

# Wellness Policy

Draft Presentation  
Medway Public Schools  
School Committee  
November 12, 2009

# Background Information

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- All schools were required by September 2006 to have a wellness policy in place.
- Medway developed a policy effective August 3, 2006.
- This policy was broad in language.
- Last year, the Health Advisory Committee was asked to expand upon this policy and develop a working tool that addresses the current health and wellness issues of our students.

# Next Step...

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- Develop a subcommittee with diverse membership

Faculty

School Nurses

Parent Representative

School Committee Member



# Rationale

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- Wellness is affected by
  - Nutrition including food served in schools
  - Education
  - Physical Activity
  - Environmental Education
- Important connection between healthy diet and ability to learn
- Healthy students will learn better and have better attendance

# Goal

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- Promote and protect children's health, well-being and ability to learn by supporting healthy eating, physical activity and health education for lifelong nutrition, fitness and positive health habits.



# Health Advisory Committee

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- Resource on health issues
- Review policies
- Recommend program, health curriculum and parent education changes as needed
- Representatives from district-wide staff, community, parents, School Committee, Food Services and Administration
- Report annually



# NUTRITION

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- Meet US Dietary Guidelines for Americans
- National School Lunch and Breakfast Programs
- Free and Reduced Price Meals
- Fundraising Activity Guidelines
- Rewards
- Celebrations
- Vending Machines
- Sharing of Foods and Beverages

# District Statistics

## 2009 - 2010

Students with:

Life threatening food allergies: 85

General food allergies: 70

Diabetes: 12



# Health Education and Life Skills

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- Sequential, standards-based program
- MA Health Curriculum Frameworks and National Health Education Standards
- New Curriculum
  - Life Skills Training Curriculum Set: 6-9
  - Michigan Health Program: 7-12



# Physical Education

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- Mass Health Curriculum Frameworks and National Standards for Physical Education
  - Stress Fitness and Encourage Healthy Life Styles
  - Required for all students; adapted for students with limitations
  - Participation in other physical activities can not substitute for Physical Education instruction
  - Provide health benefit through moderate intensity



# Healthy and Safe Environment

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- All buildings to meet health and safety standards and codes
- Free of tobacco, alcohol and drugs
- Zero Tolerance for violence and harassment
- Culture of respect and acceptance for all



# Social and Emotional Health

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- Supportive environment includes counseling, guidance and social work
- Encourage skill development for responsible expression of thoughts and feelings
- Foster atmosphere where differences are respected
- Facilitate student participation in Metro West Adolescent Health Survey\*
- Refer identified at risk students to appropriate resources



# Health Services

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- Goal
  - Compliment and support academic mission
  - Promote and improve students' health
- Service specifics
  - Access for all students and staff
  - Requirements for physical examinations and immunizations enforced according to DPH guidelines
  - Annual health screenings
  - BMI Screenings conducted in Grades 1,4, 7, 10
  - School nurses are prepared to respond to any type of emergency that may occur at school including disaster, terrorism and pandemic outbreaks
  - Medical director available for consult

# Body Mass Index

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- Massachusetts General Laws (Feb. 2009)

*“Each school committee or board of health shall adopt policies and procedures to ensure that the Body Mass Index (BMI) and corresponding percentile of each student in grades 1, 4, 7, and 10 is calculated and reported directly and confidentially to a parent or legal guardian”*

# Grade 1 (2008-2009)

	<b>&lt; 5<sup>th</sup> Percentile</b>	<b>≥ 5<sup>th</sup> Percentile and &lt; 85<sup>th</sup> Percentile</b>	<b>≥ 85<sup>th</sup> Percentile but &lt; 95<sup>th</sup> percentile</b>	<b>≥ 95<sup>th</sup> percentile</b>
<b>Gender</b>	<b>Underweight</b>	<b>Normal Range</b>	<b>At risk of overweight</b>	<b>Overweight</b>
<b>Male</b>	<b>1</b>	<b>95</b>	<b>17</b>	<b>7</b>
<b>Female</b>	<b>4</b>	<b>72</b>	<b>10</b>	<b>7</b>

# Grade 4 (2008-2009)

	<b>&lt; 5<sup>th</sup> Percentile</b>	<b>≥ 5<sup>th</sup> Percentile and &lt; 85<sup>th</sup> Percentile</b>	<b>≥ 85<sup>th</sup> Percentile but &lt; 95<sup>th</sup> percentile</b>	<b>≥ 95<sup>th</sup> percentile</b>
<b>Gender</b>	<b>Underweight</b>	<b>Normal Range</b>	<b>At risk of overweight</b>	<b>Overweight</b>
<b>Male</b>	2	63	21	9
<b>Female</b>	2	82	23	13

# Grade 7 (2008-2009)

	<b>&lt; 5<sup>th</sup> Percentile</b>	<b>≥ 5<sup>th</sup> Percentile and &lt; 85<sup>th</sup> Percentile</b>	<b>≥ 85<sup>th</sup> Percentile but &lt; 95<sup>th</sup> percentile</b>	<b>≥ 95<sup>th</sup> percentile</b>
<b>Gender</b>	<b>Underweight</b>	<b>Normal Range</b>	<b>At risk of overweight</b>	<b>Overweight</b>
<b>Male</b>	5	67	21	23
<b>Female</b>	3	58	12	15

# Grade 10 (2008-2009)

	<b>&lt; 5<sup>th</sup> Percentile</b>	<b>≥ 5<sup>th</sup> Percentile and &lt; 85<sup>th</sup> Percentile</b>	<b>≥ 85<sup>th</sup> Percentile but &lt; 95<sup>th</sup> percentile</b>	<b>≥ 95<sup>th</sup> percentile</b>
<b>Gender</b>	<b>Underweight</b>	<b>Normal Range</b>	<b>At risk of overweight</b>	<b>Overweight</b>
<b>Male</b>	3	84	11	8
<b>Female</b>	0	79	15	3



# MetroWest Adolescent Health Survey

## – Executive Summary

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### High School

#### Weight and weight perception

- 21% males are overweight / obese
- 13% females are overweight / obese BUT 29% describe themselves as “slightly” or “very” overweight and even more (62%) are trying to lose weight

#### Nutrition

- Only 10% consume the recommended 5 or more servings of fruits and vegetables each day
- Only 26% consume 3 or more glasses of milk each day
- Fewer males ate vegetables or green salad daily

#### Physical activity

- 26% are physically active for at least 60 minutes on 5 or more days
- 73% participate on one or more sports teams

# Metro West Adolescent Health Survey

## – Executive Summary

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### Middle School

#### Weight and weight perception

- 24% males are overweight/obese
- 12% females are overweight/obese

#### Nutrition

- Only 38% consume the recommended 3 glasses of milk per day
- 50% drank non-diet soda
- 34% consumed fast food

#### Physical activity

- 80% participate in an activity for more than 20 minutes on more than 3 days in the past week
- 80% play on a sports team



# Family, School and Community

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- Partnership is key
- Wellness planning process
- Community partnerships



# Staff Wellness

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- Health and safety of all staff is a priority
- Celebrations
- Work environment
- Employee Assistance Program
- Current Year: Seasonal Flu Clinic

# Recycling

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- Foster recycling
- Food services model environmentally sound practices
- Involve staff and students in reducing waste

# Monitoring and Policy Review

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- Superintendent will
  - Ensure compliance with district policy
  - Assess all education curricula and materials
    - Compliance with state and district goals and standards
- Principals will
  - Ensure compliance with district policy
  - Report school's compliance to the superintendent



# Evaluation

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- Health Advisory Committee
  - Agenda items for year
  - Identified health, emotional and social issues
  - Programming
  - Target audiences
  - Measurable results
    - Results of the Adolescent Youth Risk
    - BMI Calculations- Grades 1, 4, 7, 10
    - Number of students with life threatening allergies
    - Tobacco cessation programs offered



# Metro West Adolescent Behavior Survey

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- Ongoing review of results with the assistance of the Health Advisory Committee
- Presentations for Parents/Community
  - Secondary Home & School Association
  - School Councils
- Initial review of the results
  - Areas of concern
    - Substance Use
    - Bullying
    - Mental Health



# Alcohol Use

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- 66% of MHS students report lifetime use, 45% report current use
- 28% report “binge” drinking
- 19% consumed alcohol before or during a school event
- 32% reported being passengers in a car driven by someone who have been drinking alcohol (21% with a driver under 21)
- Current use increases from 23% in Grade 9 to 63% in Grade 12.



# Marijuana and Cigarette Smoking

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- Trend data for MW suggests increase in use of marijuana.
- 34% of MHS students reported lifetime marijuana use; (23% current use).
- Current use increases from 9<sup>th</sup>(12%) to 12<sup>th</sup> (28%).
- 31% of MHS students reported lifetime cigarette smoking (10% current use).
- 5% of youth used marijuana before age 13.
- Misuse of prescription drugs is a concern.
- 13% of MHS students reported lifetime misuse, 7% reporting current use.



# Substance Use in Grades 7 and 8

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- 25% of MMS have experimented with alcohol or other substances
- 21% reported having had at least one drink, 9% reported drinking in the last 30 days
- 9% have smoked cigarettes (4% in last 30 days)
- 9% have smoked marijuana



# Addressing Substance Use

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- Health curriculum continues to address
  - Review unit in new curriculum
  - Consider other evidenced based programs
- Recommend continued use of prom contract
- Student leaders
- Potential presentations



# Violence and Related Behaviors/HS

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30% of MHS students were victims of bullying

28% of MHS students were perpetrators

22% had been in a physical fight, 6% on school property

17% were victims of electronic bullying

11% report being victims of dating violence in their lifetime, 8% in past 12 months



# Violence and Related Behaviors-MS

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- 45% of students were bullied.
- 34% of the males and 29% of the females reported that they had been bullying perpetrators.
- 18% of students were bullied electronically.
- 26% have been in a fight in the last year

# Addressing Bullying

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## ■ Middle School

- Programs already held this year
  - Deana's Fund Educational Theater
    - Issues of bullying, abuse and respect
    - Follow-up discussions in health classes

## ■ High School

- Rachel's Challenge- Raised awareness
- Peer Counselors- Mediation/Awareness
- Review harassment complaint process



# Mental Health- High School

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- 23 % of MHS students feel life is very stressful
- 19% have reported depression (1 in 5)
- 11% have considered suicide
- 3% have made a suicide attempt, 7% made a plan about attempting
- 15% engage in self-injury



# Mental Health-Middle School

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- 12% of MMS students feel life is very stressful
- 14% have reported depression
- 11% engage in self-injury
- 11% have considered suicide
- 2% have made a suicide attempt.
- 9% do not feel they have a supportive adult they can talk to at home or at school.



# Addressing Mental Health Concerns

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- Focus on Social Emotional Health expectations of the Wellness Policy throughout the district
- Continue to address ways to teach resiliency skills and coping mechanisms K-12
- Continue
  - Health Curriculum units on stress
  - Open Circle
  - Peer Counseling
  - Newly added Grade 9 Guidance Programs
  - SOS Suicide Prevention Program