

Paris Community Unit School District No. 4



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Final Wellness Report May 2019

A wellness policy was first developed by the district and adopted on July 12, 2006. Evaluation has occurred annually with changes made to the policy on July 9, 2008, January 13, 2010, December 8, 2010, April 11, 2012, January 13, 2016, January 11, 2017, January 10, 2018 and January 9, 2019.

Members of the 2018-2019 Wellness Committee are as follows:

Kristy Adkison	P.E. Teacher/Parent
Chrissy Carrell	Guidance Counselor
Terri Crippes	School Nurse
Susan Barnes	Jr. High Health Teacher
Meghan Damler	Guidance Counselor
Melanie Johnson	Food Services Director
Mary Liz Wright	Board Member/U of I Extension – Wellness Educator
Dan Lynch	Principal
Kirstin Mills	Elementary Teacher
Erin Myers	Elementary Teacher
Morgan Wood	Elementary Teacher
Danette Young	Superintendent/Parent

The object for the School Wellness Team for Paris Unit 4 was to implement activities identified as part of the action plan from the spring 2018 evaluation. The Illinois State Board of Education suggests that districts target one smart goal at a time that goes into depth for implementation. The committee agreed with this recommendation and targeted the continuing support for health awareness with the primary focus on food nutrition and healthy eating.

Activities fully implemented included:

- Student participation in Great Apple Crunch
- School sponsored blood drive
- Student participation in walk-a-thon
- Student participation in Jump Rope/Hoops for Heart
- Obstacle course for elementary students during Health Fair
- Participation in Sarah Bush Lincoln Educational Outreach program with monthly lessons
- Conducted school-wide health/wellness fair.
- Encouraged daily activity breaks/Go Noodle in the classrooms

- Use of signage and posters in cafeteria to encourage participation and make atmosphere more informative and inviting. Sandwich billboard outside cafeteria advertising main menu item for the next day.
- Reduced amount of wasted food in the cafeteria.
- Provided lessons on why drinking milk is important.
- Student developed lessons on reading nutritional labels and developing meal plans.
- Participated in an awareness campaign regarding hidden sugar content.
- Read the next day's lunch menu over the intercom daily.
- Participated in Smarter Lunches.
- Shared wellness tips from U of I – Bathroom Buzz.
- Elementary staff used community resources to promote health and wellness curriculum with students through Ag in the Classroom and the Healthy Kids Program.
- Junior High students participated in Workout Wednesdays and Yoga during physical education class.
- Elementary students participated in yoga during character education.
- A running club for girls in third through fifth grade called Eagles on the Fly encouraged physical activity. The group participated in a 5K run.
- Junior High students participated in Crestwood Cares to promote mental/emotional health and wellness.
- Conducted Girl EmPOWER Conference for fourth through eighth grade girls to encourage confidence and self-worth.
- Junior High Career Day included multiple presentations from health care professionals.
- Junior High discussion on suicide awareness.
- The CARE Coalition provided guest speakers on drug prevention, bullying, and suicide.

A thorough evaluation of the district's current wellness policy was conducted five years ago by comparing the district's policy to the ISBE model policy, identifying strengths and weaknesses, and developing an action plan to address the weaknesses. The areas of student wellness include good nutrition and physical activity. A needs assessment and evaluation instrument provided by the Illinois State Board of Education was utilized. Since the majority of the substance in the wellness policy of the district has not changed nor has the evaluation instrument, it was determined that another extensive evaluation was not needed this school year and that the evaluation would continue forward to the current plan. Identified strengths and weaknesses were evaluated and new ones identified. The action plan was updated to reflect the goals accomplished and the items of focus for next school year.

Current Policy vs. ISBE Model Policy

- The current policy has a belief statement, intent, and rationale contained in one summary statement section. The district statement is briefer, but has the same intent.

- District nutritional goals and physical activity goals are not as specific as the model, but carry the same intent.
- District policy does not contain a section on other school-based activities goals.
- District nutrition guidelines are very similar to the model policy.
- District guidelines for meals are very similar to the model policy.
- The district monitoring and community input are not as detailed as the model policy, but similar in intent.

Identified Strengths

- The district has P.E./Health for all students with a certified teacher.
- The lunch program is in full compliance with all county, state, and federal laws.
- The food service provides healthy lunch choices meeting nutritional content and standards. Students have several choices.
- Health and wellness is taught K-8.
- The school facility is made available to outside groups for physical activity as permissible.
- The district has formed working partnerships with local agencies such as Horizon Health, Edgar County Public Health Department, Rec Center, HRC, American Heart Association, Red Cross, and other community groups like fire, police, pharmacies, etc.
- Students and staff participate in activities such as Jump Rope for Heart and the American Red Cross Blood Drive.
- The district employs two full time guidance counselors to help with mental health and wellness issues.
- The school has good outdoor physical spaces and choices with playground, track, outdoor basketball courts, open spaces, soccer field, etc.
- The school has a gym, cafeteria, and basement to use for indoor physical activities.
- The school often uses rewards involving physical activity.
- The school has developed an awareness of wellness issues within the school setting.
- The school has developed programs to help with parent awareness.
- The use of healthy snack is encouraged.
- Healthy snacks are provided during testing.
- Informational flyers are sent home to encourage healthy habits especially during testing.
- The nutritional content of the main food entree is shared daily with students and parents.
- Seeing an increase in hot lunches purchased.
- Activity break posters are displayed in all classrooms that help promote physical movement.
- Have reduced the amount of wasted food in the cafeteria.
- Conducted school-wide health/wellness fair with student nutritional projects on display and community participation tables including Bee Well, Family Medical

Center (dermatology, orthopedics, and weight management clinic), Edgar County Public Health Department (WIC), Edgar County Dental Clinic (informational material), Horizon Health Ambulance Service, American Red Cross (informational material), CARE (Community Addiction Response Education), Easy Care, and Horizon Health Emergency Medical Service.

- Conduct AED and CPR training annually for any interested staff. Maintain list of trained personnel.
- Elementary students participated in Fire Safety Week.
- Elementary students participated in activities on dental health and handwashing.

Identified Weaknesses

- Students are not always eating enough during lunch time. Staff members encourage students to eat regularly.
- The health curriculum K-6 is not comprehensive, however the school nurse will continue to send curriculum resources for staff members to use in their classroom instruction from the American Heart Association and the American Red Cross.

Based upon the identified strengths and weaknesses, the primary target goal for the 2019-2020 school year will be the continuing support for health awareness. The primary focus will continue to be food nutrition and healthy eating. This will be combined with continued development of a comprehensive health/nutrition curriculum K-8 to go along with district and state standards. The action plan reflects this goal and objectives.

Plan of Action

- Continue work on filling in gaps that exist from grade level to grade level on health/wellness curriculum as suggested by state standards or common core goals.
- Establish a monthly or bi-monthly topic of interest around a wellness theme and coordinate school-wide with Jr. High health classes providing leadership for elementary classes and activities.
 - September – Physical Activity
 - October – Great Apple Crunch
 - November – Nutritional Content/Healthy Eating
 - December/January – Mental Health – Value Self (tie to New Year’s resolution)
 - February – Jump Rope for Heart
 - March – Dental Education
 - April – Blood Drive
 - May – Wellness Fair/Obstacle Course/Learning Fair
- Participate with Sarah Bush Lincoln Educational Outreach program for the fruit/veggie car that conducts monthly lessons on nutrition.
- Continue to distribute and encourage the use of educational materials and curriculum resources from community partners such as American Red Cross Blood Drive or other agencies.

- Add information to the school webpage in increase parent awareness of the monthly wellness topics of interest.
- Include wellness tips on the projection screen in the gym before school events.
- Include a wellness tip on the day with the afternoon announcements.

Implementation of the action plan will start with the sharing of the wellness plan for the 2019-2020 school year. The plan will be sent to all staff members on May 9, 2019. This will be reviewed again at the start of the year and throughout the year at staff meetings. The summative evaluation will be presented to the Board of Education and community at the May 8, 2019 board meeting. Implementation will continue in the 2019-2020 school year. The committee will continue to meet next school year to help with planning, provide support for activities, and conduct on-going evaluations.

The results of the evaluation will be posted on the district website. Records of the assessment can be found in the superintendent's office.