the district by participating in wellness activities
- Participate in conversations led by administrators and school board members about how to increase access to healthy wellness awareness for students, staff, and the community
- Help identify community issues, priorities, and values
- Provide materials for parents to learn more about wellness practices in the school, as well as ideas to try at home
- Engage the community to gain deeper insights into its values about the relationship between healthy lifestyle and wellness

* [For more tips and ideas for parents, please see the recommended websites in the resources section below.](#)

HEALTH EDUCATION

Defining Health Education

Health Education is a vital component in making healthy lifestyle choices. Being educated on health education helps in several different areas in:

1. Making smart choices
2. Learning personal limits
3. Regulating reactions to a variety of situations
4. Increasing academic achievement

Being aware of health education will benefit the mind, body, and spirit for a lifetime. Students who understand health education practices tend to be more focused learners and perform better academically.

Current Health Education Practices

The Healthy Kids Colorado Survey and Student Center Accountability Program Survey shows that the student population of Kit Carson School District has limited awareness of the importance of mandating health benchmarks as suggested by the Colorado Health and Wellness Standards:

Elementary Students

- *Random Acts of Kindness (RAK) Curriculum*
- *Big Brother/Big Sister Days (Christmas, Dr. Seuss, RAK week)*
- *Hearing/Vision Screening*
- *Dental Screening*
- *Hospital Week*

Junior High Students

- *27% of students describe themselves as resilient*
- *49% of students describes themselves as responsible for their actions/learning*
- *58% of students feel alone in their educational endeavors*

High School Students

- *24% of students describe themselves as resilient*
- *69% of students describe themselves responsible for their actions/learning*
- *50% of students feel alone in their educational endeavors*

Action Steps:

The following action steps from Colorado Health and Wellness Standards will help implement an opportunity for all stakeholders to participate in health education to instill a positive well-being.

Whole School

- **Research Health Curriculum to be presented best options for district to the Wellness Team during implementation years.**
- *Partner with local law enforcement to inform students of consequences to unhealthy choices in **Classroom***
- *Participate in Life Skills educational program*

- *Partake in Fellowship of Christian Athlete (FCA)*

Elementary

Junior High

- *Utilize Big Life Journal*
- *Participate in 5th Quarter activities with **Communities that Care Coalition***

High School

- *Utilize Big Life Journal*
- *Participate in Life Skills educational program during **Ethics 101***
- *Participate in 5th Quarter activities with **Communities that Care Coalition***

STAFF & Community

- Develop life skills educational program
- Continue and enhance 5th Quarter activities with **Communities that Care Coalition**
- Utilize local law enforcement to inform students of consequences to unhealthy choices in **Classroom**
- Attend and gain resources for parental control of social media

Materials for Implementation

The following materials will help implement an opportunity for all stakeholders to participate in health education choices to instill a healthy lifestyle.

- Contracted labor for self-defense
- Contract labor for CPR/ First-Aid Training
- Purchase Big Life Journal
- Purchase Life Skills' Curriculum
- Gather Social Media Parent Awareness Information
- Health Education Curriculum

Support Steps

The following support steps will help implement an opportunity for all stakeholders to participate in health education to instill a healthy lifestyle.

Parents, Community Members, Staff and Administration/School Board

- Serve as role models to children by modeling healthy choices daily
- Develop partnerships with your district to provide additional resources, programs, and events focused on health education
- Get involved in health education initiatives at the district by participating and supporting parent information meetings
- Participate in conversations led by administrators and school board members about how to increase health education awareness for students, staff, and the community
- Help identify community issues, priorities, and values

- Provide materials for parents to learn more about health education practices in the school as well as ideas to try at home
- Engage the community to gain deeper insights into its values about the relationship between health education and student learning

* For more tips and ideas for parents, please see the recommended websites in the resources section below.

STUDENT HEALTH SERVICES & BEHAVIORAL HEALTH NEEDS

Defining Health Services

Health services is a vital component in making healthy lifestyle choices. Being aware of health services allows students and families to lead a healthy lifestyle. A school health program encompasses the following goals that lead to improved educational outcomes:

1. Ensures access to primary healthcare
2. Provides a system to deal with crisis medical situations
3. Provides mandated screening and immunization monitoring
4. Provides system for identification and solution of students' health and educational problems

Being aware of health services will benefit the mind, body, and spirit for a lifetime.

Defining Behavioral Health

Behavioral Health is a vital component in making healthy lifestyle choices. Being educated on emotions helps in several different areas:

- ✓ Emotional Intelligence
- ✓ Grit and Resiliency
- ✓ Mindfulness
- ✓ Healthy Social Choices
- ✓ Suicide Prevention

Being aware of behavioral health (Social Emotional Learning) will benefit the mind, body, and spirit for a lifetime. Students who understand healthy behavioral practices tend to be more focused learners and perform better academically.

Current Student Behavioral & Health Service Practices

The Smart Source Survey, Healthy Kids Colorado Survey, Student Center Accountability Program, and TESSRA Social Emotional Learning Assessment shows that the student population of Kit Carson School District have voiced a need for more awareness towards behavioral and health services.

School Wide

- *Random Acts of Kindness Curriculum*
- *Social Emotional Learning*
- *PAWS- (Positive Behavior Intervention and Supports)*
- *Vision/Hearing Screenings*
- *School Secretary certified to administer care to students with health care plans*
- *About FACE mental health support*

- *Evaluations through the IEP process*
- *Down Syndrome Awareness Day*
- *Sources of Strength Activities*
- *Immunization Check*
- *Flu Shot/Immunization Administration*
- *Offers Primary Insurance*
- *LifeSource Foundation for Suicide Prevention*
- *Free Personal Hygiene Kit*
- *Record of ongoing Injuries that occurred during school activity*

Elementary Students

Junior High Students/ High School Students

- *Junior High students' positive teamwork and cooperation increased by 36%*
- *High School students' positive teamwork and cooperation stayed consistent at 67%*
- *Comparison from 2018 data to 2019 data the following was targeted:*
 - *Junior High students' responsibility stayed consistent within the year by an average of 52%*
 - *High School students' responsibility decreased within the year by an average of 7%*
 - *Junior High students' tenacity and grit decreased within the year by an average of 16%*
 - *High School students' tenacity and grit decreased within the year by an average of 46%*

Action Steps:

The following action steps will help implement an opportunity for all stakeholders to participate in health services to instill a healthy lifestyle.

Whole school

- Provide preventive screening for vision/hearing/dental during school hours
- Invite a partner nurse to touch base with students periodically on health issues, personal hygiene, and early health education during school hours
- Social media awareness presentation

Elementary

- Bal-x-vis-a program

Junior high

- Partner with hospital physicians to administer sport physicals at reduced prices in early august
- Continue to offer a personal hygiene kit throughout the year
- Initiate injury prevention diagnostic screening in early august
- Grit/resiliency training with dr. Patterson
- Implement big life journal
- Social media awareness presentation

High School

- Partner with hospital physicians to administer sport physicals at reduced prices in early august
- Continue to offer a personal hygiene kit throughout the year
- Initiate injury prevention diagnostic screening in early august
- Implement big life journal

Staff & community

- Promote health services provided in community
- Continue professional development on cpi
- Enroll in staff administration of medicine certification
- Participate in threat assessment training
- Massage chair
- Self-help book studies
- Random acts of kindness challenge monthly calendar

Materials for Implementation

The following materials will help implement an opportunity for all stakeholders to participate in health services to instill a healthy lifestyle.

- Stipend for partner nurse
- Threat Assessment Training
- Dr. Patterson Presentation
- CPI Training
- Staff Medicine Administration
- Sport Physicals
- Stipend for Administration of Partnerships
- Bal-x-vis-a Program
- Big Life Journal
- Chase McCullough
- Social Media Awareness Night

Support Steps

The following support steps will help implement an opportunity for all stakeholders to participate in health services to instill a healthy lifestyle.

PARENTS, COMMUNITY MEMBERS, STAFF AND ADMINISTRATION/SCHOOL BOARD

- Serve as role models to children by using behavioral and health services
- Develop partnerships with your district to provide additional resources, programs, and events focused on behavioral and health services
- Organize new opportunities with behavioral and health partners
- Participate in conversations led by administrators and school board members about how to increase access to health services for students, staff, and the community
- Help identify community issues, priorities, and values

- Provide materials for parents to learn more about behavioral and health services in the school as well as in the community
- Engage the community to gain deeper insights into its values about the relationship between behavioral and health services and student learning

* For more tips and ideas for parents, please see the recommended websites in the resources section below.

SUSTAINABILITY AND ACCOUNTABILITY OF WELLNESS PLAN:

Through challenges and triumphs, the Wellness Committee has evaluated, researched and developed a strong and attainable wellness plan to improve student, staff and community members lives. It is imperative that this work is sustainable and continues to grow with the district and community needs. The strategy to preserve this work includes the following:

Designate lead or “Champion” for each category; Champions will be responsible for implementing, reporting and facilitating the work under a designated category.

- Physical Activity:
- Nutrition:
- Support Staff and Student Wellness:
- Health Education:
- Student Health Services and Student Behavioral Health Needs:

Designate a lead of “Champion” for the following support of program implementation and participation.

Staff and Community Support: Loop in all relevant staff members with health and wellness related titles. Invite them to quarterly meetings.

Student Involvement: Illicit student feedback on new health and wellness initiatives with a survey.

Meeting Requirements

- 4 meetings annually
- Meeting agenda has been established and will be followed at each meeting
- Champions will report on current status, unforeseen issues and any addendums necessary to the work.
- At the conclusion of the 4th meeting an updated Wellness Plan will be published on the school website and shared with stakeholders.

Data collection and evaluation of growth

To evaluate the effectiveness of our work it is important that the council continues to collect data and evaluate progress against the goals.

- Continue to take Healthy Kids Colorado Survey when offered and Smart Source Survey annually. Surveys should be evaluated and compared year to year for measure growth.
- Implement journal entries for staff involved in Wellness Plan action items
- Develop data collection strategies for Wellness Plan action items

REACH MILESTONES:

The committee has set future goals and ambitions. Setting and making actionable plans to reach milestones is critical to plan success.

- 1 YEAR MILESTONES:

- 5 YEAR MILESTONES:

- 10 YEAR MILESTONES:

FUNDING BREAKDOWN:

Physical Activity:

Nutrition:

Support Staff and Student Wellness:

Health Education:

Student Health Services and Student Behavioral Health Needs:

RESOURCES

Physical Activity:

Teachers

- *Physical Activity Best Practices* - <https://www.aimschools.net/>
 - *Classroom Activity Breaks* - <https://www.aimschools.net/activity-breaks>
 - *Classroom Environment* - <https://www.aimschools.net/classroom-environment>
 - *Recess Games* - <https://www.aimschools.net/recess-games>
 - *Recess Time* - <https://www.aimschools.net/recess-time>
 - *High Quality PE* - <https://www.aimschools.net/high-quality-pe>
- *After School Programs* - <https://www.aimschools.net/after-school-programs>
- *“The Role of Schools in Promoting Physical Activity”* - recommend at least 30 min a day
- *GoNoodle and PlayWorks* (physical activities for recess)
- *Wellness Training Workshops* –
 - *Terry Jones* (terry@welltrain.org) - FREE Physical Activity Training for Schools
 - *Andrea Walker* – Physical Activity Trainings
- *RMC Health* – Physical Activity Support
- <https://peacefulplaygrounds.com/> - Supply playground blueprints and activity guides to assist construction in elementary schools. Product benefits and facility to order online.

- *Crucial Role of Recess in School*: publication by American Academy of Pediatrics - <http://pediatrics.aappublications.org/content/131/1/183>
- *Supporting Recess in Elementary School*: publication by Center for Disease Control (CDC): https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf
- SHAPE America Strategies for Recess: http://portal.shapeamerica.org/standards/guidelines/strategies_for_recess_in_schools.aspx
- Phyllis Reed – CDE Comprehensive Health and PE Content Specialist – lesson plans with activities integrate physical activity into any subject (coming soon!)
- SPARK Research - <http://www.sparkpe.org/physical-education-resources/>
- Recess: PLAY ON! Presenter - Sue Brittenham, s.brittenham@comcast.net
- <https://sites.google.com/sjboces.org/take10/home?authuser=0>
- PLAY 60 Kids - <http://www.nflrush.com/play60/kids/>
- <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
- <https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>
- <https://health.gov/paguidelines/guidelines/children.aspx>
- https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

<https://www.ncbi.nlm.nih.gov/books/NBK201501/>

Students

- *50 Things To Do with a Beach Ball* - http://www.beactivekids.org/assets/pdf/50_Things_Beach_Ball.pdf
- Activity Booklet - <http://www.skhs.queensu.ca/musclephysio/Activity%20Booklet.pdf>
- Beanbag Activities - <https://drive.google.com/file/d/0B5uAfhvq8qo6UWVGYUhBRWloZ0k/view?usp=sharing>

Parents

- *Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul*. Book by Stuart Brown, M.D.
- *The Decline of Play*: Dr. Peter Gray (Ted Talk): <https://www.youtube.com/watch?v=Bq-GEzM7iTk>
- SHAPE Colorado- Lynn Barrows- lynn@SHAPECo.org; 970-509-0350

Nutrition

School Aged kids facts:

- <http://www.stanfordchildrens.org/en/topic/default?id=school-aged-child-nutrition--90-P02280>
- <https://www.cdc.gov/healthyschools/nutrition/facts.htm> · <https://www.choosemyplate.gov/>
- http://www.kidsfoodtalk.com.au/contents/en-us/d33_childhood-obesity-stats-figures-and-facts.html
 - <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Childhood-Nutrition.aspx>

Nutrition and academic performance:

- <https://academic.oup.com/jn/article/135/12/2831/4669915>
- <https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2009.165746>
- <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1746-1561.1997.tb06309.x>

- <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1746-1561.2005.tb06674.x>

School Gardens

- <http://journals.sagepub.com/doi/abs/10.1177/1090198106289002>

Early Childhood nutrition

- <https://www.sciencedirect.com/science/article/abs/pii/S0047272700001183>

Body Image/Health education

- <https://link.springer.com/article/10.1023/A:1022266017046>
- <https://academic.oup.com/her/article-abstract/8/4/547/744697>

Sports Nutrition

- [https://www.nasca.com/videos/sports nutrition for the high school athlete/](https://www.nasca.com/videos/sports%20nutrition%20for%20the%20high%20school%20athlete/)

Support Staff and Student Wellness:

Health Education:

- *Components of the Whole School, Whole Community, Whole Child (WSCC)* - [Summary from Whole School, Whole Community, Whole Child \(WSCC\)](#)
- *Instruction should meet the National Health Education Standards (NHES)*
- *Instruction should meet the Colorado Health and Wellness Standards*
- *Characteristics of an Effective Health Education Curriculum* - <https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>
- *Health Education Curriculum Analysis Tool* - <https://www.cdc.gov/healthyyouth/HECAT/index.htm>
- *The School Health Index (SHI)*
- *Whole School, Whole Community, Whole Child Model* - <http://rmc.org/rmc-resources/health-education-smart-guide/>
- *Colorado Legacy Foundation – Health Education* - <http://www.coloradoedinitiative.org/wp-content/uploads/2013/04/BestPracticesGuideUpdatedPages.pdf>
- *National Institute on Drug Abuse* - <https://www.drugabuse.gov/drugs-abuse/alcohol>

Student Health Services/Student Behavioral Health Needs:

- <https://www.casbhc.org/about-us>
 - Colorado Association for School Based Health Care. Supports the development of School Based Health Centers.
- <https://www.cdc.gov/healthyyouth/healthservices/index.htm>

- *The Center for Disease Control and Prevention. Connects schools to community based organizations and health centers to prevent the spread of sexually transmitted diseases and infections.*
- <http://www.coloradoinitiative.org/resources/school-health-services-best-practices/>
 - *The Colorado Education Initiative. Promotes the development of school health services.*
- <https://www.thecommunityguide.org/findings/promoting-health-equity-through-education-programs-and-policies-school-based-health-centers>
 - *The Community Guide. Implements and maintains school based health centers.*
- <https://www.nap.edu/read/5153/chapter/6#154>
 - *The National Academies Press: School and Health: Our Nation's Investment. A comprehensive guide on school health services*
- <https://www.nasn.org/nasn/nasn-resources/professional-topics/framework>
 - *The National Association of School Nurses. Provides a WSCC inspired model of school nursing best practices.*
- <https://www.cdc.gov/healthyschools/shi/index.htm>
 - *The Center for Disease Control and Prevention. The School Health Index (SHI) is a an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs.*
 - <https://www.aap.org/en-us/Pages/Default>
 - *The American Academy of Pediatrics. Provides resources school health professionals.*
- <https://www.schoolcounselor.org/school-counselors-members>
 - *American School Counselor Association. A professional online networking site with helpful resources.*
- <https://www.cdc.gov/stltpublichealth/Program/resources/community.html>
 - *The Center for Disease Control and Prevention. Provides health assessment resources.*
- <http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>
 - *ASCD's outline of the WSCC model.*
- <http://insighttelemetry.com/defining-behavioral-health/>
- <https://online.alvernia.edu/behavioral-health-vs-mental-health/>
- <https://www.psychologytoday.com/blog/promoting-hope-preventing-suicide/200910/behavioral-health-versus-mental-health>
- <https://www.denvergov.org/content/denvergov/en/office-of-behavioral-health-strategies.html>
- <http://cdpsdocs.state.co.us/safeschools/Resources/CEI%20CLF%20Colorado%20Education%20Initiative%20-%20Legacy%20Foundation/CLF%20Colorado%20Framework%20for%20School%20Behavioral%20Health%20Services.pdf>
- <https://www.colorado.gov/pacific/cdhs/family-advocacy-mental-health>