

## District Wellness Plan 2023 - 24

The district wellness committee is made up of both internal and external constituencies. Board Policy [ADF](#) defines the district wellness policy. The 2022 - 23 District Wellness Committee was made up of the following people.

Craig Carson	Assistant Superintendent	MS Teacher	Amanda Clark
Lori Wilson	Asst Supt of Business	MS Teacher	Lindsay Ruby
Karen Otte	East Nurse	North Nurse	Courtney Cluver
Melanie Surface	East Teacher	North Teacher	John Skeans
Tina White	TPECC Nurse	North Teacher	Christy Carlton
Trevor Hale	TPECC Teacher	South Nurse	Erika McKnight
Constance Leonard	FRS Director	South Teacher	Austin Oliver
Tina White	FRS Nurse	West Nurse	Abigail Gentry
Laura Baer	HS Nurse	West Teacher	Kyler Haumann
Eric Russell	MS Administrator	Human Resources Director	Rachelle Bell
Stephanie Bressie	JH Nurse	Benefits Coordinator	Caitlin Cope
Corey Roy	HS Teacher	Food Service Director	Cheryl Johnson
Megan Williams	OIC Nurse	Children's Smile Center	Carrie Burk
Sarah Brockmeier	JH Teacher	Children's Smile Center	Jackie Barger
Nathaniel Gillespie	HS Administrator	School Psychologist	Allicia Baum
Stacy Johnson	School Social Worker	Board Member	Sara Adams-Orr

**GOAL I: The Ozark R-VI School District will improve overall wellness of staff by providing comprehensive wellness opportunities and wellness education.**

**Objective 1.1**

Improve overall wellness of staff by providing comprehensive wellness opportunities.

Staff

PK - 12 Strategy 1.1.1 Incorporate health/wellness offerings to staff members as a part of the district PD days and before and after school offerings at least one more session than the previous year.

PK - 12 Strategy 1.1.2 Increase the number of staff members participating in health/wellness professional development by 3% annually in each category.

PK - 12 Strategy 1.1.3 Increase staff participation in the CoxHealth Health Risk Assessment (HRA) to 53%.

PK - 12 Strategy 1.1.4 Increase staff awareness and implementation of mental health resources available within the employee health plan.

\*Performance Measures:

Health / wellness offerings to staff members (General Health/Medical Related/Mental Health & Trauma)	Number of staff members participating in health / wellness PD (duplicated count)	Staff participation in HRA	Staff participation in mental health resources on the health plan (EAP).	Communication about mental health, stress management, trauma, and etc. in District social media.
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1 - Less than 16 total wellness staff opportunities 2 - 8/0/8 3 - 10/1/10 4 - 12/2/12 5 - More than 26	1 - < 400 2 - 400 - 450 3 - 450 - 493 4 - 494 5 - > 494	1 - < 43% 2 - 43 - 47% 3 - 48 - 52% 4 - 53 - 57% 5 - > 57%	1 - 0 - 1 person 2 - 2 - 3 people 3 - 4 - 9 people 4 - 10 people 5 - >10 people	1 - < 8 2 - 8 - 11 3 - 12 - 15 4 - 16 - 19 5 - >19 times
FY 23 will add a climate / culture question on staff survey about health / wellness as a baseline for measurement for the FY 24.				

\*Fidelity Measures:

Each school site has a wellness team
1 - < 6 2 - 6 3 - 7 4 - 8 5 - 8

Funding: Local Funds, Title IV

Persons Responsible: District & Building Administrators, HR Department, Wellness Committee

**GOAL 2: The Ozark R-VI School District will provide healthy/nutritious food options while also providing nutritional education.**

**Objective 2.1**

Increase nutritional information to school patrons and students.

- Strategy 2.1.1 Continue to update the written health curriculum according to current scientific research and best instructional practices
- Strategy 2.1.2 Continue to provide links and wellness/nutrition information on the district website

**\*Measurement:**

1. The district nutrition and food service review by DESE will be found in compliance with district and state policies.
2. The district score and individual scores for the buildings will increase in the annual Fuel Up to Play 60 evaluation.

District	2020-21 Score	2021-22 Score	2022-23 Score
Module 1- Nutrition Services	84.4%+	83.5%	78%
Module 2- Physical Education/Physical Activity	59.5%+	60.1%	67%
Module 3- Family & Community	62.5%+	60.6%	63%

Low: 0-20%

Medium 1: 21-40%

Medium 2: 41-60%

Medium 3: 61-80%

High: 81-100%

**Objective 2.2**

Provide nutritional meals for pK – 12 students.

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|----------------|---|
| Strategy 2.2.1 | Follow current USDA guidelines as measured by the annual foodservice audit by DESE.   |
| Strategy 2.2.2 | Audit policies related to vending machines and other food, snack, or drink options during the school day to ensure compliance to USDA guidelines and the District wellness policies |

**\*Measurement:**

1. The district nutrition and food service review by DESE will be found in compliance with district and state policies.
2. The district score and individual scores for the buildings will increase in the annual Fuel Up to Play 60 evaluation.

**Objective 2.3**

Increase opportunities for students to learn about student wellness during the 2023 - 24 school year

- Strategy 2.3.1 Offer at least two outside wellness services per year/ per building with our business/community partners (i.e. Smile Center oral screenings, Christian County Health Dept. hand washing, CCHD good touch/bad touch, Bike Helmet Safety, Safe & Sober, Rotary Don't Meth with Us, Water Safety, Bus Safety, Bullying, etc.)
- Strategy 2.3.2 Continue offering screenings in compliance to legislation (vision, hearing, scoliosis screening, etc.)

**\*Measurement:**

- 1. In survey building administrators and Wellness Committee determining needs for training and implementation.

**GOAL 3: The Ozark R-VI School District will maintain wellness committees at the district and building levels.**

**Objective 3.1**

Utilize wellness committees in each building

- Strategy 3.1.1 Building committees will include at least the building Nurse, PE Teacher, food service representative, administrator, and one teacher.
- Strategy 3.1.2 Building committees will meet at least one time annually with the district committee.

**\*Measurement:**

- 1 Wellness Committee report in April 2024 to look at K – 12 district and building practices. The individual building wellness committees will fill out the the annual Fuel Up to Play 60 evaluation and the implementation survey

**Objective 3.2**

Provide input to the administration and the superintendents by the District Wellness Committee

- Strategy 3.2.1 Committee will reflect the broad perspective of wellness and nutrition in the district and community: Nurse; Counselor; Food Service; K – 12 Teacher representatives of P.E., Classroom, Special Education, Athletic Department, & Administrators; Wellness Specialists from CoxHealth; Christian County Health Dept.; MU Extension; Dental; HR Director, PR Director, and Assistant Superintendent
- Strategy 3.2.2 Committee will meet at least three times a year to discuss current trends in student and staff wellness
- Strategy 3.2.3 Committee will revise/update the District Wellness Plan annually.
- Strategy 3.2.4 Committee will develop guidance to the health and wellness policies, monitor implementation of the policies, and serve as a resource to patrons, students, and staff

**\*Measurement:**

1. Annual District Wellness Plan