WELLNESS PRIORITIES

INTRODUCTION: The WeTHRIVE! Wellness Priorities Document outlines what your team hopes to achieve over the next three years. Your team will work together to identify priorities and key action steps. As you make progress, you will share your updates and successes with Hamilton County Public Health (HCPH) for recognition.

SCHOOL DISTRICT	Winton Woods City Schools
TIMEFRAME	July 1, 2022 – June 30, 2025
DATE APPROVED BY WELLNESS! TEAM	April 20, 2022
DATE OF LAST UPDATE	April 26, 2023

PRIORITY 1:	Advance Safe Routes to School (SRTS) Active Transportation	Action for Healthy Kids Standards Alignment: Physical Activity – #38	☐
PRIORITY 2:	Operate "Nutrition Is The Mission" Wellness Bus	Action for Healthy Kids Standards Alignment: Other School Food – #19	☐
PRIORITY 3:	Build Programs that Promote Health & Wellness for School Staff	CDC's School Health Index Alignment: Employee Wellness & Health Promotion – Module 9	☐
PRIORITY 4:	Develop Partnerships with Community Healthcare Providers	CDC's School Health Index Alignment: Community Involvement – Module 11 (CC.8)	☐
PRIORITY 5:	Connect Students with Community Organizations to Promote Health & Wellness	CDC's School Health Index Alignment: Community Involvement – Module 11 (CC.7)	☐

WELLNESS PRIORITIES
GLOSSARY

- TIMEFRAME: The three-year span in which your team hopes to achieve the identified priorities.
- DATE APPROVED BY WELLNESS! TEAM: The date in which the document was agreed upon by your local Wellness team.
- DATE OF LAST UPDATE: The date you last provided updates and successes to your HCPH Health Educator.
- PRIORITY: A statement of what your team hopes to achieve.
- MEASURES OF SUCCESS: Identify ways your team will know that the priority has been achieved.
- KEY ACTION STEPS: List and briefly describe 3-6 key action steps. Key action steps are the activities that are needed to achieve the priority.
- PERSON'S RESPONSIBLE: Include the name and title of the person or person(s) responsible for making sure the key action step is completed.
- TARGET DATE FOR COMPLETION: Set a realistic date for completion for each key action step.
- SHARE YOUR UPDATES, BARRIERS & SUCCESSES: Inform your health educator about the updates, barriers and successes that your Wellness team has experienced.

PRIORITY 1: Advance Safe Routes to School (SRTS) Active Transportation			
MEASURE(S) OF SUCCESS: SEE ODOT – APPROVED SAFE ROUTES TO SCHOOL TRAVEL PLAN.			
COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
☐	Participate in Walk and Bike to School Days	SRTS Facilitator or Steve Denny	9/30/23
☐	Encourage parents and high school students to sign a pledge that they will avoid distracted driving, drive at a safe speed and abide by traffic laws, especially during school arrival and dismissal times	SRTS Facilitator or Steve Denny	1/31/23
☐	Develop mileage clubs to create competition between classes, grade levels, and/or schools based on how far they have walked or bicycled	SRTS Facilitator or Steve Denny	2/28/23
☐	Plan and implement the Girls in Gear bike education and empowerment program for a group of middle school girls	SRTS Facilitator or Steve Denny	3/30/23
SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSES:			

PRIORITY 2: Operate "Nutrition Is The Mission" Wellness Bus			
MEASURE(S) OF SUCCESS: SERVE 50,000 MEALS OR MORE EACH SUMMER.			
COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
☐	Complete additional installations for food truck capabilities for Wellness Bus	Mark Docter & Steve Denny	3/30/23
☐	Distribute books to young students during summer	Mark Docter, Child Nutrition Department & Teaching & Learning Department	6/30/23
☐	Deploy Wellness Bus for Outreach operations for community families from Free Store Food Bank, etc.	Mark Docter, Child Nutrition Staff, Steve Denny	6/30/23
☐	Strengthen Summer Operations, serve more meals from bus 2022	Mark Docter & Child Nutrition Department	7/30/23

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSES:

PRIORITY 3: Build Programs that Promote Health & Wellness for School Staff			
MEASURE(S) OF SUCCESS: 1.) IN 2021-2022, 90 VOLUNTARY EMPLOYEE BIOMETRIC SCREENINGS WERE COMPLETED – INCREASE TO 125 OR MORE FOR 2022-2023; 2.) 75% OR MORE OF EMPLOYEES WILL PARTICIPATE IN VOLUNTARY PHYSICAL EXAM PROGRAM.			
COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
DONE	Continue Wellness Champion initiative & incentives at all WWCSD buildings (incl. CB/BG)	Courtney Wilson & Nancy Starkey	Ongoing
DONE	Grow annual voluntary employee physical exam program	Nancy Starkey & SWOOSH Team	8/1/23 & annually
☐	Research employee exercise center & programs; including employee fitness clubs/classes	Courtney Wilson, Tonya Bray, Nancy Starkey	Ongoing
☐	Continue to increase number of staff members participating in Biometric screenings	Nancy Starkey & SWOOSH Team	8/1/23 & annually
☐	Offer staff accessible & free or low-cost stress management programs at least once a year	Nancy Starkey, Courtney Wilson, Tonya Bray & Subcommittee TBD	January 2023
☐	Offer staff counseling, psychological or social services to promote emotional, behavioral and mental health	Nancy Starkey, Courtney Wilson, Tonya Bray & Subcommittee TBD	January 2023

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSES:

For mental & emotional health services for staff, examine and consider …

- 1-on-1 counseling/sessions
- Small group counseling/sessions
- School-wide health promotion and prevention
- Referrals to resources or services outside of the school

PRIORITY 4: Develop Partnerships with Community Healthcare Providers			
MEASURE(S) OF SUCCESS: EVIDENCE-BASED, CREATE WRAP AROUND SERVICES FOR STUDENTS.			
COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
☐	Implement Community Learning Center at South Campus anchored by Healthcare Provider	Mr. Smith, Steve Denny, Tonya Bray, Courtney Wilson	8/30/2023
☐	Implement Community Learning Center at Future Early Childhood Central Campus anchored by Healthcare Provider	Mr. Smith, Steve Denny, Tonya Bray, Courtney Wilson	8/15/2024
DONE	Partner with MindPeace to promote mindfulness and support student & staff mental & emotional wellness	Mr. Smith & Tonya Bray	4/01/2023
SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSES:			

PRIORITY 5: Connect Students with Community Organizations to Promote Health & Wellness			
MEASURE(S) OF SUCCESS: EVIDENCE-BASED, DESIGN PROGRAMS & OPPORTUNITIES FOR STUDENTS.			
COMLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
☐	Connect students with community organizations to participate in events that promote health & wellness	Jermaine Hill, Derrick Jenkins, Elyssa King, Don Schutte, Courtney Wilson	April 2024
☐	Connect students with community organizations that distribute information on health & wellness	Jermaine Hill, Derrick Jenkins, Elyssa King, Don Schutte, Courtney Wilson	April 2024
SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSES:			

ADDITIONAL UPDATES IN YOUR DISTRICT:

These are additional events going on in your community that may not be part of your Wellness team's action plan, but are related to WeTHRIVE! pathways (Chronic Disease, Emergency Preparedness, Environmental Health, Injury Prevention, Substance Use, Social Health).

WHAT ELSE IS GOING ON IN YOUR COMMUNITY (EVENTS, ACTIVITIES, ETC.)?	WHO IS WORKING ON THIS?
Participating in the federal Fresh Fruits and Vegetables Program (FFVP) through the ODE that provides funding to purchase fresh fruits and vegetables for students to expand their choices about healthier options and increase their consumption of healthier foods. Winton Woods Early Childhood Central Campus is are the participating in this $100,000 grant opportunity (Nutrition & Health Education)	Mark Docter and Child Nutrition Department
All Winton Woods City School District staff trained in the "Stop The Bleed!" Program (Emergency Preparedness)	Steve Denny, Officer Phil Crowley (FPPD) and Asst. Chief Jermaine Hill (FPFD)