KIDS COME FIRST

BOYLE COUNTY SCHOOLS 2023-2024 WELLNESS REPORT

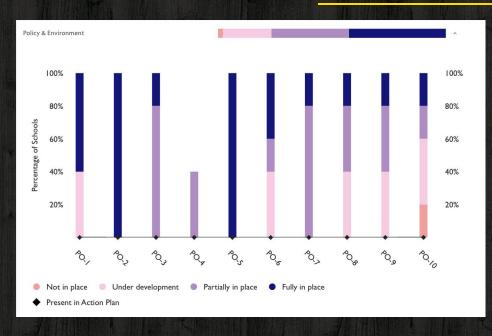
CHEYENNE BARSOTTI, NICHOLE BROWN & DEANNA PADGETT

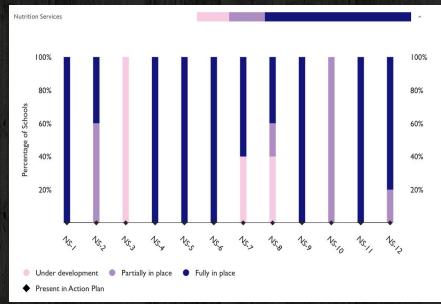
January 2024

Whole School, Whole Community, Whole Child

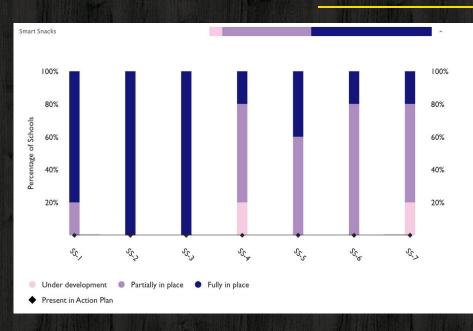


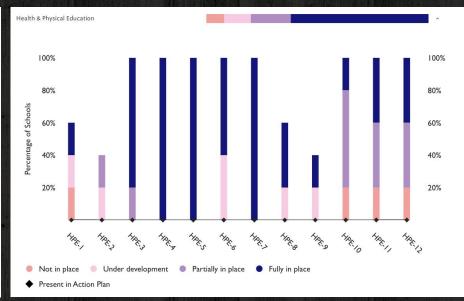
ALLIANCE FOR A HEALTHIER GENERATION Healthy Schools District Assessment 10/2023



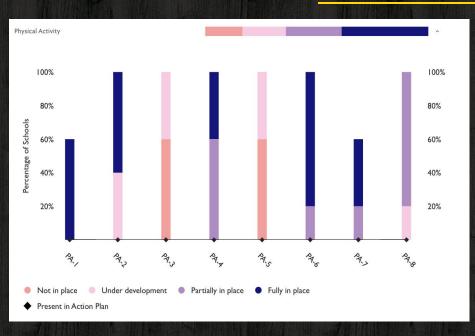


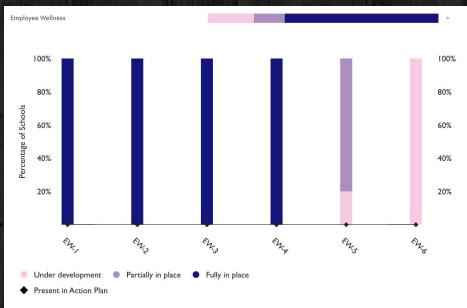
ALLIANCE FOR A HEALTHIER GENERATION Healthy Schools District Assessment 10/2023





ALLIANCE FOR A HEALTHIER GENERATION Healthy Schools District Assessment 10/2023





Physical Activity

- I. <u>Elementary</u>-Physical Activity is integrated into a typical school day K-5 (≤ 30mins/d; ≤ 150mins/week) at the elementary level. Dance is also included in 5th grade semester rotations.
 - A. Assessment Tool: FitnessGram Testing
 - Pacer Test (cardiovascular)
 - Curl Ups/Sit Ups (muscular strength & endurance)
 - Push Ups (muscular strength & endurance)
 - Sit and Reach (flexibility)
 - B. Administered 2x per year K-5, but also incorporated into stations and games
 - September as a "pre-test" and at end of year
 - K-2nd performs a modified version to focus on proper form and rules
 - 3rd-5th gets a pamphlet with their pre-test and end of year scores
 - Scores referenced against standards in *Healthy Fitness Zones*
- II. Newly added- Pre-K PE classes!!
 - WES-same as older grades
 - JC-1 class 30 min/week
 - PES-working on scheduling

Physical Activity

II. Middle School-

- All students have the opportunity to participate in Physical Education classes.
- One 30 minute break is offered each week. Dance class is offered, but not required.
- After school sports/activities: basketball, football, volleyball, golf, wrestling, soccer, cross country, track, softball, baseball, cheer, dance, bowling, archery, tennis, swim/dive, fishing and marching band.

III. High School-

- Each student is required to take a Wellness course; 9 weeks health education & nine weeks physical education. Weightlifting and Dance courses are offered as well, but not required.
- After school sports/activities: basketball, football, volleyball, golf, wrestling, soccer, cross country, track, softball, baseball, cheer, dance, bowling, archery, tennis, swim/dive, fishing and marching band.
- Clubs: yoga
- Wellness policy states: Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.

1,717 ACTIVE HEALTH CONDITIONS IN INFINITE CAMPUS

0

Anaphylaxis, Personal history of Epipen	65	Food Allergy	138
Asthma	193	Type 1 Diabetes	11
Allergies (medications, bees, etc)	287	Seizure/Epilepsy	38
Attention Deficit Hyperactivity Disorder	274	Mental Health/Behavioral Disorders	163

^{*}As reported by parents in enrollment information and/or record transfers through 1/5/2024. These are the most noted condition categories.

Nursing Health Office Visits

School	8/1/21-6/30/22	8/1/22-6/30/23	8/1/23-1/5/24
Perryville Elementary	4347	3231	1281
Junction City Elementary	4664	3807	1802
Woodlawn Elementary	5552	3273	3017
BCMS	4890	5951	2794
BCHS	2622	4029	1940
Totals	22,075	20,291	10,834

^{*}Staff visits not tallied in this count.

Student Health Screenings

- A. Conducted K-5 across all elementary schools, and 7th grade.
 - Height, Weight, BMI
 - Vision
 - Hearing
- B. Appropriate referrals are made for failed screenings.
- C. Additionally, these are offered as needed for concerns or as required for IEPs/evaluations.





Through our partnership with BCHD:

- 214 Staff members and their children were vaccinated for influenza.
- 181 Staff participated in biometric screenings (BMI, BP, BG, chol readings) required for their Living Well insurance option.

Additionally:

- Staff can see the district NP for urgent treatment needs and pre-employment physicals.
- Counselors offer tips and communication regarding mindfulness.
- FRYSC staff set up physical activity challenges.
- Locked/discounted memberships offered through Wellness Center
- Communications sent out regarding insurance coverage of mental and physical health benefit options.

STUDENT MENTAL HEALTH

2023-2024

- Shannon Erwin, LPCC & Gina Alexander, CSW
- Partnership with CAFCA for full time availability at Elementary Schools
- Caseloads for regular services averaging ~30 students at both BCHS & BCMS
- Partnership with YSCs for group services

Groups Offered				
BCMS	BCHS			
BWell (substance use diversion)Anger ManagementGrief & Loss	 BWell (substance use diversion) Focus- ADHD Grief & Loss DBT (think BWell 2.0) 			

STUDENT ACCESS TO HEALTHY FOODS

TRAY of WEEK



Street Tacos w/ Queso and Toppings, Salad, Black Beans, Peaches, Grapes

TRAY of WEEK



Cheeseburger with Toppings, Oranges Baked Beans, Sidewinder Fries, Veggies

TRAY of WEEK



Penne with Meat Sauce, Caesar Salad Applesauce, Corn, Carrots, Cookie

SCHOOL NUTRITION: Smart Snacks

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- · Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Snack	Entrée
200 calories or less	350 calories or less
200 mg or less	480 mg or less
35% of calories or less	35% of calories or less
Less than 10% of calories	Less than 10% of calories
0 g	0 g
35% by weight or less	35% by weight or less
	200 calories or less 200 mg or less 35% of calories or less Less than 10% of calories 0 g

All food and beverage SOLD to students at schools during the school day, other than those foods provided as part of the school meal programs.

SCHOOL NUTRITION: Smart Snacks





Product Information

Take the guess work out of your day! Answer a series of questions to see if your product meets the USDA's Smart Snacks in School nutrition standards*. Then save and print for your records!

*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE! If unable to view, please update your browser or try a different browser. Please refer to <u>USDA's Q&A document for</u> additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

NOTE: As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

a) Snack 6

b) Side 6

c) Entree 6

d) Beverage 6

* The school day is defined as **the midnight before to 30 minutes after** the end of the school day.



SCHOOL NUTRITION: Breakfast

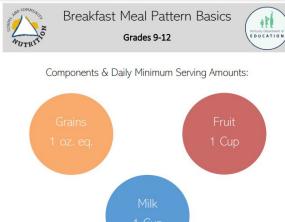


Remember: If the grains (or meat/meat alternate offered for this component) and milk are

selected, they must be in the daily minimum required amounts for the meal to be

reimbursable.





Offer vs. Serve

At least 4 food items must be offered.

Must choose at least 3 food items including:

o ½ cup fruit (or vegetable)

o At least 2 other items

Remember: If the grains (or meat/meat alternate offered for this component) and milk are selected, they must be in the daily minimum required amounts for the meal to be reimbursable.

SCHOOL NUTRITION: Lunch



Lunch Meal Pattern Basics Grades K-5



Lunch Meal Pattern Basics Grades 6-8

Components & Daily Minimum Serving Amounts:



Lunch Meal Pattern Basics Grades 9-12



Components & Daily Minimum Serving Amounts:

Offer vs. Serve

- Must choose at least 3 components including:
 - o At least 2 other FULL o ½ cup fruit or vegetable components
- · Allowed to choose 3, 4, 0r 5 components

Remember: If only three components are selected, and two of them are fruit and vegetable, the student may only select the 1/2 cup portion for the fruit OR the vegetable. For the other component, the student must select at least the minimum daily required serving for the meal to be reimbursable.

Offer vs. Serve

- Must choose at least 3 components including:
 - o ½ cup fruit or o At least 2 other FULL vegetable components
 - Allowed to choose 3, 4, 0r 5 components

Remember: If only three components are selected, and two of them are fruit and vegetable, the student may only select the ½ cup portion for the fruit OR the vegetable. For the other component, the student must select at least the minimum daily required serving for the meal to be reimbursable.



Components & Daily Minimum Serving Amounts:

Offer vs. Serve

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Remember: If only three components are selected, and two of them are fruit and vegetable, the student may only select the ½ cup portion for the fruit OR the vegetable. For the other component, the student must select at least the minimum daily required serving for the meal to be reimbursable.

NUTRITION SERVICES: Local Products







SCHOOL NUTRITION: Year in Review (22-23)

APRIL 1 ENROLLMENT 2,936 (↑104)

APRIL 1 DIRECT CERTS
43.84% District Wide
1,293 (↑88)

464,366

MEALS SERVED IN SESSION

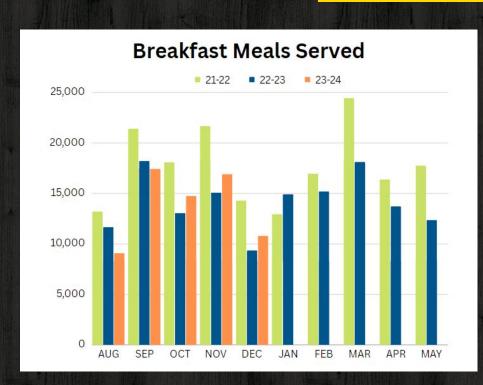
314,097 provided at NO COST 20,215 provided at REDUCED COST

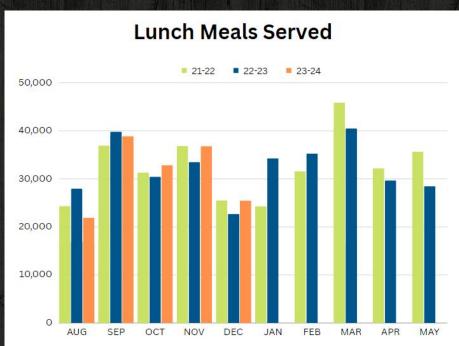


102,572
SUMMER MEALS SERVED
May - August

148,733
SUMMER MEALS SERVED
21-22

SCHOOL NUTRITION: Participation Trends





WELLNESS COMMITTEE: Recommendations

Nutrition Services

Explore options for:

- Utilizing our vendors for classroom education/demonstrations
- Offering "second chance" breakfast at BCHS and/or BCMS
- Adjusting Try It! Fridays to include new fruits and vegetables for tasting

Health & Physical Education

Strategic planning:

- Elementary: Consider adding PD for classroom teachers on integrating physical activity in the classroom (teachers are already incorporating, but not necessarily formally trained)
- BCHS: Goal of having all teachers CPR certified during summer 2024 PD window
- WES: PE teacher to educate students in CPR- date TBD in spring 2024

