

For DeKalb County Health Department - School Wellness Webpage, and 428 District Wellness Team

**"428 Wellness Initiatives 2014" Reported by School Wellness Teams in DeKalb District 428**

Submitted to Lisa Sanderson-DCHD Webmaster by Nancy LaCursia- DeKalb County School Health Coordinator

School wellness teams meet biennially to track progress on their wellness priorities identified from their School Health Index (SHI) completed 2012-2013. The SHI surveys the 8 areas below that represent the coordinated school health model recommended to implement the state mandated District School Wellness Policies (2006).

| 8 Wellness Areas          | District-wide Wellness Initiatives   | DeKalb High School   | Clinton Rosette Middle School  | Huntley Middle School                          |
|---------------------------|--|--|--|--|
| <b>Safety</b>             |  | Mr. Moto (anti-bullying)<br><br>Celebrate My Drive (anti-texting & driving)<br><br>Ongoing work on bullying  | Cyber Safety parent event & 7 <sup>th</sup> grade Summit session by Melissa Hemzacek (Lisa Madigan's office)   |  |
| <b>Health Education</b>   | Vertical articulation of health ed K-12<br><br>CATCH Lessons (6/year all elementary schools)   | Matt Miller (Ben Gordon) parent/student focus groups on making good decisions about drugs<br><br>DCP/SAFE Oct Red Ribbon Week<br><br>Project Reality (tobacco policy)<br><br>DCP/Safe (substance prevention)<br><br>Eat by Color (healthy eating speaker for athletes) |  | Hands-only CPR with 6th & 7th graders by Nurse |
| <b>Physical Education</b> | State PE Blue Ribbons awarded to Cortland, Founders, Malta<br><br>District K-8 PE Coordinator position (Kelly Zerby) Founders PE teacher<br><br>Girls on the Run (several elementary & middle schools)<br><br>Schools collected gym shoes for the DeKalb Co. Shoe Share. Over 1000 pairs were distributed in Aug 2014 at local food pantries<br><br>Field Days (elementary)<br><br>Family Fun Run (elementary)<br><br>After school YMCA programs | Fitnessgram: All students test 2/sem, & freshmen complete 2 <sup>nd</sup> sem Indiv Fitness Plan. All data on Google Drive   | PE w/NIU KNPE<br><br>Fitness Day 1/wk in health class<br><br>Lunch Outside-organized physical activities<br><br>Y Club after school<br><br>Barbs on the Run<br><br>Writing a grant for more recess equipment | Movement Mania Day during ISATs                |

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|--|--|---|---|---|
| <b>Health Services</b>                                   | <p>Flu shots by DCHD to all schools</p> <p>GCN staff development: Diabetes, Ethics, Allergies, Blood-borne pathogens, EPI pens</p>   | Flu shots provided by DCHD for students; for staff on Institute Days  | Nurse Wellness boards   | <p>No pregnancies @ DHS reported by freshmen &amp; no one asked for condoms at Nurses office. School board said HMS can provide DCHD phone #.</p> <p>School Nurse visited health classes about safety at home, personal safety/1<sup>st</sup> aid, &amp; hands-only CPR</p> <p>Nursing students talked to 8<sup>th</sup> grade &amp; PTA about energy drink dangers; later on sun safety</p> <p>8<sup>th</sup> grade speaker series in April on health concerns</p> |
| <b>Social Work, Counseling (mental/emotional/social)</b> | <p>"Futures is Ours" 6-7-8 program for Latinas (funded by grant at DCHD)</p> <p>Erin's Law (sexual abuse awareness) K-12</p> <p>SDQ used as universal screening for students at risk for mental/emotional problems</p> | SMAC (new student group: Students Making a Change)  | <p>Advisory Service projects</p> <p>Rainbows</p> <p>QR Code online to report Bullying</p> <p>WEB (Where everyone belongs) student mentor program</p> <p>Champions of Character (boys event)</p> | <p>WEB (Where Everyone Belongs)</p> <p>7<sup>th</sup> grade gender specific presentations by YSB counselors</p> <p>STEP 1 class/grade level for at risk students, part of SEL</p> <p>Social workers created SEL curriculum for advisories</p>   |
| <b>Staff Wellness</b>                                    | <p>Employee Wellness Committee (Dump the Plump, Exercise programs)</p> <p>DCHD Flu Shots</p>   | Wellness Wednesday Tips (from school nurse to staff @ month; e.g., blood pressure screenings in Feb)                      |   | Staff Running & Walking Clubs   |
| <b>Parent/Community</b>                                  | <p>Family Fun Nights at the YMCA (all elementary schools, Nov &amp; Feb)</p> <p>Family Fun Run (all elementary schools)</p> <p>Wellness Fair April 23, 2015 at DHS 6-8p (Steve Bell-Coordinator)</p>                   | <p>Project Reality/Reality Illinois (tobacco-free parks)</p> <p>Grew garden plants for community in their greenhouses</p> | <p>Literacy Nights</p> <p>Family Wellness Nights (3)</p> <p>Girl Talk (intergenerational event)</p>   | School nurse provided parents with inoculation info for 5 <sup>th</sup> graders   |

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DeKalb 428 Elementary Schools

*Note:* District-wide wellness initiatives are on page 1, column 1

| 8 Wellness Areas                      | Brooks   | Cortland   | Founders  | Jefferson  | Lincoln                         | Littlejohn                   | Malta  | Tyler   |
|---------------------------------------|--|--|---|--|---------------------------------|------------------------------|--|---|
| <b>Safety</b>                         |  |  | Training for school assistants on how to de-escalate situations (social worker) |  |                                 |                              |  | Asbestos removed, renovations done<br>Fall '14: focus on safety, learning, sound proofing, new boiler, & AC                                     |
| <b>Health Education*</b>              |  |  |   |  |                                 |                              |  |   |
| *District-wide CATCH lessons (6/year) |  |  |   |  |                                 |                              |  |   |
| <b>Physical Education</b>             | PE teacher uses "I Can" statements for common core | Adapted PE   |   |  | All School Friday Funky Dancing | PTA Walkathon March 2015     | Action for Healthy Kids grant = fitness equipment for students & staff | In future, Diabetes Walk  |
| <b>Food Services</b>                  |  | Do a PSA for CATCH in the cafeteria. Principal shows children how her lunch models Go foods. |   |  |                                 |                              |  |   |
| <b>Health Services</b>                |  |  |   | Asthma professional development training                   |                                 |                              |  | Vision tests thru school nurse & Lion's Club  |
| <b>Social Work, Social/Emotional</b>  |  |  | Big Bros/Big Sisters<br><br>Social work intern from Aurora Univ                 | Big Bros/Big Sisters<br><br>Adult mentors all year for SEL |                                 | Fall "Specials" (\$ to PBIS) |  | NIU Fball, Womens BB mentors come every day for K-3 since Fall '13 thru Athletics outreach Adam Keil and Anya Kovington<br><br>PBIS "Blitz" Day |

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|-------------------------|--|--|---|--|---|--|--|-------|
| <b>Staff Wellness</b>   | Stress mgmt.<br>TBA  | School nurse meets w/staff on blood pressure & medical advice<br><br>After school in gym, fitness plans, healthy grocery lists, "To Go" meal ideas |   |  |   |  |  |       |
| <b>Parent/Community</b> | 1 <sup>st</sup> Class Party – Open House PPT by Shahrhan & hard copies of District 428 classroom wellness policy. Met with PTO in advance of open house. Parents reacted well. | Promotes "Healthy Tip: for Lion's Club & parent newsletter<br><br>Bilingual Parent Advisory<br><br>Parenting strategies speaker TBA                | Founders Garden: planted by students, harvested by DCCG<br><br>Coat Drive | Donate to "Freezing for Food"<br><br>CATCH activities at Family Fun Night<br><br>Walkathon | Volunteer & donated food & garden veggies to Barb Food Mart<br><br>Reading Night included CATCH for parents | CATCH part of Family Game Night<br><br>Parent Night-Oct 28 had a Smart Snack session<br><br>Blood Drive 1 <sup>st</sup> week Dec | Included CATCH activities at Literacy Nights |       |

| 8 Wellness Areas   | Early Learning Development Center (ELDC) Pre-K at Huntley Middle School   |
|--------------------|---|
| Safety             |   |
| Health Education   | <p>Early Childhood with Pre-K (Krystle Calvin is teaching for Janelle Stein on maternity leave)</p> <p>Idea of a Wellness Fair specifically for ELDC may include: Pediatric Dentist (like the Andy Malcolm from Belvidere who also addresses special needs children, Mobile Dental from Kish Health (ask Lisa Cumings), Nutrition (Lisa Brandt for healthy food tastings), Barb Food Mart (to raise awareness of this right next door to ELDC).</p>   |
| Physical Education |   |
| Food Services      |   |
| Health Services    |   |
| Social Work        |   |
| Staff Wellness     | <p>"Walking Wednesdays" (could use 32 pedometers)(</p> <p>"Healthy Lunch" once/quarter</p>  |
| Parent/Community   | <p>Spring 2015, raised garden beds will be built on SE area next to HMS Tennis Court, partners involved HMS Builders Club, Northern Illinois Food Bank, DeKalb County Community Gardens, and Barb Food Mart</p> <p>Information for parents and staff was emailed to Lisa Gorchel the 'Healthy Snacks on a Budget' in English and Spanish, and Smart Snacks power point and handout developed by 428 &amp; 427 District Wellness Teams.</p> <p>Pam the newly updated DeKalb County Resources Guide (in Spanish and English). Hard copies could be printed for main office and online version can be uploaded on school site for parents.</p> <p>Barb Food Mart flyer (in Spanish &amp; English) was emailed to Pam</p> |