

BOYLE COUNTY

SCHOOLS

2017-2018

WELLNESS REPORT





Healthy Schools Program

HEALTHY SCHOOLS PROGRAM ASSESSMENT AWARDS

	GOLD	BRONZE
BOYLE COUNTY HIGH SCHOOL	★ HEALTH EDUCATION	NUTRITION SERVICES
BOYLE COUNTY MIDDLE SCHOOL		NUTRITION SERVICES
JUNCTION CITY ELEMENTARY SCHOOL		<ul style="list-style-type: none">• SCHOOL HEALTH & SAFETY POLICIES• HEALTH EDUCATION• FAMILY & COMMUNITY INVOLVEMENT
PERRYVILLE ELEMENTARY SCHOOL		<ul style="list-style-type: none">• SCHOOL HEALTH & SAFETY POLICIES• HEALTH EDUCATION• FAMILY & COMMUNITY INVOLVEMENT
WOODLAWN ELEMENTARY SCHOOL		<ul style="list-style-type: none">• SCHOOL HEALTH & SAFETY POLICIES• FAMILY & COMMUNITY INVOLVEMENT

HEALTH CONDITIONS BY SCHOOL

ASTHMA

BCHS--142
BCMS--118
JCES--38
PES--27
WES--56
TOTAL=381

TYPE 1 DIABETES

BCHS--6
BCMS--4
WES--4
TOTAL=14

FOOD ALLERGIES

BCHS--94
BCMS--52
JCES--14
PES--16
WES--46
TOTAL=222

SEIZURE/CONVULSION

BCHS--18
BCMS--18
JCES--7
PES--6
WES--11
TOTAL=50

OTHER ALLERGIES

BCHS--118
BCMS--70
JCES--23
PES--35
WES--28
TOTAL=274

TOTAL # CONDITIONS

BCHS--668
BCMS--426
JCES--119
PES--141
WES--252
TOTAL=1606

CHRONIC ABSENTEEISM

District Total--11.6%



Defined as missing 10% or more of school, regardless of whether the absence is excused or unexcused.

BCHS	BCMS	JCES	PES	WES
16.8%	11.8%	7.5%	6.6%	7.3%

Percent chronically absent first semester of 17-18.

2016-2017 BODY MASS INDEX DATA

Compared to
2015-16 data, slight
percentile decreases
by grade and within
cohort

	Kin	1st	2nd	3rd	4th	5th	6th	7th
% kids measured	93%	93	88	92	91	89	58	86
**BMI average %	59%	61	66	69	67	68	69	71

****Normal or healthy weight is 5th percentile to less than the 85th percentile.**

GIRLS ON THE RUN after school club
at JCES, PES, WES and BCMS

JAGUAR JOG 5K--50 participants

FREQUENT CLASS BREAKS FOR
PHYSICAL ACTIVITY--Go Noodle,
Minds in Motion, Zumba

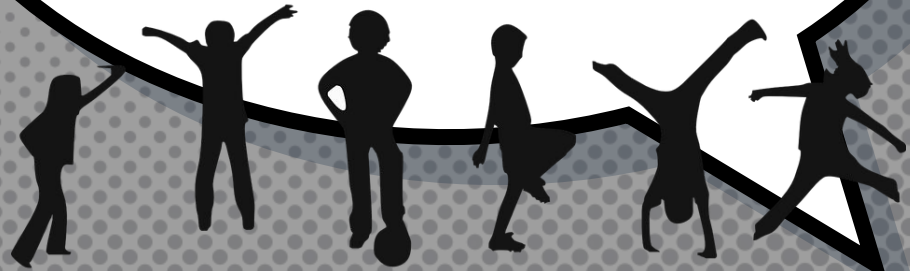
CLUBS--Dance, Ballet, Yoga, Fitness,
Archery

THE BILLION MILE RACE--WES 3rd in
the state

FIT FRIDAYS--periodic Fridays at
JCES

PHYSICAL ACTIVITY OPPORTUNITIES

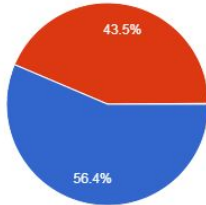
(BESIDES SPORTS TEAMS, BAND, PE, RECESS)



BCMS & BCHS MENTAL HEALTH SPECIALISTS

School

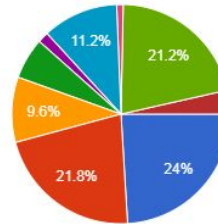
720 responses



● BCHS
 ● BCMS
 ● WES
 ● JCES
 ● PES

Primary need for counseling support this day

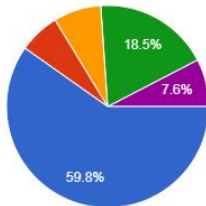
312 responses



● Anxious affect
 ● Depressed affect
 ● Anger management
 ● Self-control/impulsive behavior
 ● Social skills development
 ● Stress management/coping strategies
 ● Self-harm (NSSI--non-suicidal self injury)
 ● Follow-up, asymptomatic during session
 ● Other

Type of Emergency

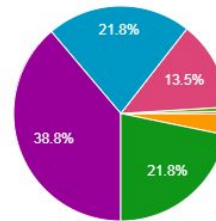
92 responses



● Self-harm concerns
 ● Other-harm concerns
 ● Alleged abuse
 ● Alert paper/writing/drawing
 ● Other

Student feelings self-rating at end of session

312 responses



● Worse
 ● Somewhat worse
 ● The same (was not ok and still is not ok)
 ● The same (was ok and is still ok)
 ● Somewhat better
 ● Better
 ● Other--didn't assess
 ● 3--The same
 ● 4--Somewhat better

Data for fall semester, 2017

KIP DATA 2016

An Area of Concern:

Past Year Prescription Drug Usage: “On at least 1 occasion in the past 12 months, I have taken drugs that require a doctor’s prescription without a doctor telling me to take them.”

- Seniors higher percent than region and state (8.6%)**
- 6th, 8th, and 10th grade students significantly below region/state averages**

Good News→ *Many* areas surveyed show improvement in student choices in 2016 compared to our 2014 survey results.



**See the full 2016 KIP survey
Under the “Depart” tab on BCS’s
District website.**

STAFF WELLNESS INITIATIVES

2017 VITALITY CHECKS--102

2017 FLU SHOTS--174

GO365 WALKING CHALLENGES

***BCS IS A SMOKE-FREE
CAMPUS***



NUMBER OF MEALS SERVED 2016 - 2017 SCHOOL YEAR

112,289
Breakfast Meals
Served

-5,513

301,635
Total Lunch
Meals Served

+ 1,795

Summer
2017
2737 Breakfast
9893 Lunch

+1,771

SCHOOL NUTRITION COMPLIANCE



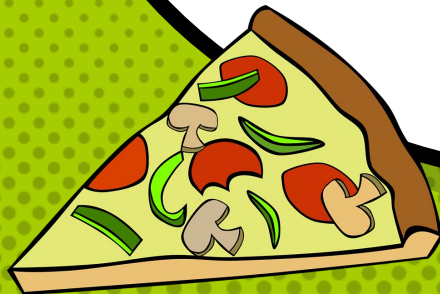
Daily selections in school meals

- ❖ Offer a variety of fruits and vegetables
- ❖ Offer only whole grain rich items as menu components
- ❖ Offer low fat/lower sodium meat/ meat alternates
- ❖ Offer fat free and 1% milk
- ❖ Abide by age appropriate calorie limits
- ❖ Variety of dark green, red/orange vegetables & legumes
- ❖ Abide by sodium and fat meal restrictions
- ❖ Water made available for breakfast & lunch

**AVAILABILITY OF
CONTRACTED
FOODS IN THE
SCHOOL
NUTRITION
PROGRAM**

LITTLE CAESAR'S PIZZA

- ❖ ***HIGH AND MIDDLE SCHOOL: ONCE IN A 3 WEEK CYCLE***
- ❖ ***ELEMENTARY SCHOOLS: ROTATION AMONG SCHOOLS ONCE IN A 3 WEEK CYCLE***



SMART SNACKS IN SCHOOL

Window 1

From midnight
the night before
until 30 minutes
after last lunch
period

Window 2

From 30
minutes after
the last lunch
period until
30 minutes
after the end
of the official
school day

Window 3

From 30
minutes
after the
end of
school day
until
midnight

NUTRITION STANDARDS

For all foods **SOLD** in school during Window 2



FIRST INGREDIENT

- ❖ Whole Grain
- ❖ Fruit / Vegetable/ Dairy or Protein
- ❖ Combination Food with first ingredient $\frac{1}{4}$ c fruit or veg

NUTRIENT STANDARDS

- | | | |
|-----------------|----------|------------|
| ❖ Total Fat | ❖ Sugar | ❖ Calories |
| ❖ Saturated Fat | ❖ Sodium | |

RECOMMENDATIONS FOR IMPROVEMENT

Bronze Status

- ❖ Elementary Schools achieve Bronze status in Alliance For A Healthier Generation Assessment

Breakfast Participation

- ❖ Increase Breakfast Participation Rate District Wide

