



# Health and Wellness Presentation

Tuesday February 28, 2012



# Health and Wellness

- Traditionally, health has been viewed as an absence of disease
- Wellness goes beyond the traditional definition of health, and is a lifestyle approach that implies personal responsibility
- In order for our students to achieve a high level of health and wellness, we want them to engage in integrated learning experiences so they make good choices

# The Health and Wellness Triangle

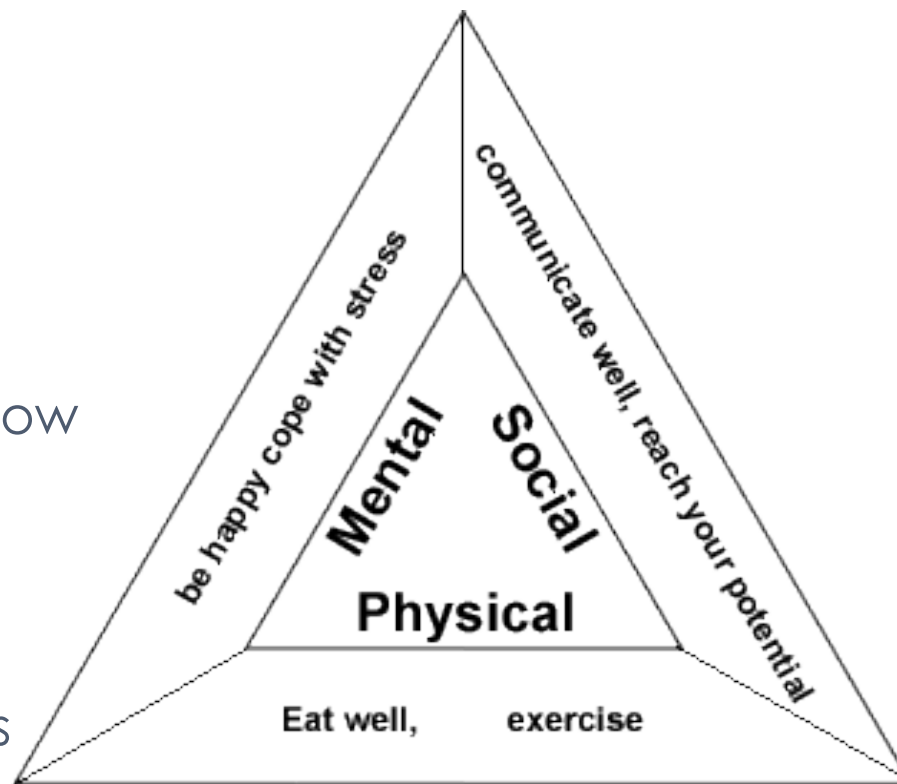
- The triangle represents the dynamic balance of the three different aspects of health and wellness



# The Path to Wellness

## "Educating the Whole Child"

- Nutrition, exercise and hygiene support good Physical Health
- Goal setting, stress management and expressing emotions allow for good Mental / Emotional Health
- Social and emotional learning [SEL] promotes good Social Health





# NYS Learning Standards for Health

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

(<http://www.emsc.nysed.gov/sss/schoolhealth/schoolhealtheducation//healthPEFACSLearningStandards.pdf>)



# NYS Guidelines for Social and Emotional Development and Learning (SEDL)

- NYS Board of Regents adopted guidelines and resources for SEDL
- Long Beach created specific and common social and emotional learning standards modeled after Illinois
- Our programs are based on intentional planning for the teaching and learning of related skills

(<http://www.p12.nysed.gov/sss/sedl/>)

Learning Standard	Early Elementary	Late Elementary	Middle/Jr. High	Early H.S.	Late H.S.
D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	2D.1a. Identify problems and conflicts commonly experienced by peers.	2D.2a. Describe causes and consequences of conflicts.	2D.3a. Evaluate strategies for preventing and resolving interpersonal problems.	2D.4a. Analyze how listening and talking accurately help in resolving conflicts.	2D.5a. Evaluate the effects of using negotiation skills to reach win-win solutions.
	2D.1b. Identify approaches to resolving conflicts constructively.	2D.2b. Apply constructive approaches in resolving conflicts.	2D.3b. Define unhealthy peer pressure and evaluate strategies for resisting it.	2D.4b. Analyze how conflict-resolution skills contribute to work within a group.	2D.5b. Evaluate current conflict-resolution skills and plan how to improve them.

## Wellness Assessment

- In the '10-'11 school year Long Beach implemented the Alliance for a Healthier Generation “Healthy Schools Builder” assessment tool
- On the whole, Long Beach did very well compared to other districts in the county

Areas of Strength	Areas to Address
School Meal Programs	Policy / Systems
Health Education	Competitive Food & Beverages
Physical Activity	School Employee Wellness
Physical Education	
Before & After-School Programs	





# Wellness Assessment

- The Wellness Committee met in November 2011 to review the assessment results and our current programs, and decided to focus on the categories entitled school meal programs, and competitive food and beverages
- The district is waiting for the arrival of the new Food Services Director in order to create an action plan in the two priority categories
- In the interim, the District has taken action to improve its food services program

## Physical Nutrition Services

- New Fruit vending machines
- New “Sun Butter” as an alternative to peanut butter



# Physical Nutrition Services

- New healthier beverages and snack items such as:
  - Popped chips (gluten free, not fried)
  - All natural multi-grain chips
  - SoNu flavored water (no sugar)
  - V8 vegetable and fruit drinks





## Physical Nutrition Services

- The Nutrition Services program provides an average of 420 breakfasts and 1,445 lunches a day, with roughly 1,000 students (23%) who qualify for free meals and 150 students (4%) for reduced
- The District has been serving more fresh fruits and vegetables as part of the required components of the reimbursable meal for all grades
  - School menus incorporate more salads
  - Elementary students can order salad shakers




## Physical Nutrition Services

- Fewer red meat meals
- No fried foods, everything is baked
- Less fat in the selected processed foods
- Low fat milk products
- Whole grain products



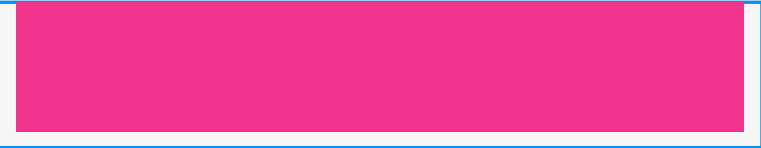
## Physical Nutrition Services

- The point of sale system (NutriKids) allows the District to gather data for multiple analysis of student meal choices
- The District is in the process of implementing the NutriKids parent portal that will provide parents with immediate access to student meal accounts



# Physical Activity and Education

- Comprehensive K-12 physical education and athletic program that meets the NYS Commissioner's regulations
- Our distinctive programs include:
  - second grade swim
  - fourth and fifth grade ice skating
  - lifeguard training
  - college level dance
- On the horizon is an International Baccalaureate exercise science class



# Physical Activity and Education

- The District sends out newsletters to elementary students entitled “Nutrition Nuggets” periodically in order to keep families informed of new tips for improved health and wellness
- Community members visit our schools periodically to speak with students about related topics





# Social / Emotional

- Social and Emotional Learning Committee
  - Beyond, and deeper than character education
- An important data point from the results of the Coalition for Underage Drinking survey shows that 9<sup>th</sup> grade students perceive that there are many school opportunities for pro-social involvement (a protective factor)
- Staff training
- Release of the School Climate Survey