

DeKalb County Health Department - School Wellness Webpage:

*"Best Practices" 2014 by School Wellness Teams in Sycamore District 427*

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Each school's wellness team meets biennially to track progress on their wellness priorities as identified from their School Health Index (SHI), spring 2013.

The SHI surveys the 8 areas below that represent the coordinated school health model recommended for implementing District Wellness Policies

8 Wellness Areas	Districtwide	Sycamore HS	Sycamore MS	North Elem	North Grove Elem	Southeast	South Prairie	West
<b>Safety</b>	Erin's Law  Youth Service Bureau (YSB) 4 <sup>th</sup> & 5 <sup>th</sup> Bullying program	"Act on Bullying" Schaumburg police officer: Jr/Sr's & parents  IL 5 Essentials survey, 98% students reported feeling safe at school			Problem Solvers: 5 <sup>th</sup> grade present role plays for 3 <sup>rd</sup> & 4 <sup>th</sup> grade	Annual 5-5-5min program by Fire Dept  5 <sup>th</sup> grade bullying program with Principal and Social Worker Yopst  K-3 bullying program w/Principal & Soc Worker (Ilama the bullying goat)	5 <sup>th</sup> grade conflict resolution, stress & anger management (1/week, 8-10 lessons)	
<b>Health Education</b>		"Fed Up" movie  Guest speaker- Jana Roe: Skin & Tanning Addiction		Matt Miller – Ben Gordon, drug ed to 4 <sup>th</sup> graders		CATCH Healthy Habits bulletin board for students  3 CATCH lessons spring 2014 delivered by Kish Health & NIU student volunteers  Tar Wars presented by Kish Hospital nurse  Matt Miller from Ben Gordon speaking to 5 <sup>th</sup> graders on drugs/alcohol	Robert Crown & Kish puberty lessons	Healthy Me is Drug Free (Red Ribbon Week)

<b>Physical Education</b>	<p>Summer Fitness Challenge "Marathon" (over 100 kids)</p> <p>Plunge into Fitness" for free Raging Waves tix</p> <p>Girls on the Run: after school program 3<sup>rd</sup> &amp; 4<sup>th</sup> grade girls</p>	<p>Students enjoy selection of PE classes</p> <p>In process of adding a cardio room</p>	<p>Summer Fitness Challenge (Memorial to Labor Day), prizes &amp; medals from We Choose Health grant</p>		<p>Family 5 K Run</p> <p>Run with the Hawks fundraiser – done in PE, # laps in 15min</p>		<p>PE Olympics in hallways during ISATs</p>	<p>Morning Jump Start fitness games &amp; activities</p> <p>Walk around Lake Michigan (WSOrg)</p> <p>Walk to Orlando (1<sup>st</sup> grade = 1 mile, 2<sup>nd</sup> grade = 2 miles...)</p>
<b>Food Services</b>		<p>Exploring "Healthy Vending" machines</p>				<p>Cafeteria nutritional posters</p>		<p>Friday Food Backpacks (Northern IL Food Bank)</p> <p>Healthy Snack Week Fri 9/26</p> <p>Promote Classroom non-food rewards</p>
<b>Health Services</b>	<p>GCN trainings (AED, allergic reactions, diabetic, EPI)</p>					<p>Handwashing by School Nurse, kits from Kish Health</p>		<p>Smile Dentist</p>
<b>Social Work, Social/Emotional</b>	<p>Kids on the Block (SHS kids to 4<sup>th</sup> graders about accepting students with disabilities)</p> <p>Risk Assessment checklists</p>	<p>NIU students to health classes "Teen anxiety in school"</p> <p>Integrate SEL into common core</p>			<p>Problem-solving program by 5<sup>th</sup> graders (made a video on 427)</p> <p>Adult mentor w/ students (Big Bros/Big Sis model)</p>	<p>YSB Nov 4 &amp; 5th</p>		<p>Big Bros/Big Sis</p> <p>YES program</p> <p>SEL 2<sup>nd</sup> step: K &amp; 1, started 4<sup>th</sup> (piloting for district)</p> <p>"Why Try" resiliency (piloting)</p>

<b>Staff Wellness</b>	<p>Staff Wellness Program: Weekly initiatives/focus (find a buddy, set a goal, increase fruits/ veggies) monthly newsletter "Live Well")</p> <p>Pedometers from Superintendent "Let's Get Moving"</p>	<p>Biggest Loser 12-week program w/9 week maintenance</p>				<p>Wellness bulletin board for staff "Healthy Commitment"</p> <p>Staff Fall Fitness (120min/ex/week, \$5.00 to enter)</p>	<p>Heart Health Awareness (blood pressure checks, wear red, recipes, walk your way to spring)</p>	<p>Biggest Loser (13 people), send daily healthy tips</p>
<b>Parent/Community</b>	<p>Donated gym shoes to county "Shoe Share"</p> <p>Wellness Fair: Feb 12, 6-8p, fieldhouse</p>			<p>Family Dance w/DJ</p> <p>Fall Fest Oct 9: Includes Smart Snacks &amp; Eating Healthy on a Budget</p>		<p>Cocoa &amp; Caring Night: included interactive MyPlate booth</p>		<p>Clothing Closet (org'd by Spec Ed teachers)</p>