

**District Wellness Committee
2016 – 17
Co-chairs: Mr. Jared Lotz and Mr. Shawn Widel**

The district wellness committee is made up of both internal and external constituencies. Board Policy [ADF](#) defines the district wellness policy. The 2014 – 15 District Wellness Committee was made up of the following people.

Cindy Bilyeu	Christian County Health Department
Becky Moore	Christian County Health Department
Jackie Bargr	Director, Children’s Smile Center
Timaree Sorlie	Ozark Jr. High
Jennifer Nevatt	Nutrition Program Associate, MU Extension
Shawn Widel, Co-Chair	Ozark High School
Kim Cully	Ozark Human Resources Director
Dr. Mark Woods	Ozark Family Clinic
Jared Lotz, Co-Chair	West Elementary
Mike Spohn	South Elementary
Jo Haraldson	Ozark Nutrition and Food Services Director
Debbie Barnes	OHS Nurse
Shanelle Leigh	Office of Teaching and Learning Administrative Assistant
Sarah Adams Orr	Ozark School Board
Philip Link	Ozark Schools, Asst. Athletic Director
Tony Gossard	Wellness Education Specialist, Corporate & Wellness Cox Health
Jeff Strickler	Ozark Jr. High Asst. Principal
Shawn Kellis	Ozark Jr. High Teacher
Craig Carson, Ed.D.	Ozark Schools Assistant Superintendent

Ozark R-VI School District

Comprehensive School Improvement Plan



GOAL 1: Student Performance

Develop and enhance quality educational/instructional programs to improve performance and enable students to meet their personal, academic and career goals.



GOAL 2: Highly Qualified Staff

Recruit, attract, develop and retain highly qualified staff to carry out the Local Education Agency (LEA) mission, goals and objectives.



GOAL 3: Facilities & Operations

Provide and maintain appropriate support services with functional and safe facilities.



GOAL 4: Instructional Resources

Provide and maintain appropriate instructional resources.



GOAL 5: Parent & Community Involvement

Promote, facilitate and enhance parent, student and community involvement in the LEA/District educational programs.



GOAL 6: Governance

Govern the Ozark R-VI School District in an efficient and effective manner providing leadership and representation to benefit the students, staff and patrons of the district.

**Student Dedicated Every Day,
Student Driven In Every Way**

GOAL I: The Ozark R-VI School District will increase student activity during the school day and outside the school day.

Objective 1.1

Expand on the before/after school programs at the K – 5 levels that focus on student wellness and activity.

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| Strategy 1.1.1 | Wellness Committee will review current K – 5 practices that encourage physical activity |
| Strategy 1.1.2 | Promote district and community camps/programs that highlight physical activity and wellness through the use of internet resources (i.e. e-news, email, Facebook, links on webpage, etc.). |
| Strategy 1.1.3 | Explore the use of incentives to encourage staff members to facilitate physical activity opportunities for students. |
| Strategy 1.1.4 | Before and after school programs should be inclusive to all willing students and include activities that increase heart rate (i.e. walking club, cardio club, jump rope club, etc.). |

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices
2. Long-term goal: Before/after school activities should accumulate to at least 64 hours per school/per year (average of 2 hours per week)

Objective 1.2

Protect physical activity time throughout the school day and limit accessing physical activity time as a part of PBIS consequences.

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| Strategy 1.2.1 | Guaranteed (K – 5) 30 minute/day or 2.5 hours/week active recess for each child – active recess = movement-based activities and opportunities |
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- Strategy 1.2.2 Withholding active recess should only be used for academic purposes (i.e. student not completing work during allotted class time)
- Strategy 1.2.3 Behavioral issues should result in predetermined active consequences (i.e. rather than sitting out as a result of behavior, student walks for 10 minutes)
- Strategy 1.2.4 Alternate active options for indoor recess with training/materials provided
- Strategy 1.2.5 Maintain current physical education practices (Grades K-5: 50 mins a week; Grade 6-7: 45 mins every other day; Grades 8: 90 mins every other day; Grades 9 – 12th: 1 credit of coed PE plus 1 additional ½ credit by graduation)

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

Objective 1.3

Increase co-curricular opportunities for activity and fitness education 6 – 12.

- Strategy 1.3.1 Continue to keep weight room open before/after school at the high school and make available to all students.
- Strategy 1.3.2 Explore options to provide weight room supervision after school for grades 6-9.
- Strategy 1.3.3 Explore options to add Yoga or other active activities to any interested student (boot camps, cardio clubs, etc.)
- Strategy 1.3.4 Continue to teach/incorporate nutrition into physical education and health classes

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

***In some instances baseline data is not available at this time. When baseline data becomes available, more specific measurable outcomes will be developed after the April 2016 meeting.**

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.

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

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

Objective 2.2

Provide nutritional meals for pK – 12 students.

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| Strategy 2.2.1 | Follow current USDA guidelines |
| 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 |

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices
2. Passing the foodservice audit by DESE

Objective 2.3

Increase opportunities for students to learn about student wellness.

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| Strategy 2.3.1 | Continue to offer services and presentations about student wellness (i.e. Smile Center oral screenings, Bike Helmet Safety, Safe & Sober, Rotary Don't Meth with Us, Water Safety, Bus Safety, Bullying, etc.) |
| Strategy 2.3.2 | Continue and expand collaboration with the Christian County Health Department (hand-washing, good touch/bad touch) |
| Strategy 2.3.3 | Continue offering screenings in compliance to legislation (vision, hearing, scoliosis screening, etc.) |

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

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

Objective 3.1

Establish wellness committees in each building

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| Strategy 3.1.1 | Committees will reflect the broad perspective of wellness and nutrition: Nurse, Counselor, Food Service Rep, P.E. Teacher, Classroom Teachers (2), and Special Education Teacher (Building Administrator optional) |
| Strategy 3.1.2 | Committees report annually with health and nutritional information to the District Wellness Committee |

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

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 Cox Health; 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

GOAL 4: The Ozark R-VI School District will improve overall wellness of staff by providing comprehensive wellness opportunities

Objective 4.1

Provide professional development/educational opportunities to the staff on nutrition and wellness

- Strategy 4.1.1 Incorporate health/wellness offerings from staff members as a part of the district PD days and before and after school offerings at least two times a semester (or an increase in participants by 3%)

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- Strategy 4.1.2 Incorporate health/wellness offerings from Cox Wellness as a part of the district PD days and before and after school offerings at least one time a semester
- Strategy 4.1.3 Maintain good communication about staff health and wellness through social media – Twitter, district web page, MyLearningPlan, etc.

***Measurement:**

1. The Office of Teaching and Learning will report PD offerings to the District Wellness Committee in March 2017

Objective 4.2

Explore a range of incentives for the staff to be more active in health and wellness participation

- Strategy 4.2.1 Increase staff participation in the Cox Health Risk Assessment (HRA) biometric screening to 20%.
- Strategy 4.2.2 Explore using a physical trainer two times a year to train staff on the use of equipment in the Jr. High weight room
- Strategy 4.2.3 Explore providing “big” incentives from local corporations as a grand prize from faculty participation in physical activities and/or wellness educational opportunities – the more engaged a staff member is the more opportunities s/he has to win

***Measurement:**

1. Wellness Committee report in April 2016 to look at K – 12 district and building practices

Health Risk Assessment	2013 – 14	2014 – 15	2015 – 16	2016 – 17
Questionnaire	Data Not Available	Data Not Available	73 Staff Mbrs 11%	95 Staff Mbrs 14%
Biometric Screening	101 Staff Mbrs 17%	124 Staff Mbrs 19%	118 Staff Mbrs 17%	135 participants 20%

Professional Learning Opportunities	2015 – 16		2016 – 17	
	Sessions	Staff Members Participating	Sessions	Staff Members Participating (Increase of 3%)
Wellness – Nutrition – General Health	5	168	8	173
Medical Related PD (CPR / First Aid)	23	102	8	106
Mental Health (Self Esteem / Empathy)	3.5	75	4	78

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