



Wellness Data:

School Wellness
Investigations 2017.2018

District Data Collected

Classroom Measures:

- Standardized Testing specific to grade, Math, Reading, Science and more

Health Office:

- Weights, Heights, Vision, Hearing, Dental, Immunization, Medical Conditions and more

Physical Education:

- PACER Cardiovascular Fitness, Flexibility, Skills and more

Social/Emotional:

- Referrals, Behavioral Incidents, Behavior Risk Survey, Hope Scale

District Measures

School Wellness Investigation:

Now USDA required, but have been completing for 7 years.

School Wellness Action Plan:

Now USDA required, Measure of action steps schools are taking toward information discovered in their wellness investigation.

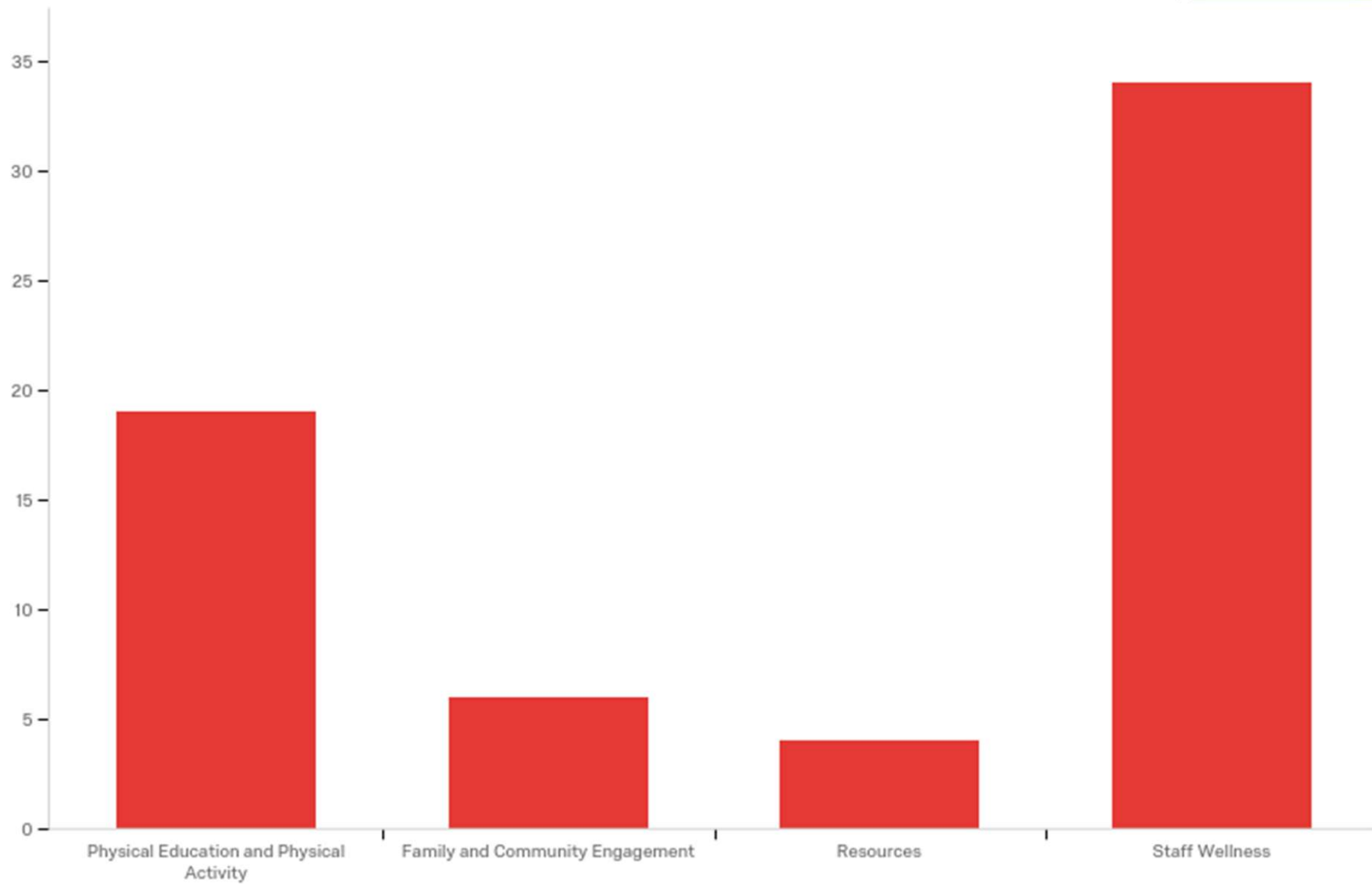
Wellness Challenges: Quarterly themes and week-long challenges focused on specific issues such as nutrition, activity, sleep, social emotional issues, hydration and more.

School Success Update: Subjective update at the end of the school year sharing about wellness efforts and activities throughout the year collaborating with or in addition to wellness challenges.

Other helpful trend data

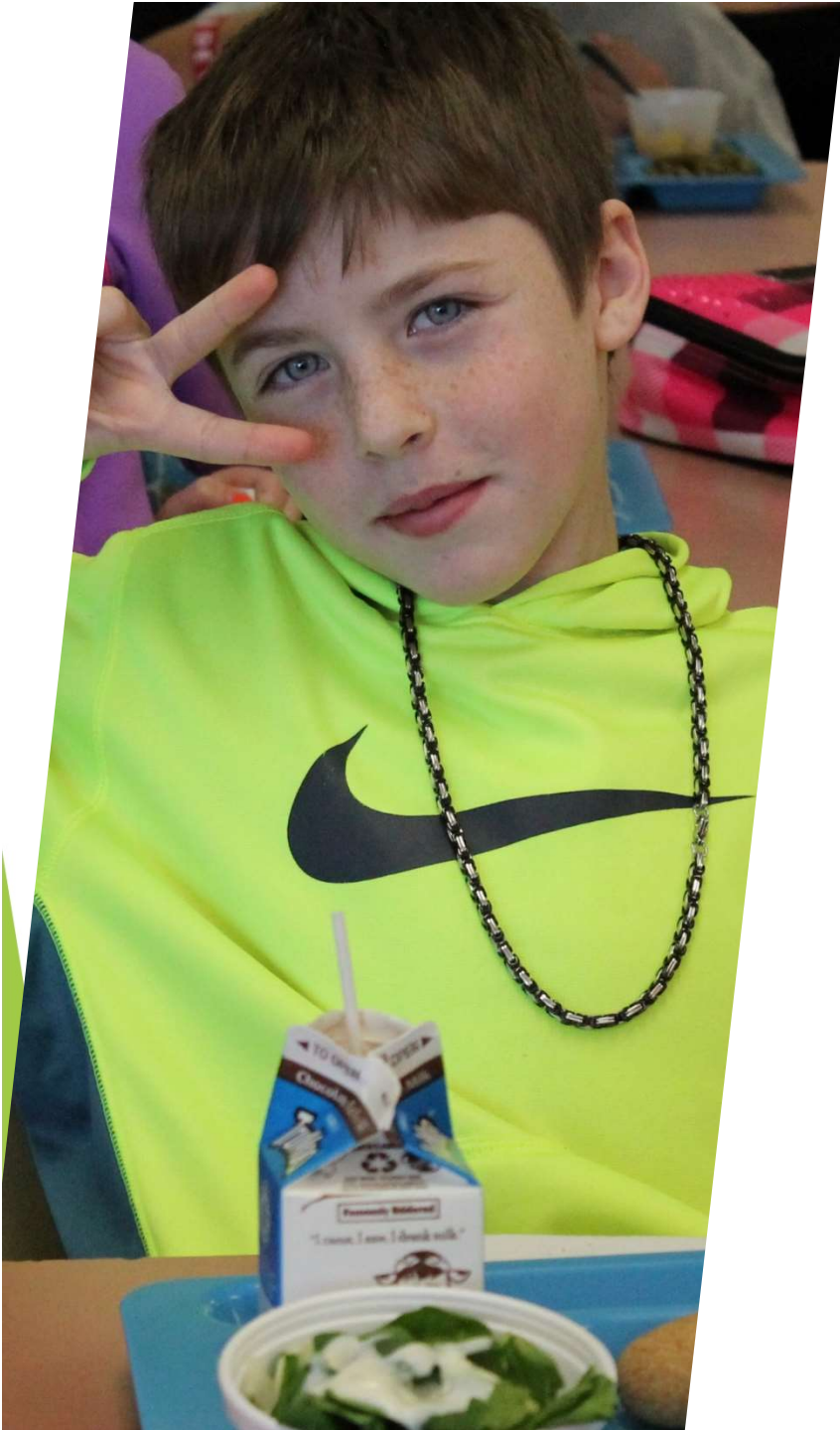
- **Nutrition Services Meal Counts:** Utilization of breakfast and lunch, especially by free and reduced meal qualifying students.
- **Go Noodle Analytics:** Brain Breaks/Boosters and movement integrated learning tools for mostly K-8 students. Great information about schools, classrooms, unique users and frequency. Go Noodle Plus through July 2019 thanks to a grant through Children's Hospital.
- **PE Class Analytics, Middle School:** Combined LPS and Children's Hospital grant funds paid for activity and heart rate monitors for middle schools to help students set individual goals and allowing better determination of % time spent in moderate/vigorous physical activity in PE classes. Piloting at some elementary schools.

Q13 - In addition to nutrition, what category or categories will be your school focus?



Break out activity

- Separate into groups for feedback
- What did you notice about the data
- What do we need to succeed in the next chapter?
- What else would you like to see happen?



Nutrition Data



Top 5 Nutrition Action Plan Choices

Q3.10 In what ways does your school try to promote healthy food and beverage choices? 9 schools (17.7%)

Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration? 7 schools (13.7%)

Q4.3 Does your school have 1 or more water bottle refilling stations? 6 schools (11.8%)

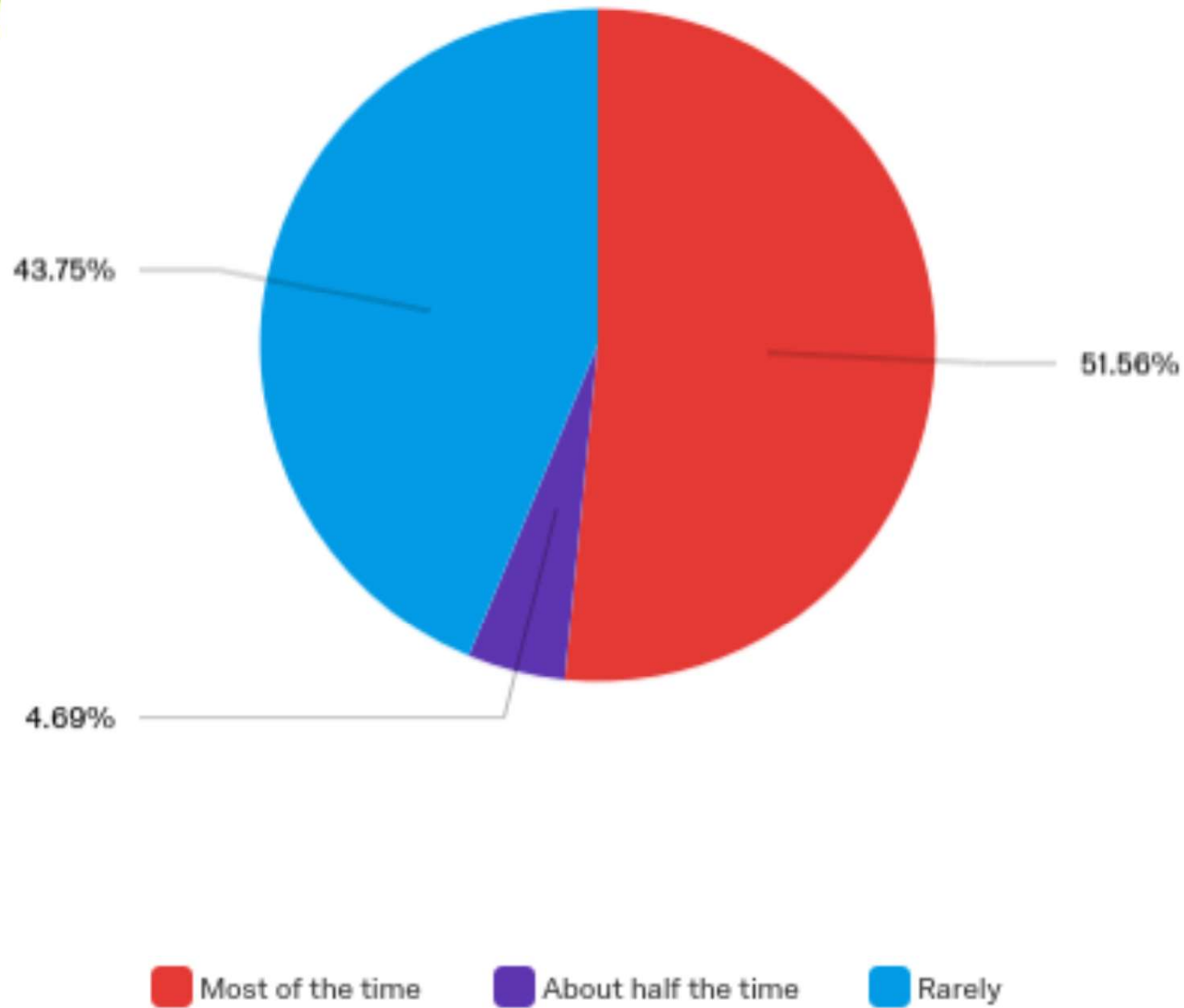
Q4.7 How often are family fun nights focused on healthier food choices and physical activity?
4 schools (7.8%)

Q3.9 What gets in the way of students having 20 minutes to eat lunch? 3 schools (5.9%)

Runner Up Action Plans

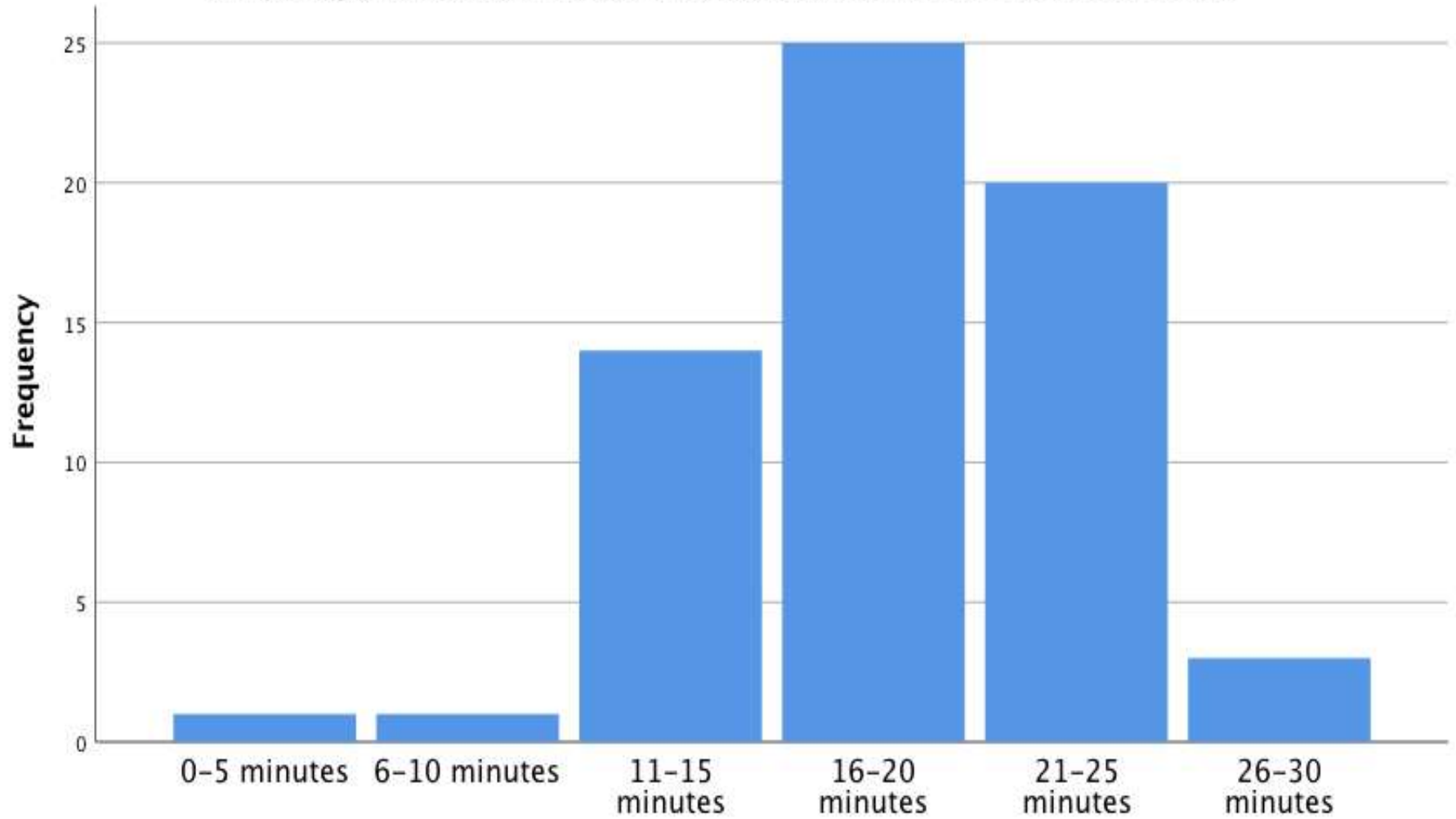
- ▶ Each has 2 schools focused on these efforts: (3.9%)

- ▶ Q3.5 Does your school allow students to bring breakfast to class?
- ▶ Q3.8 On average, how much time would the last child in line have to eat his/her lunch? _____ Minutes
- ▶ Q3.15 Does your school promote the benefits of consuming healthier foods throughout the building?
- ▶ Q4.1 Does your school use food as rewards in classrooms?
- ▶ Q4.17 Does your school provide nutrition information about restaurant offerings for "Dine Out" nights?



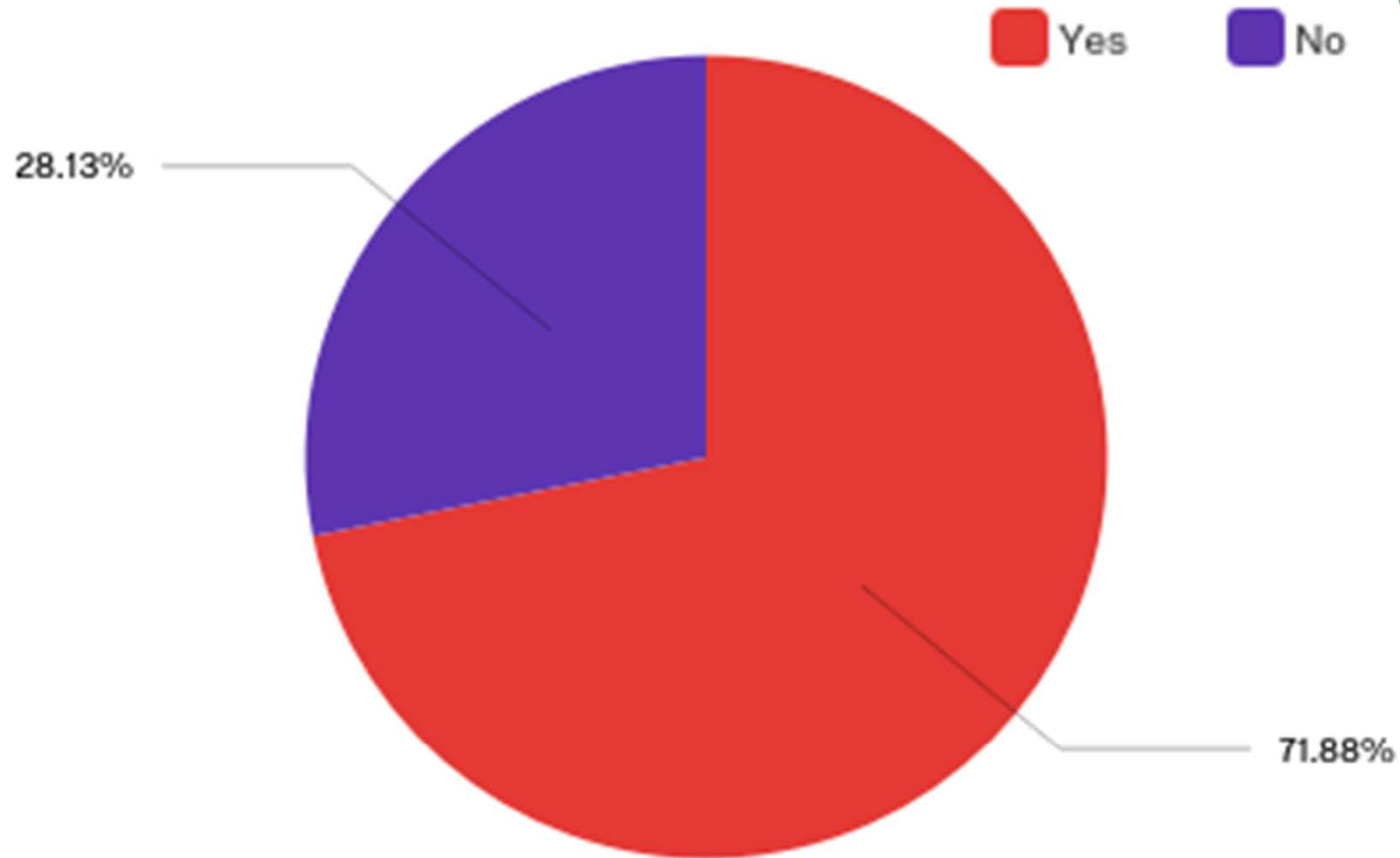
Q3.5 - Does your school allow students to **bring breakfast to class?**

On average, how much time does the last student in line have to eat lunch?

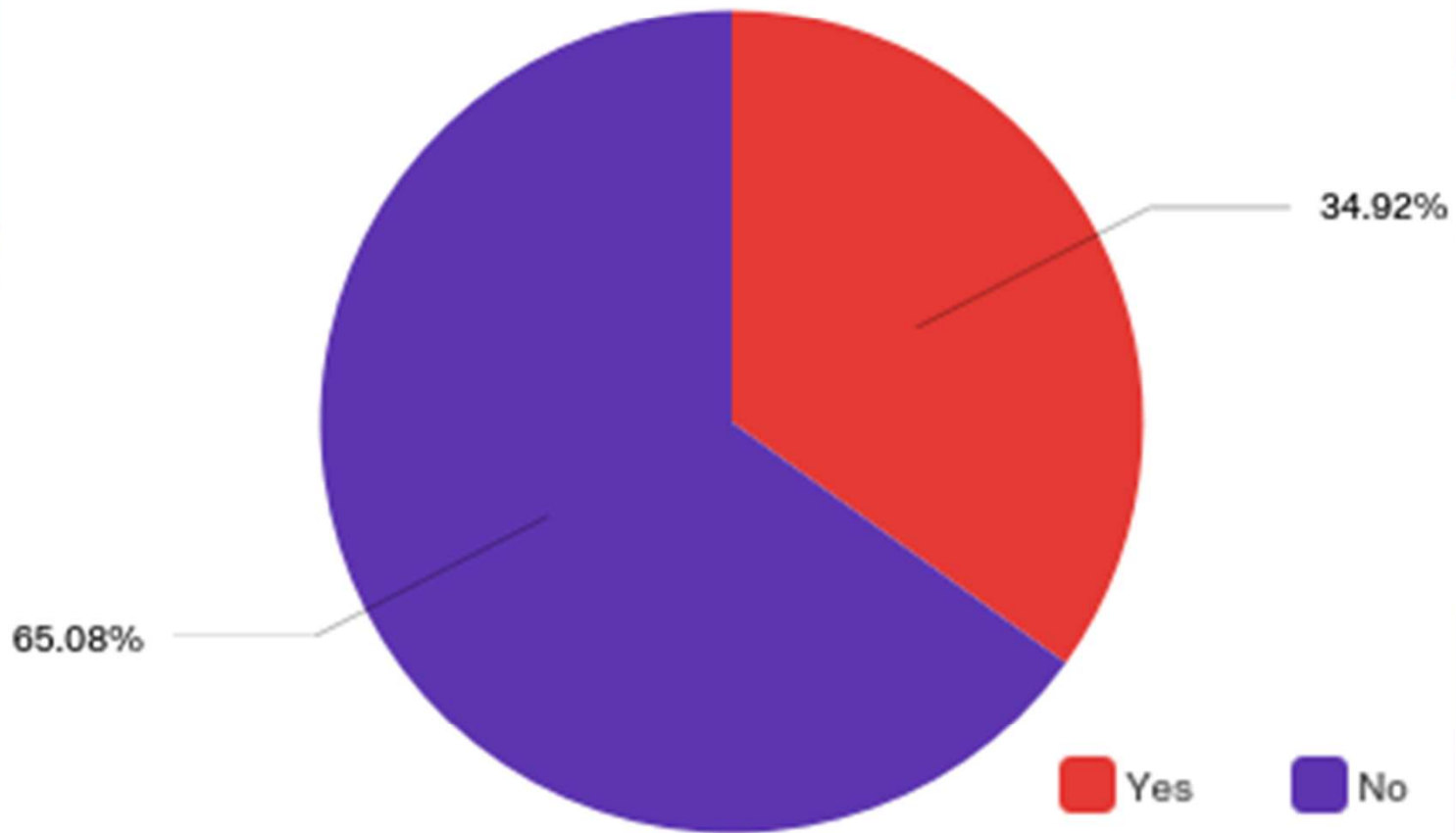


On average, how much time does the last student in line have to eat lunch?

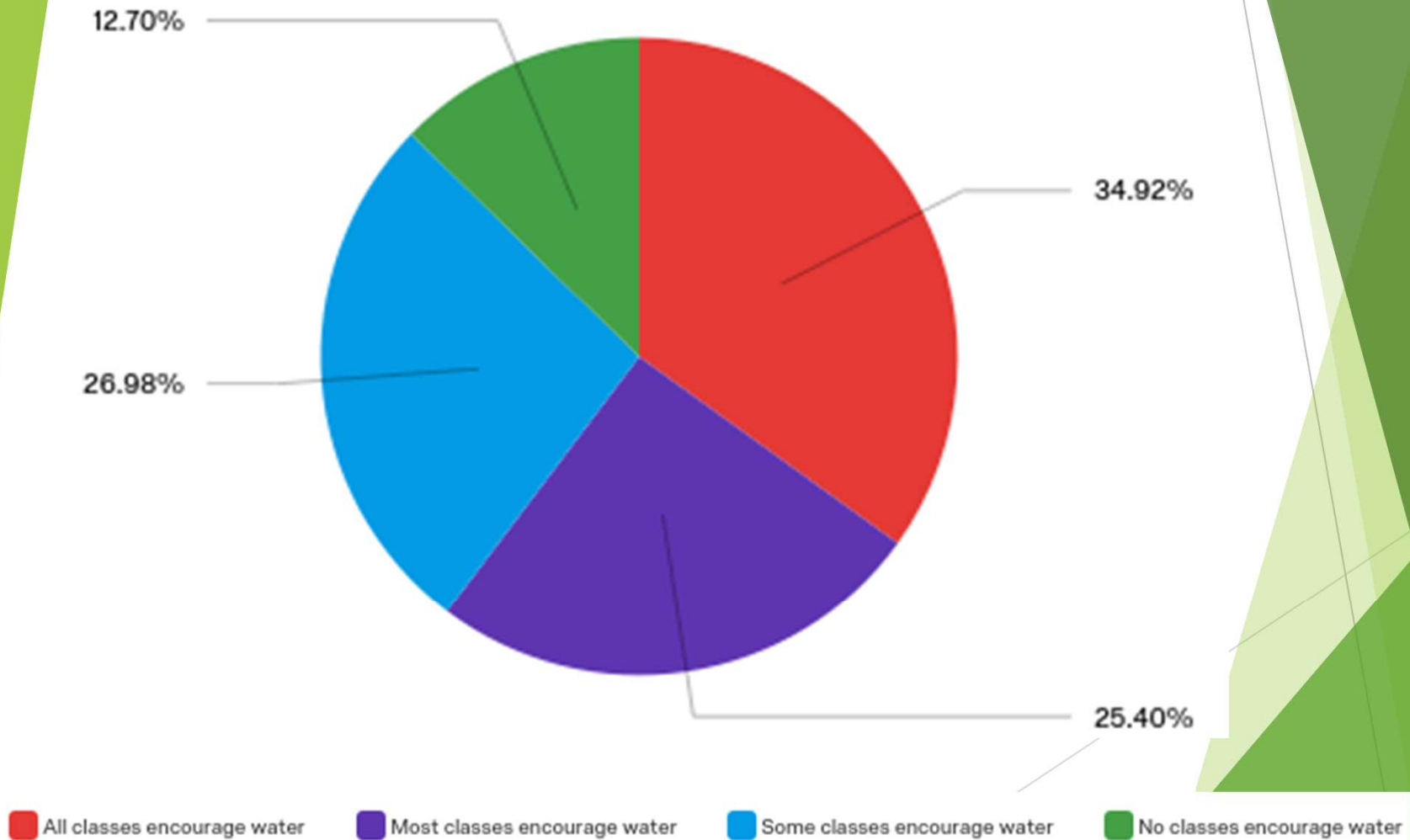
Q3.6 - 1.11 From the time they are **seated**, do the majority of students have **at least 20 minutes to eat lunch** at school?



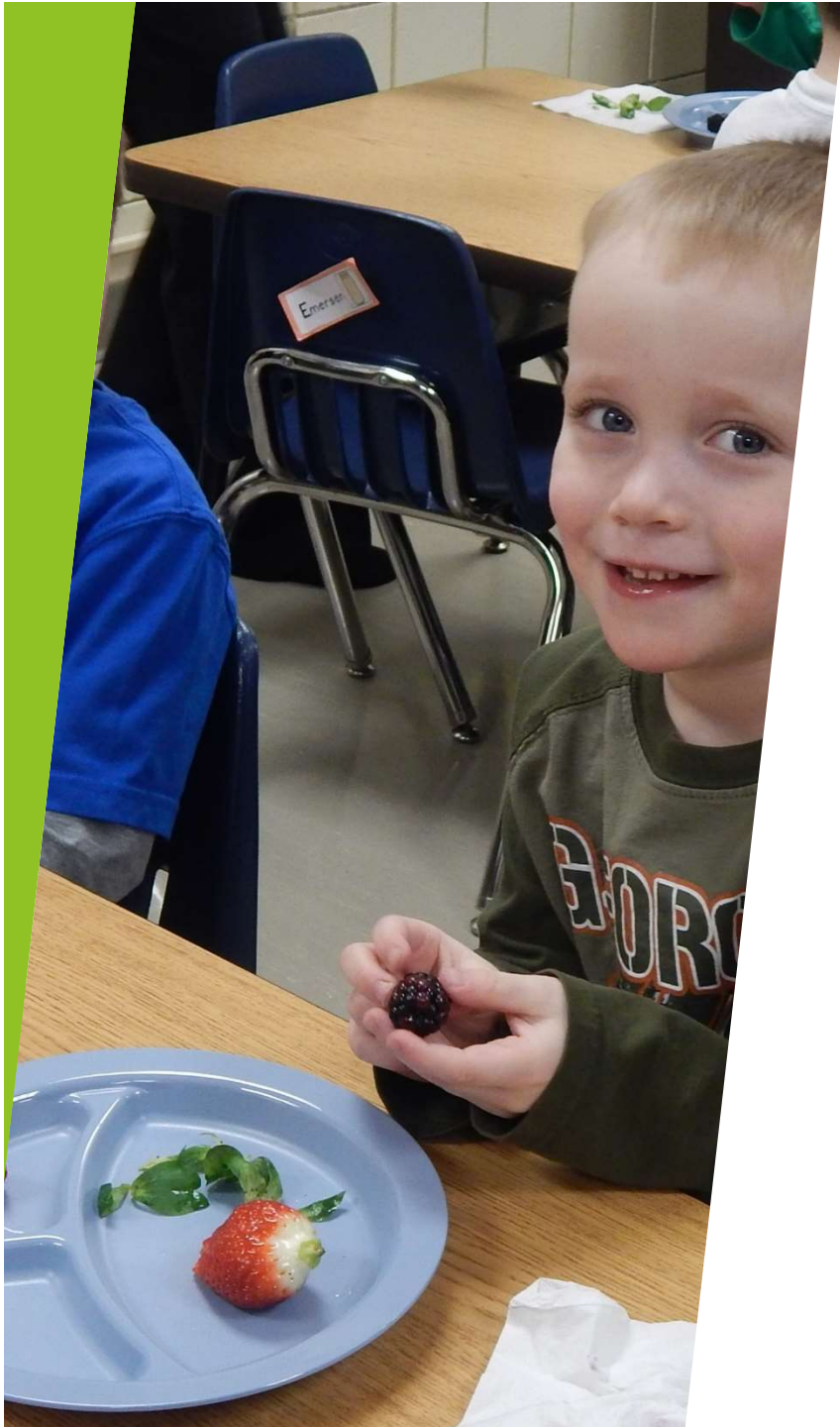
Q4.3 - Does your school have
1 or more
water bottle refilling stations?



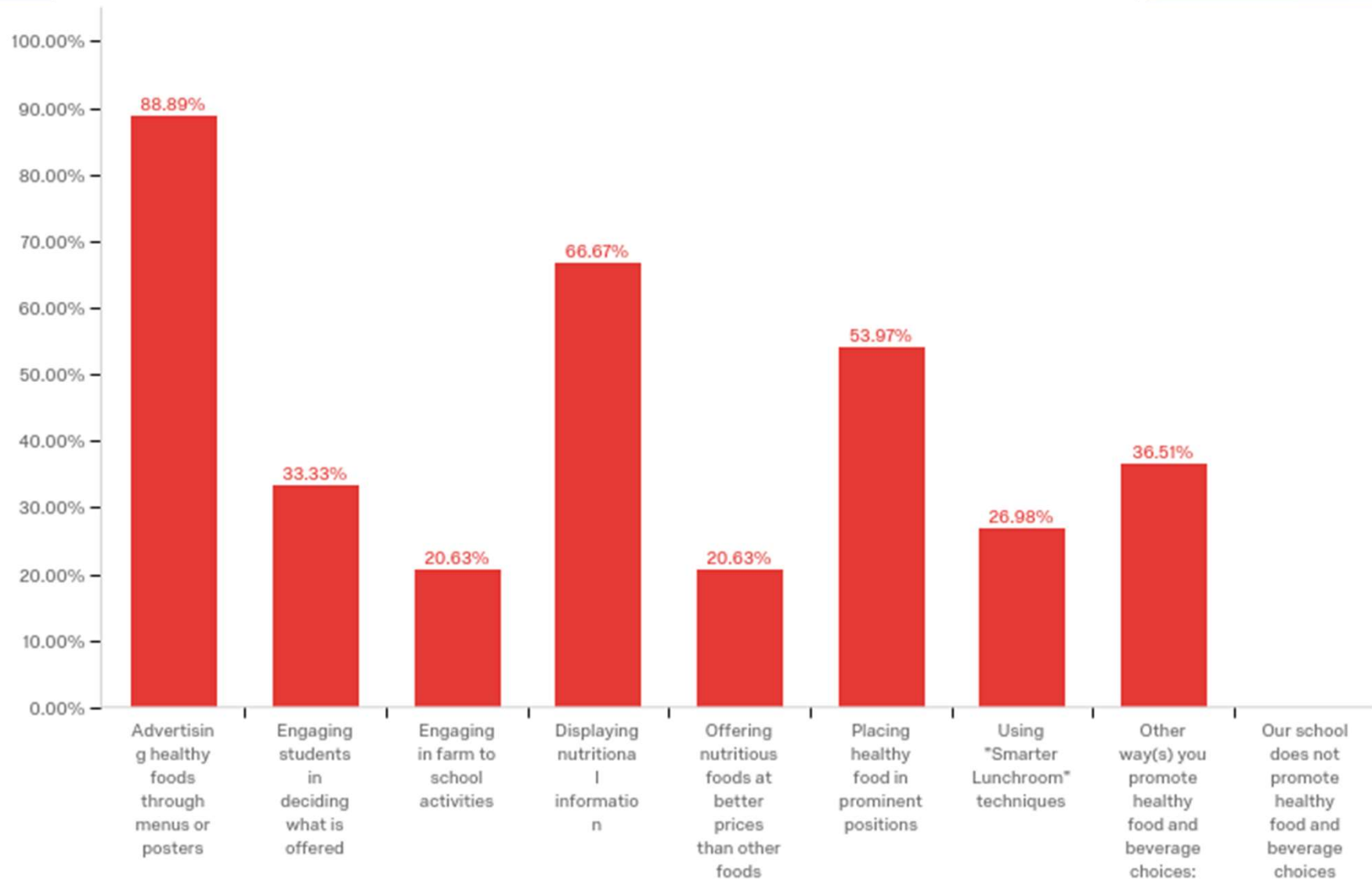
Q4.2 - 4.10 Is **water encouraged** in classrooms at desks/in backpacks to increase hydration?



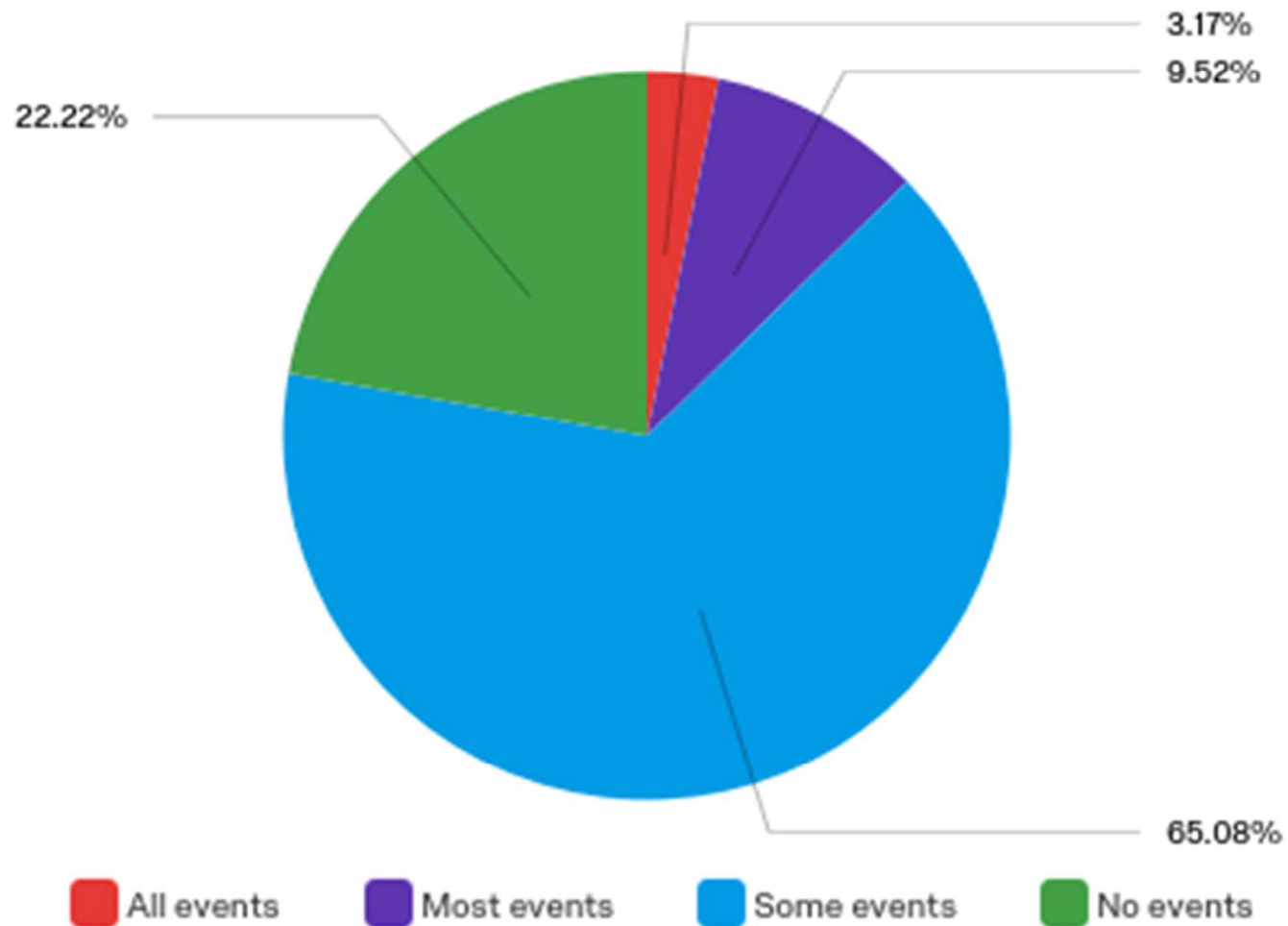
Nutrition Culture

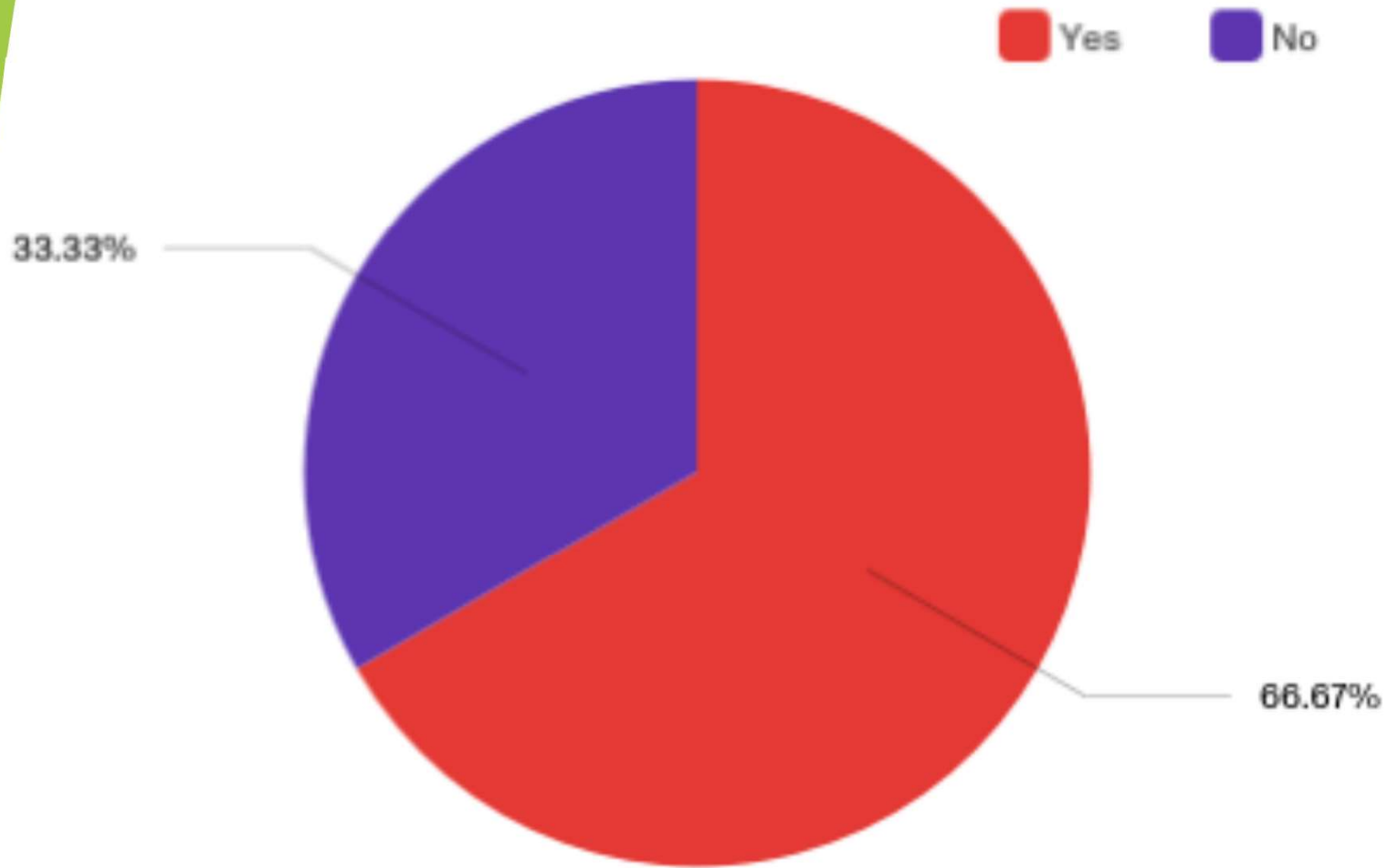


Q3.10 - 1.9 In what ways does your school try to promote healthy food and beverage choices?



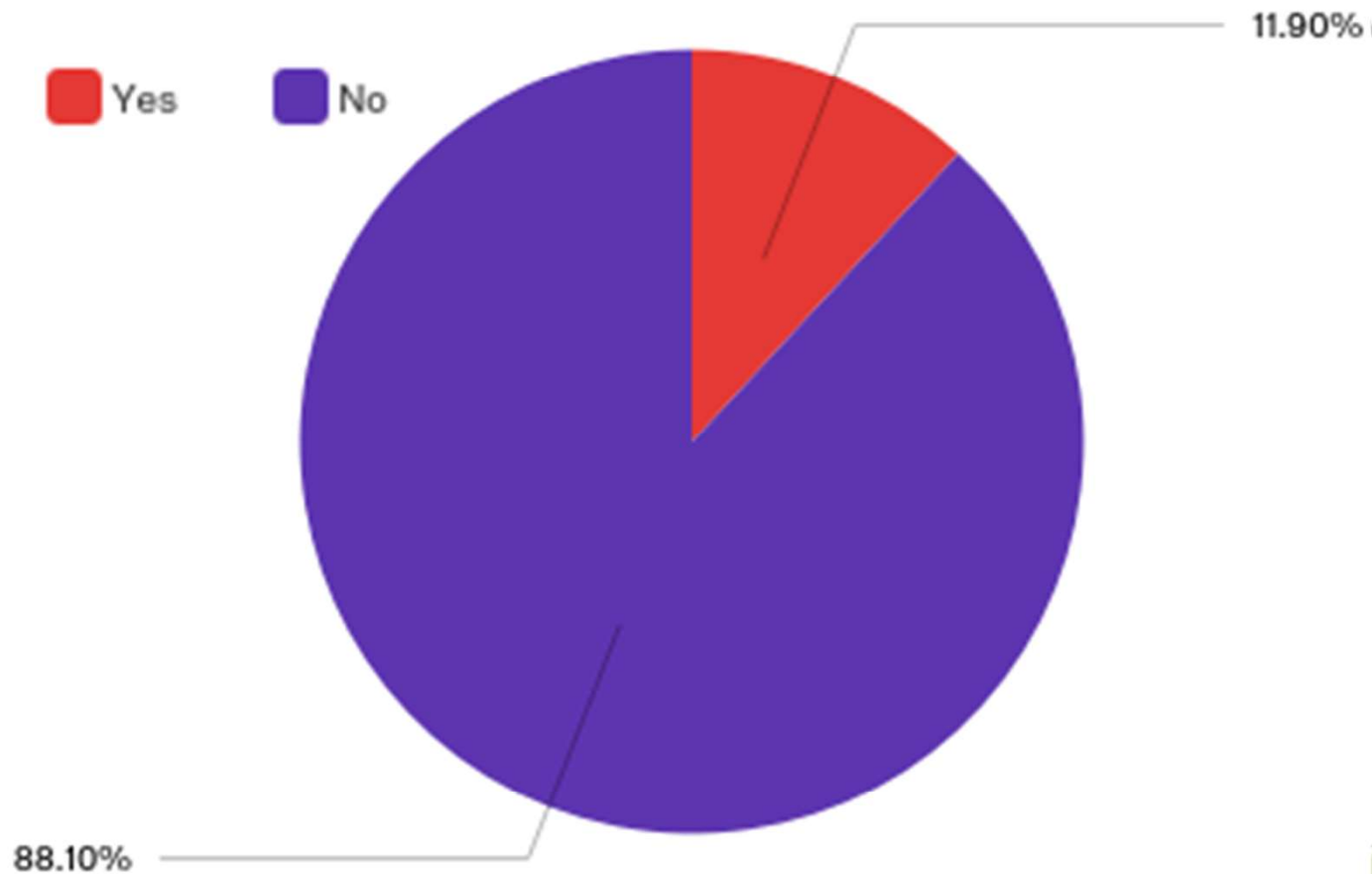
Q4.7 - 4.14 **How often are family fun nights focused on healthier food choices and physical activity?**





Q4.16 - 4.20 Does your school **participate** in "Dine Out" nights?

Q4.17 - 4.20a **Does your school provide nutrition information about restaurant offerings for "Dine Out" nights?**

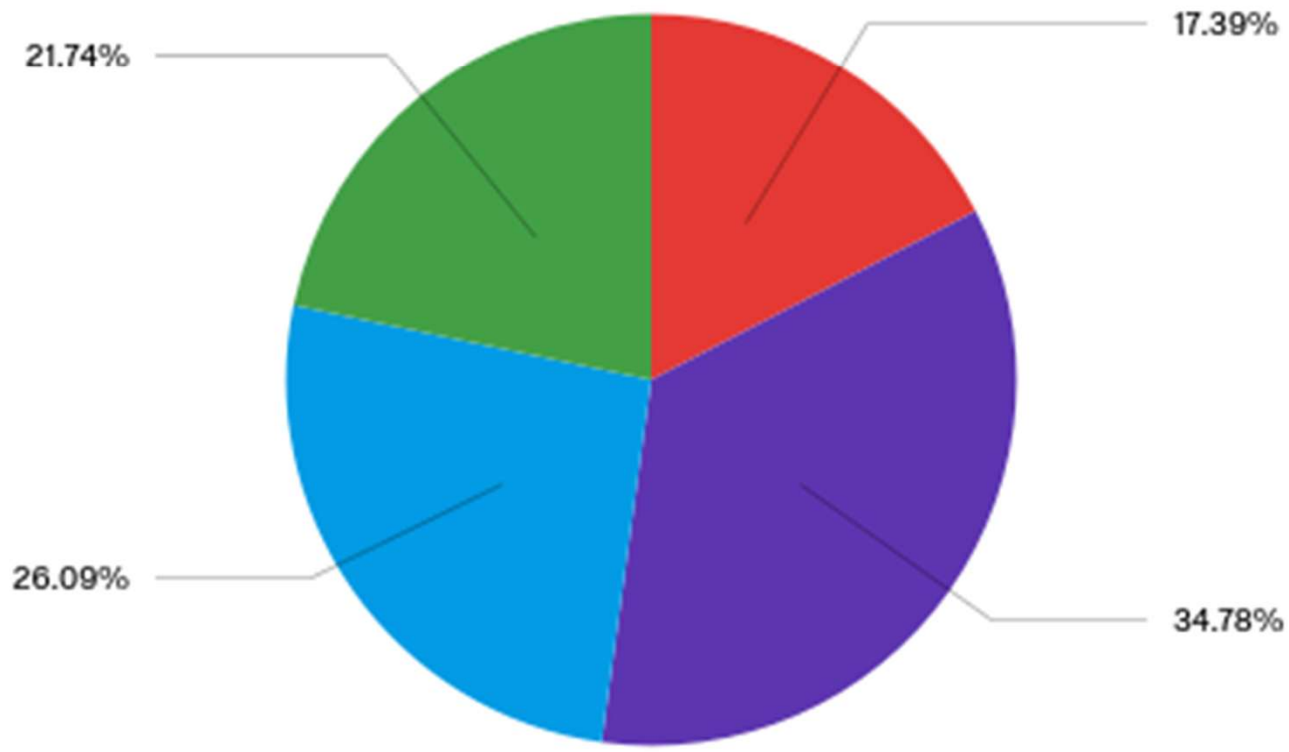




Physical Education and Activity

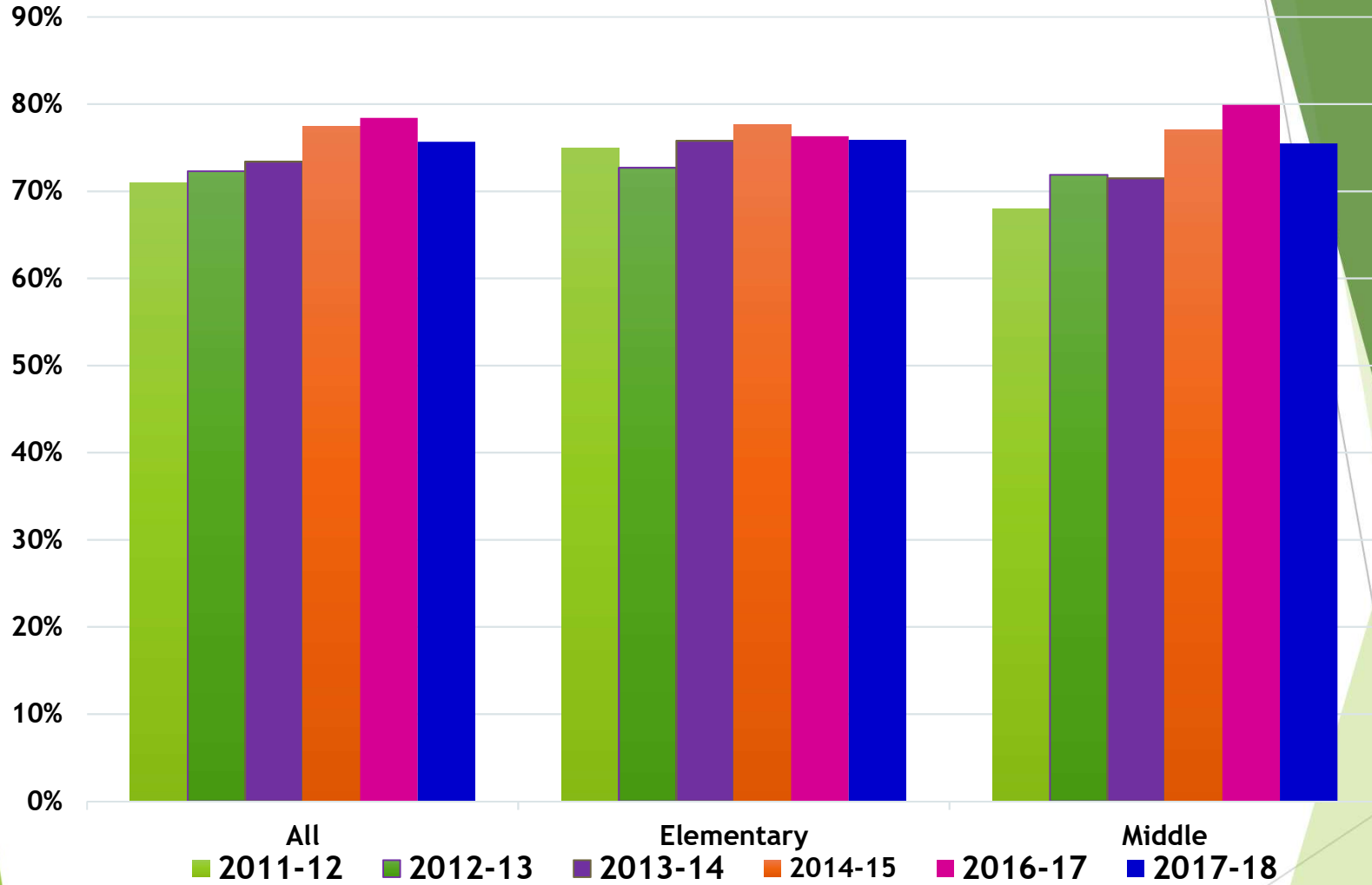


Q5.3 - 2.4 What is the range of weekly minutes of Physical Education students at your school receive?

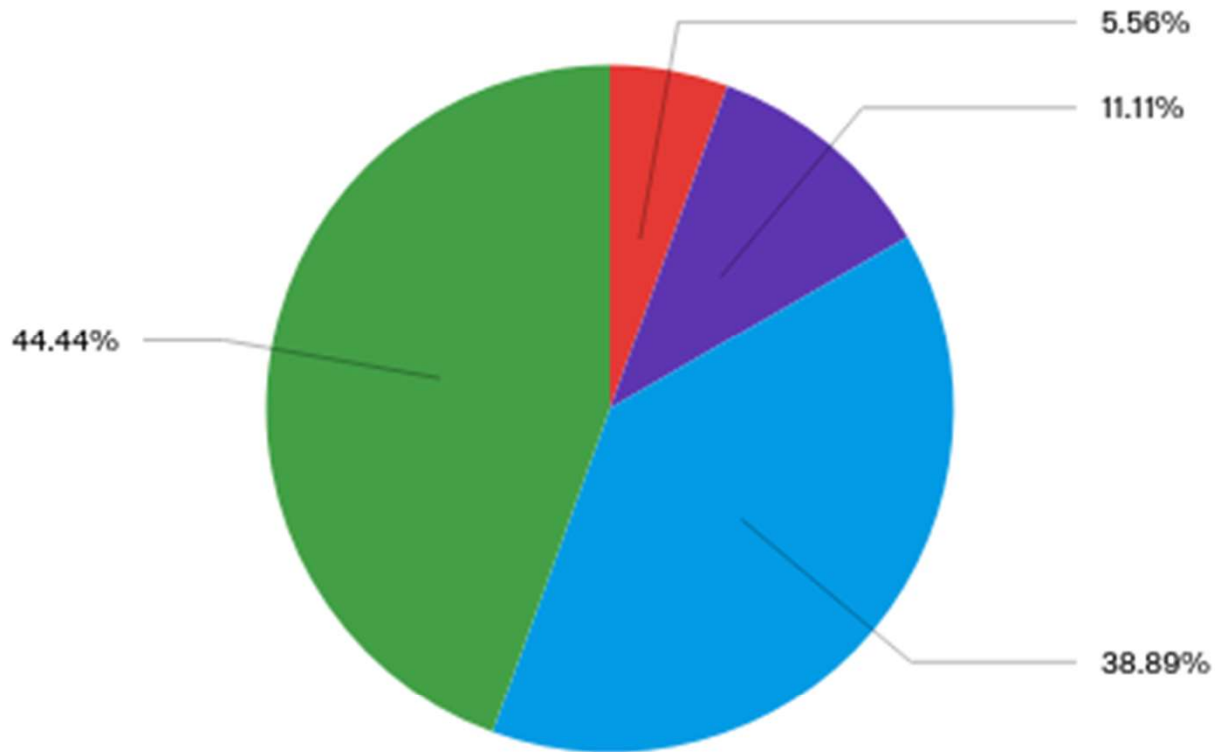


0-90 minutes 91-149 minutes 150-224 minutes 225 minutes or more

Cardio PACER Fitness Passing % 2011-2017



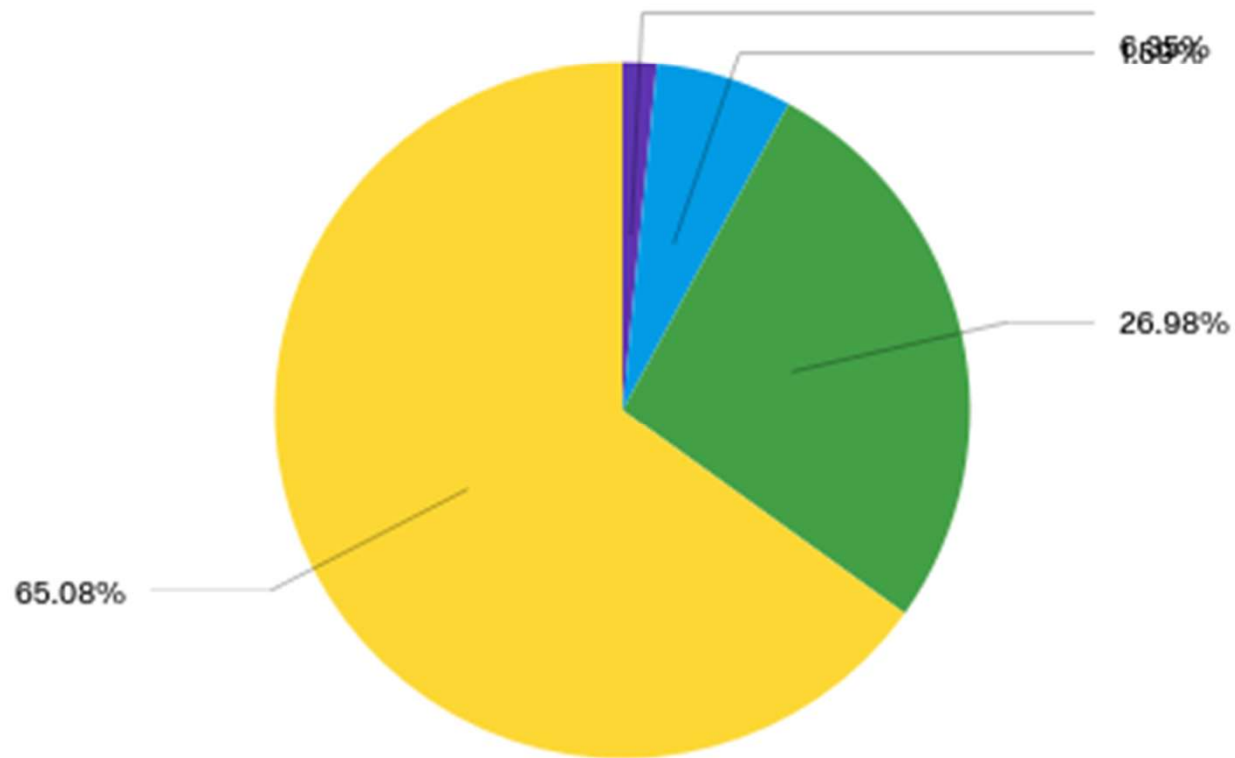
Fit Stats	2011-12	2012-13	2013-14	2014-15	2016-17	2017-18
All	71.0%	72.3%	73.4%	77.4%	78.4%	75.7%
Elementary	75.0%	72.7%	75.8%	77.7%	76.3%	75.9%
Middle	68.0%	71.9%	71.5%	77.1%	79.9%	75.5%



0-60 minutes 61-90 minutes 91-149 minutes 150 minutes or more

Q5.2 - 2.3 What is the range of weekly minutes of Physical Education students at your school receive?

Q5.4 - 2.4 What percent of students are moderately to vigorously active for at least 50% of physical education class time?



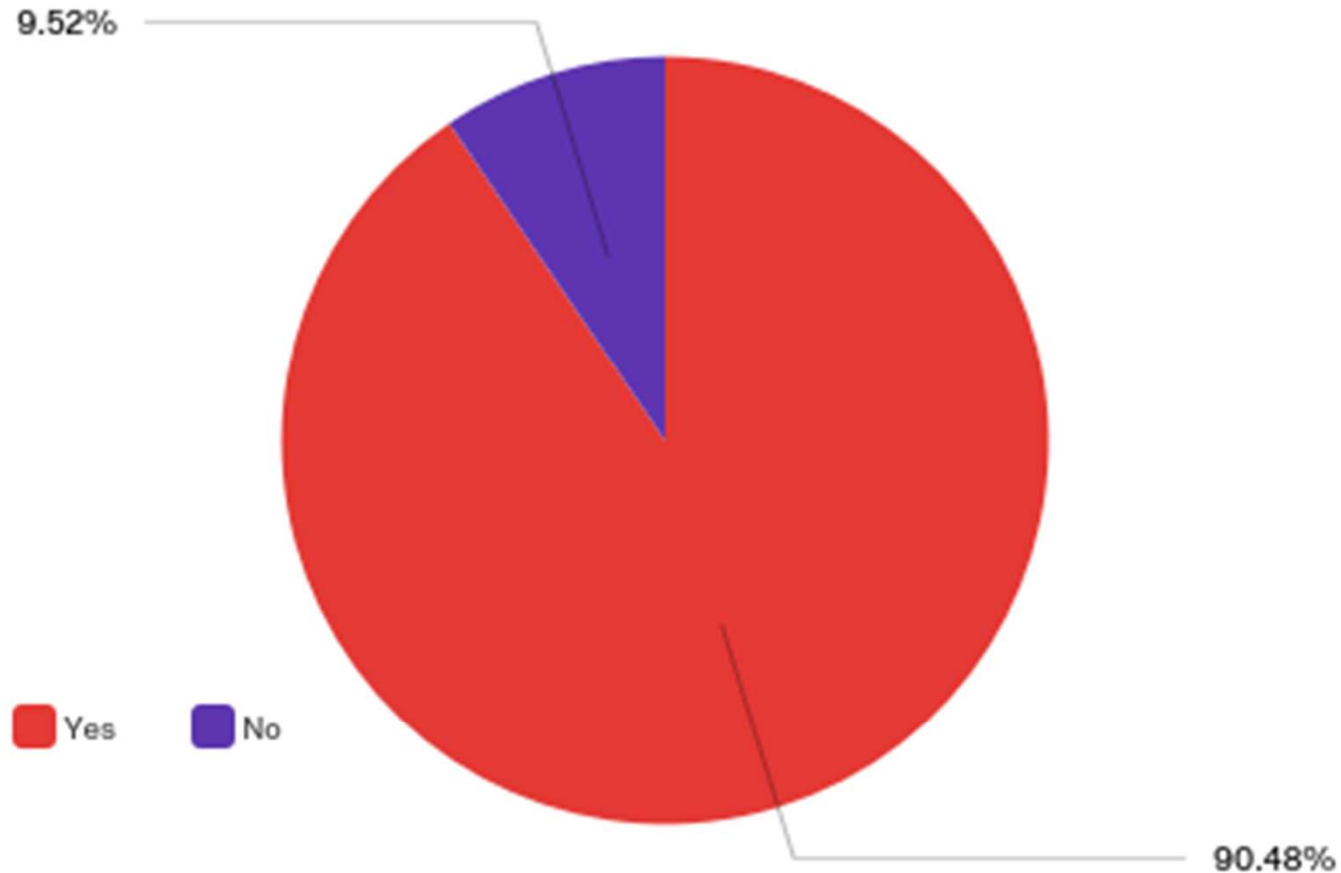
0-10% 11-25% 26-50% 51-75% 76% or more

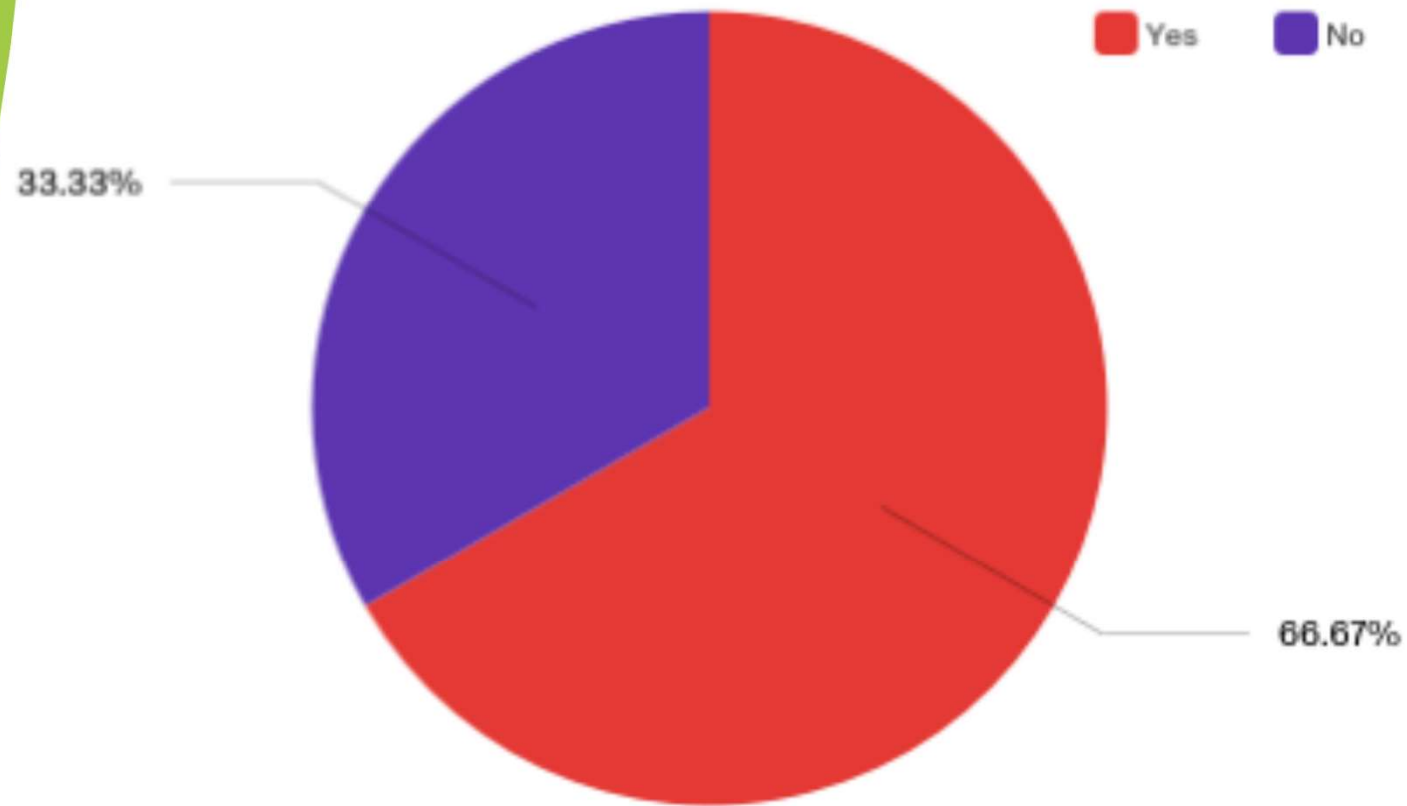


Activity Culture



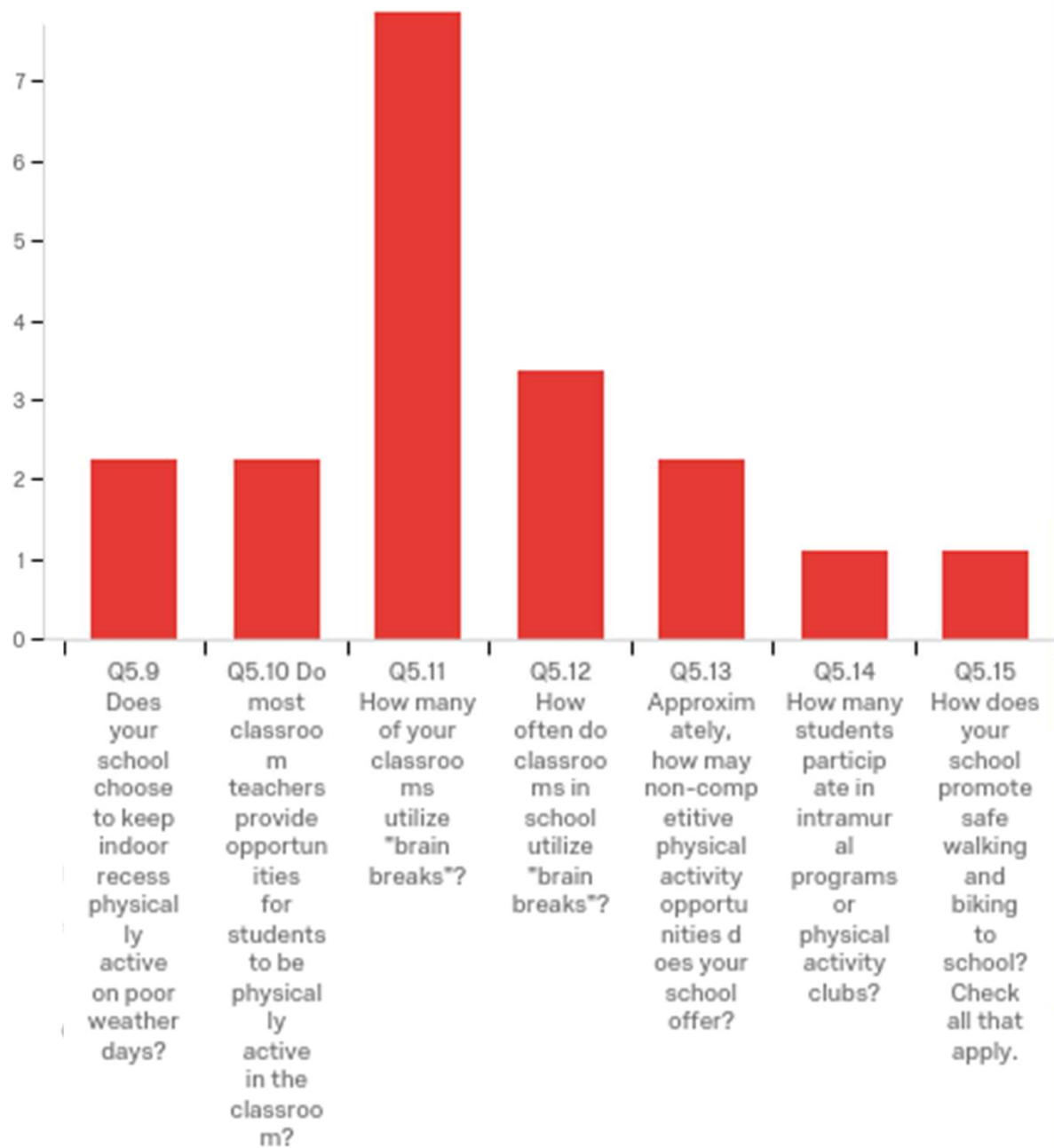
Q6.5 - 3.3 Do parents, families, and/or community members have **access to school grounds** for activity before and/or after school?

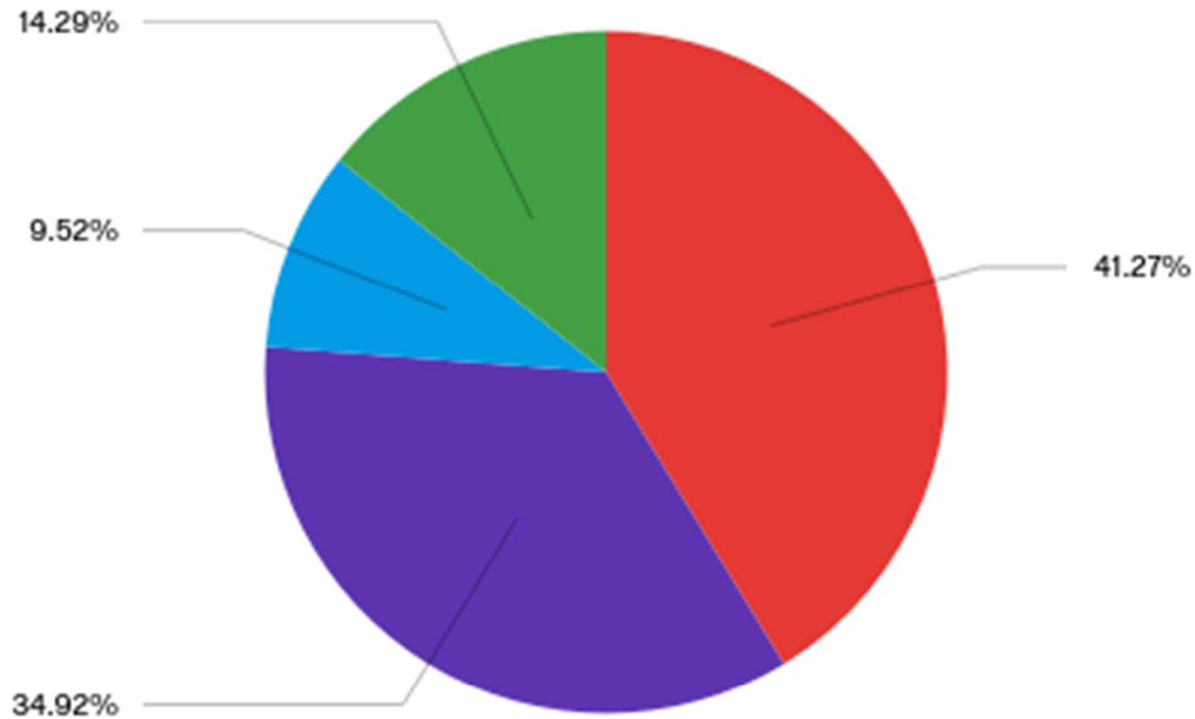




Q4.14 - 4.18 **Does your school do fundraising focused on physical activity (e.g. Walkathons, jump roping, dancing, etc.)?**

Q14 - What Physical Education and Physical Activity item(s) do you want to focus on as your **goal(s)** for next year?

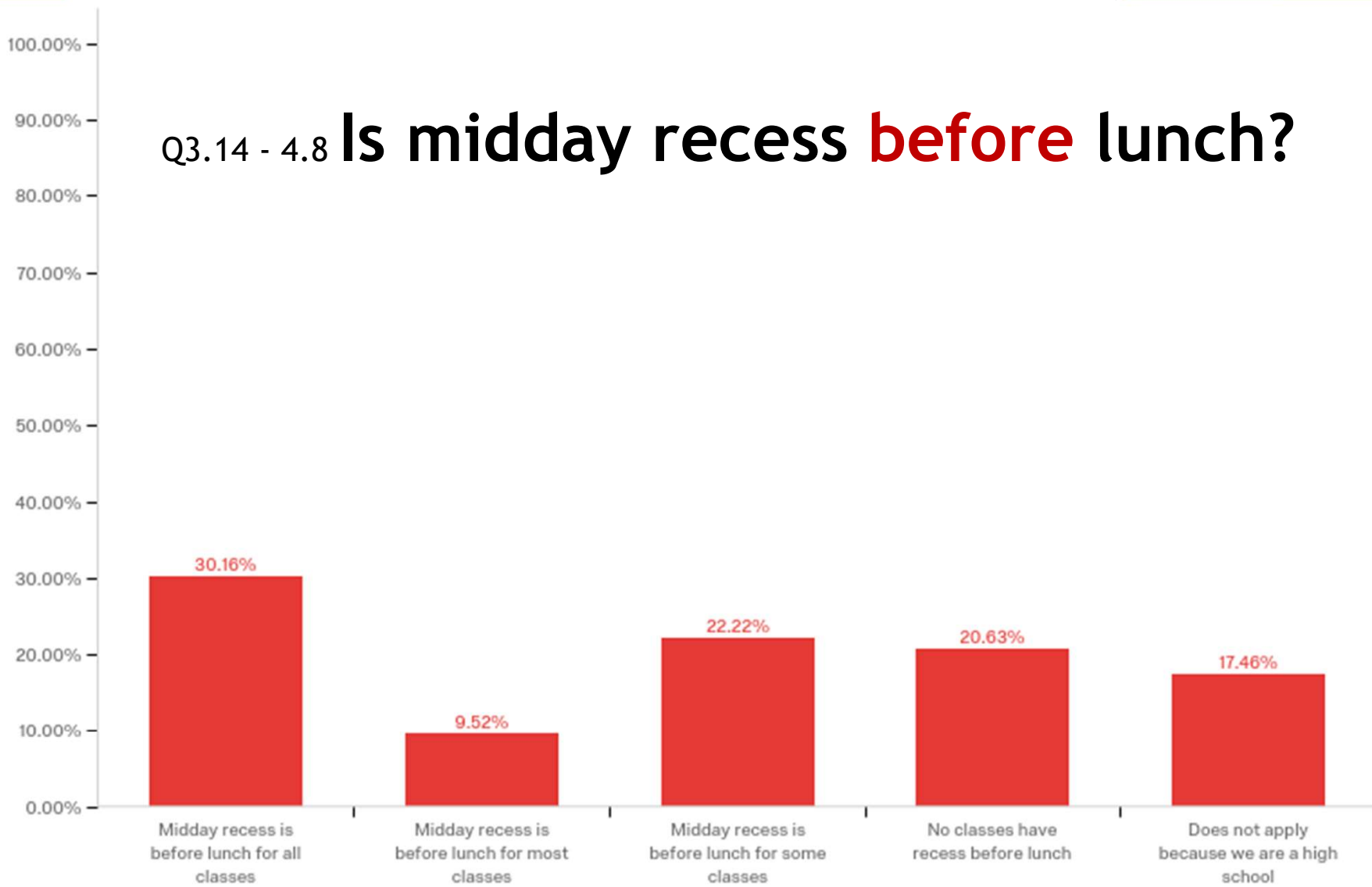




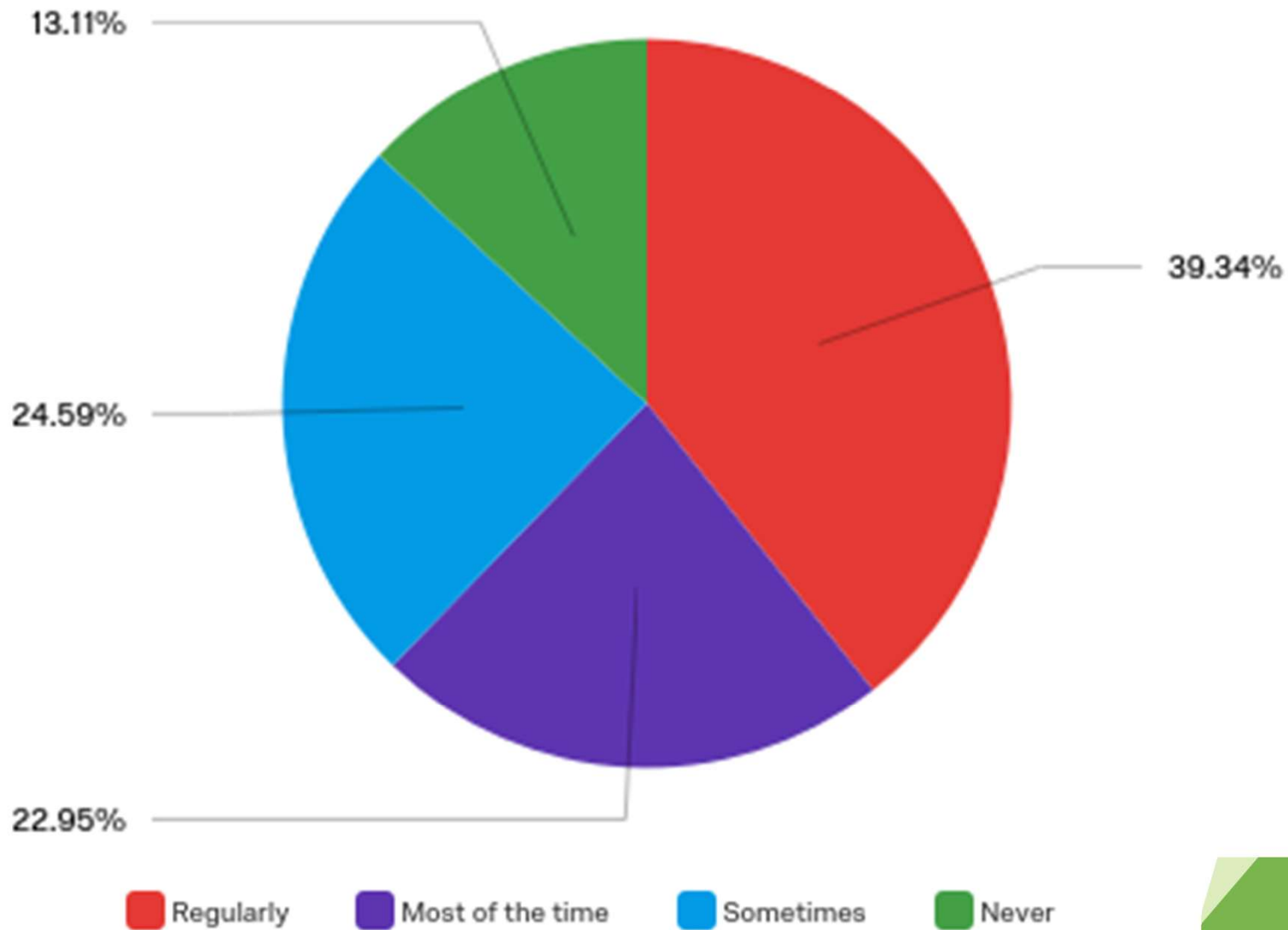
1-19% 20-49% 50% or more No students participate

Q5.14 - 2.7 How many students participate in intramural programs or physical activity clubs?

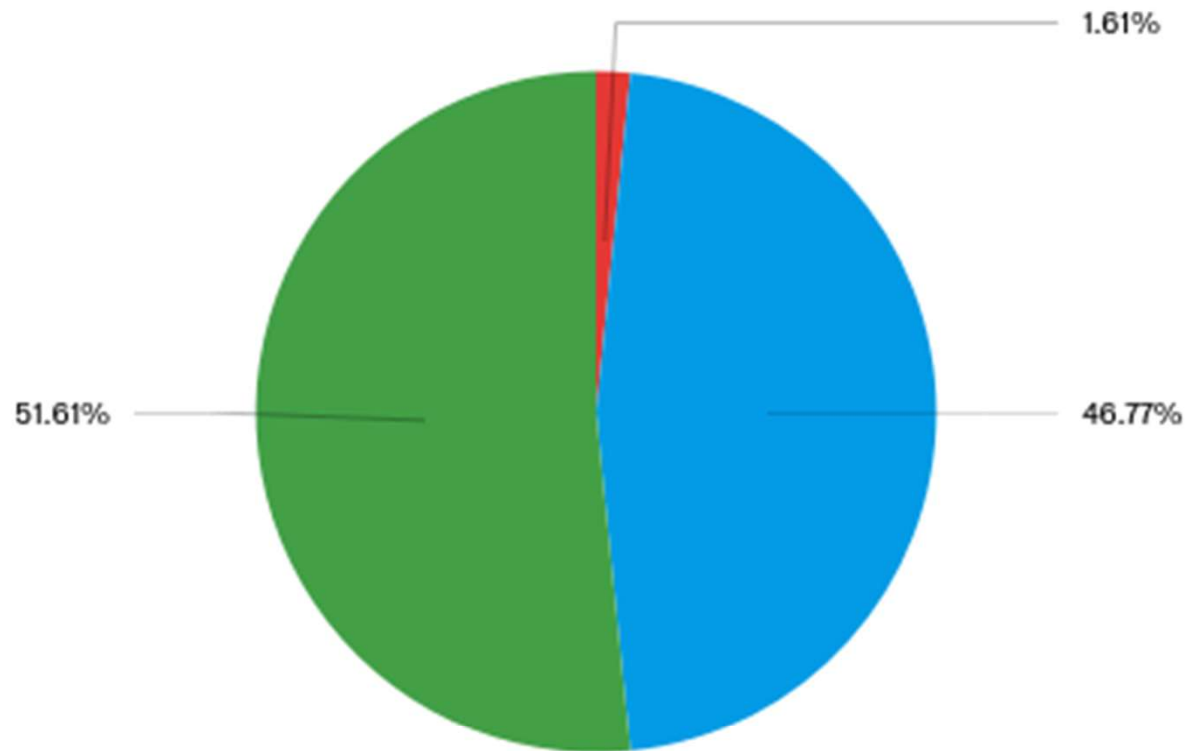
Q3.14 - 4.8 Is midday recess **before** lunch?



Q5.9 - 4.3 Does your school choose to keep **indoor recess physically active** on poor weather days?



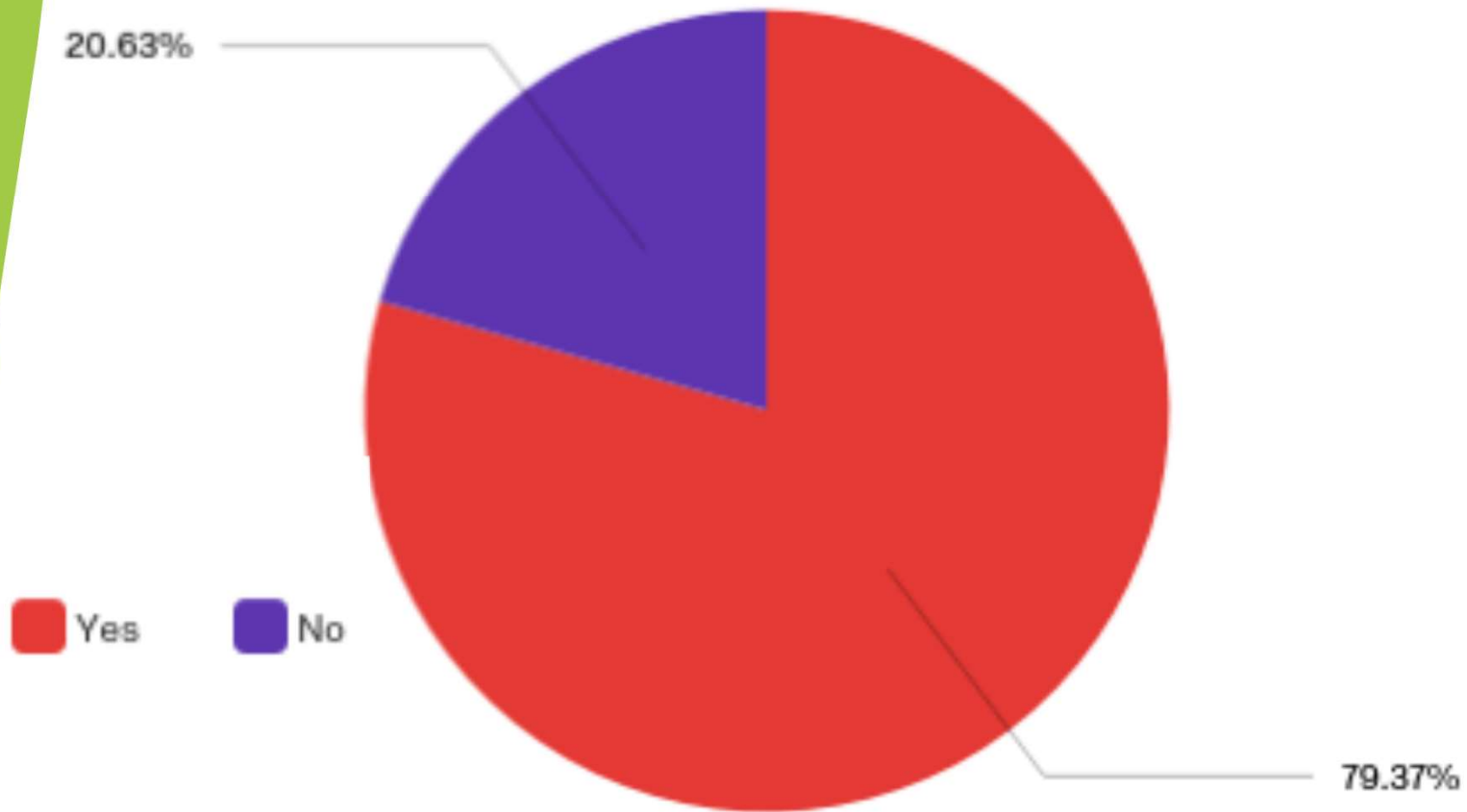
Q5.8 - 4.2 Is physical activity ever **restricted or added** as student punishment (e.g. Held out of recess or forced lap running)?



- Physical activity is regularly restricted or added as punishment.
- Physical activity is often restricted or added as punishment.
- Physical activity is sometimes restricted or added as punishment.
- Physical activity is never restricted or added as punishment.

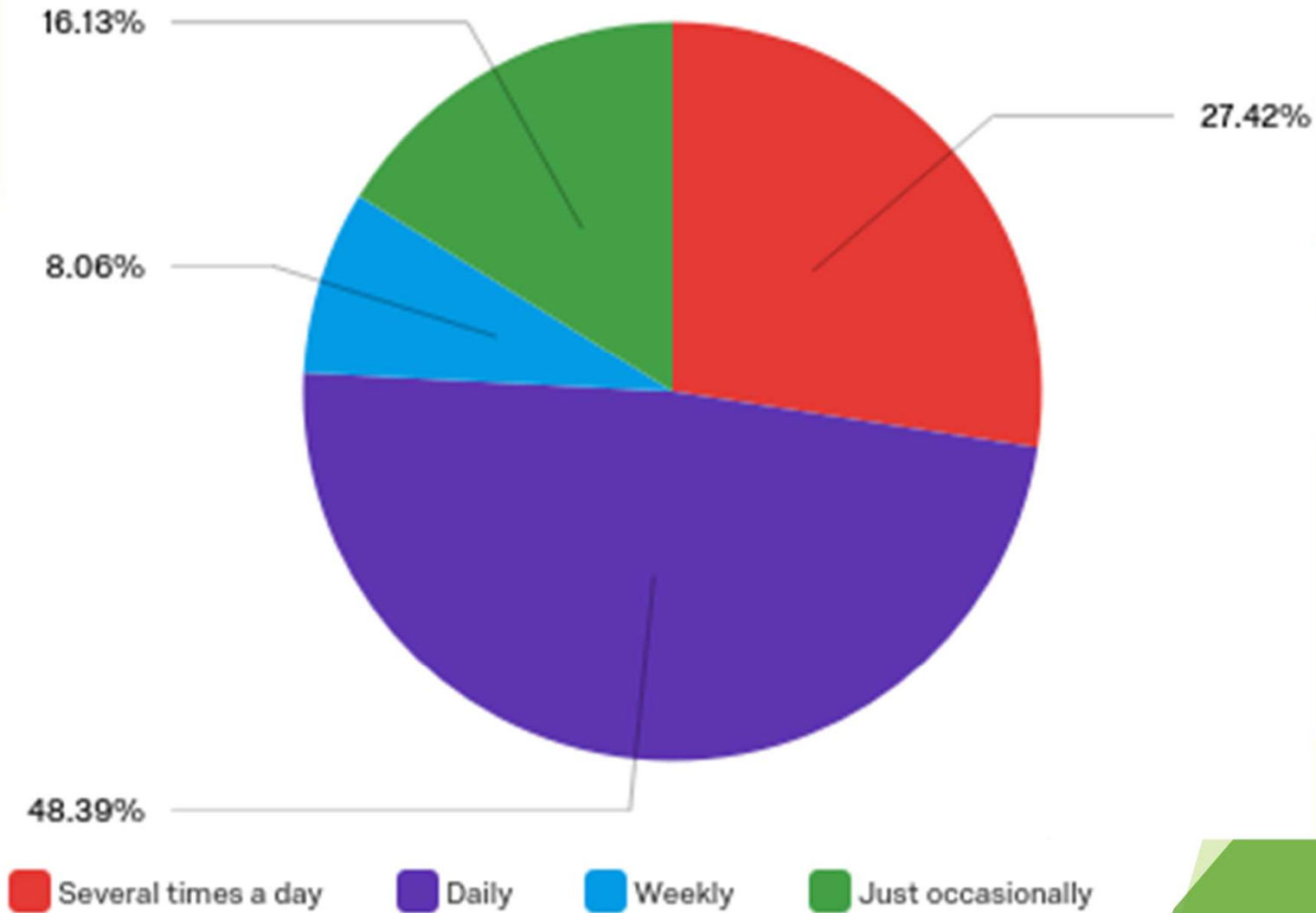


Brain Boosting: Activity & Calming Positive Behavior Connections

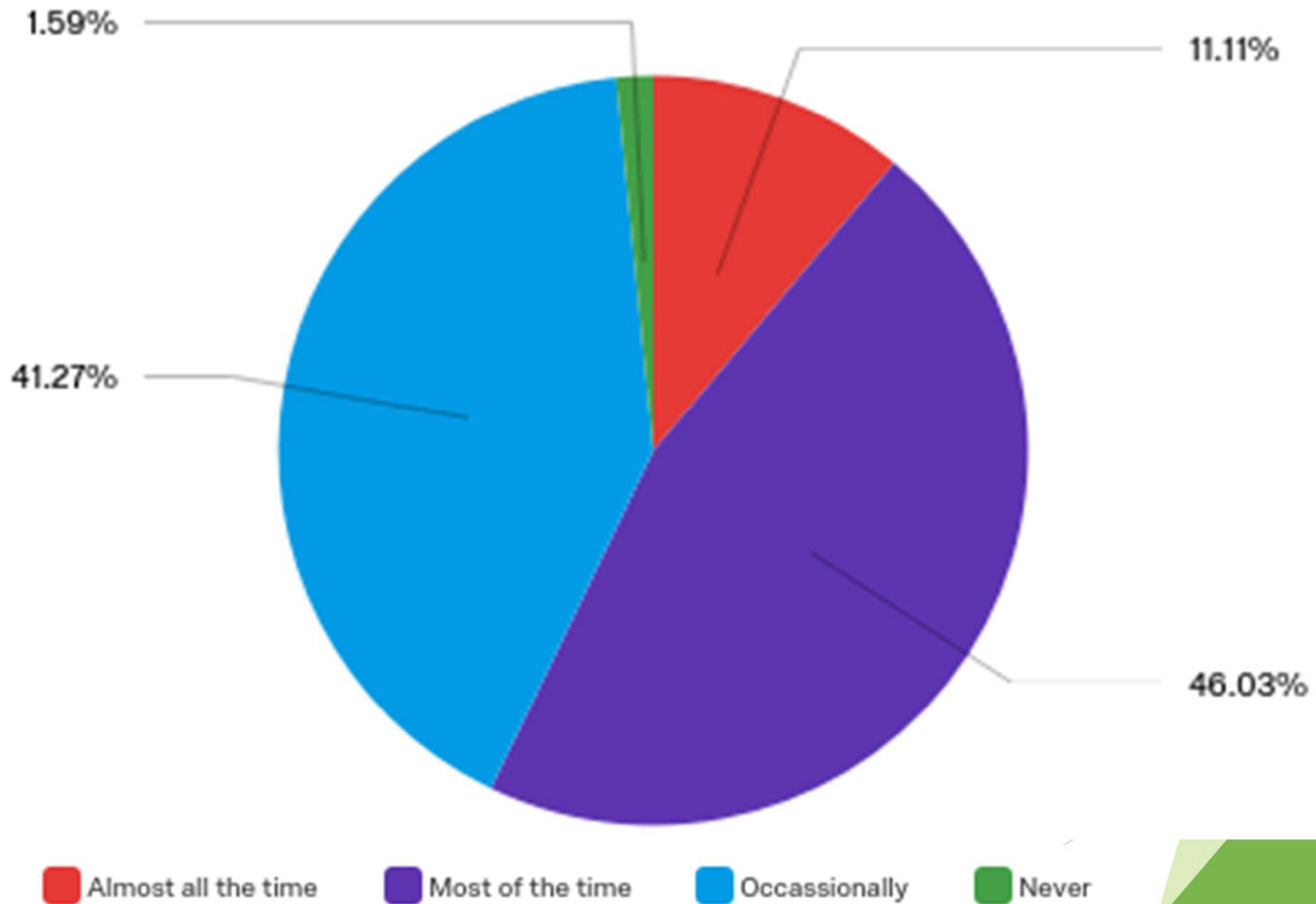


Q5.10 - 2.10 **Do most classroom teachers provide opportunities for students to be physically active in the classroom?**

Q5.12 - How often do classrooms in school utilize "brain breaks"?



Q8.11 - **How often** do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?



K-8 “Brain Break” Analytics



MONTHLY GONOODLE REPORT

Lincoln Public Schools, Lancaster County, NE
April 2018

GoNoodle Engagement

	February 2018	March 2018	April 2018
Active Teacher Users	797	735	779
Plus Teacher Count	601	487	495
School Activities Count	15,484	10,440	12,271
Gonoodle Activities Played Per Unique Active User	19	14	15
Student Minutes	1,003,733	632,261	705,610

Total Student Minutes of GoNoodle Movement (Since August 1, 2017)

6,043,569 Minutes

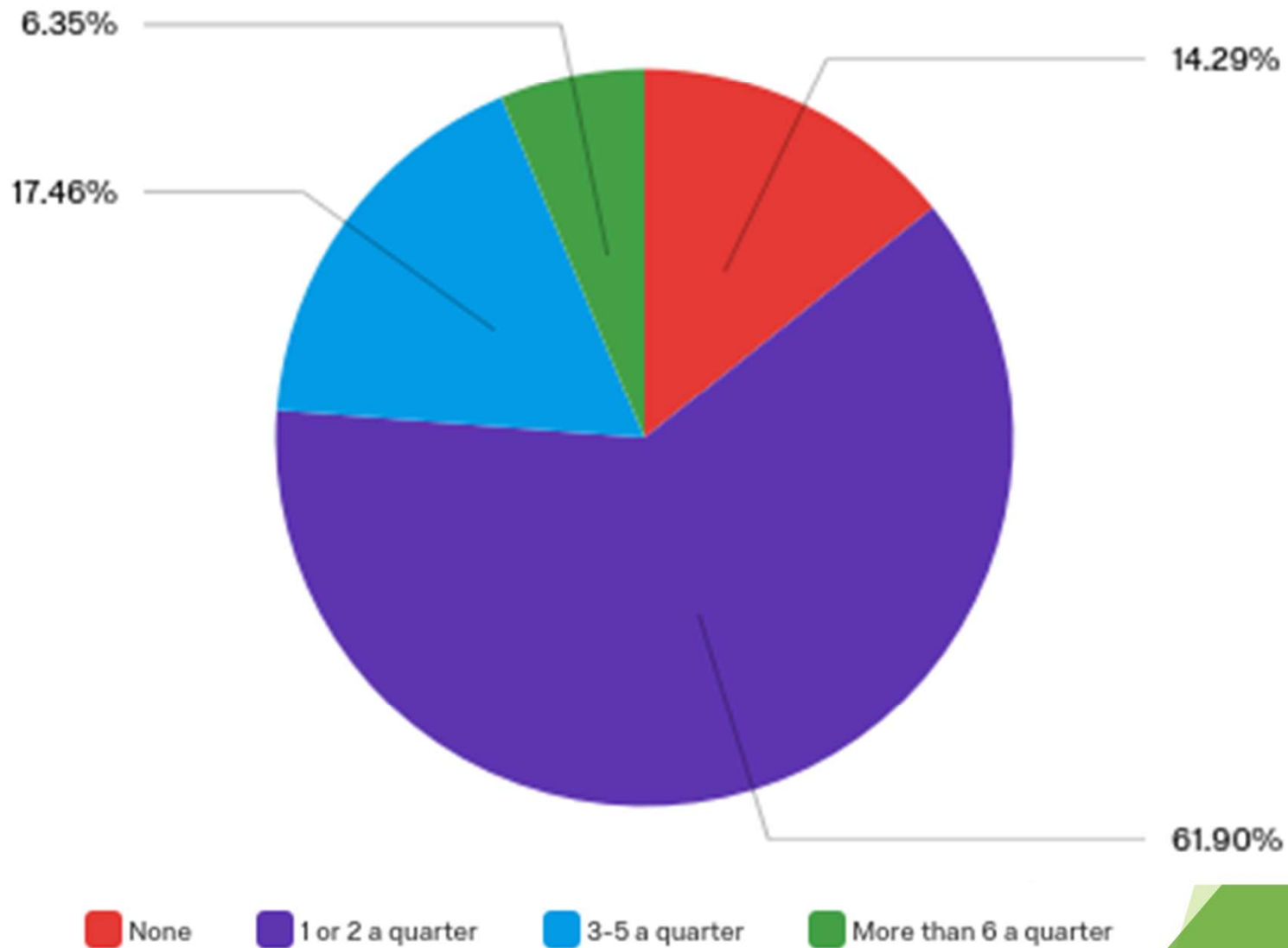
Top Active Schools Based on GoNoodle Activities Played (APRIL 2018)

School	Unique Active Users	Physical Activity Breaks Played
Kooser Elementary School	49	658
Roper Elementary School	29	624
Adams Elementary School	29	531
Rousseau Elementary School	28	322

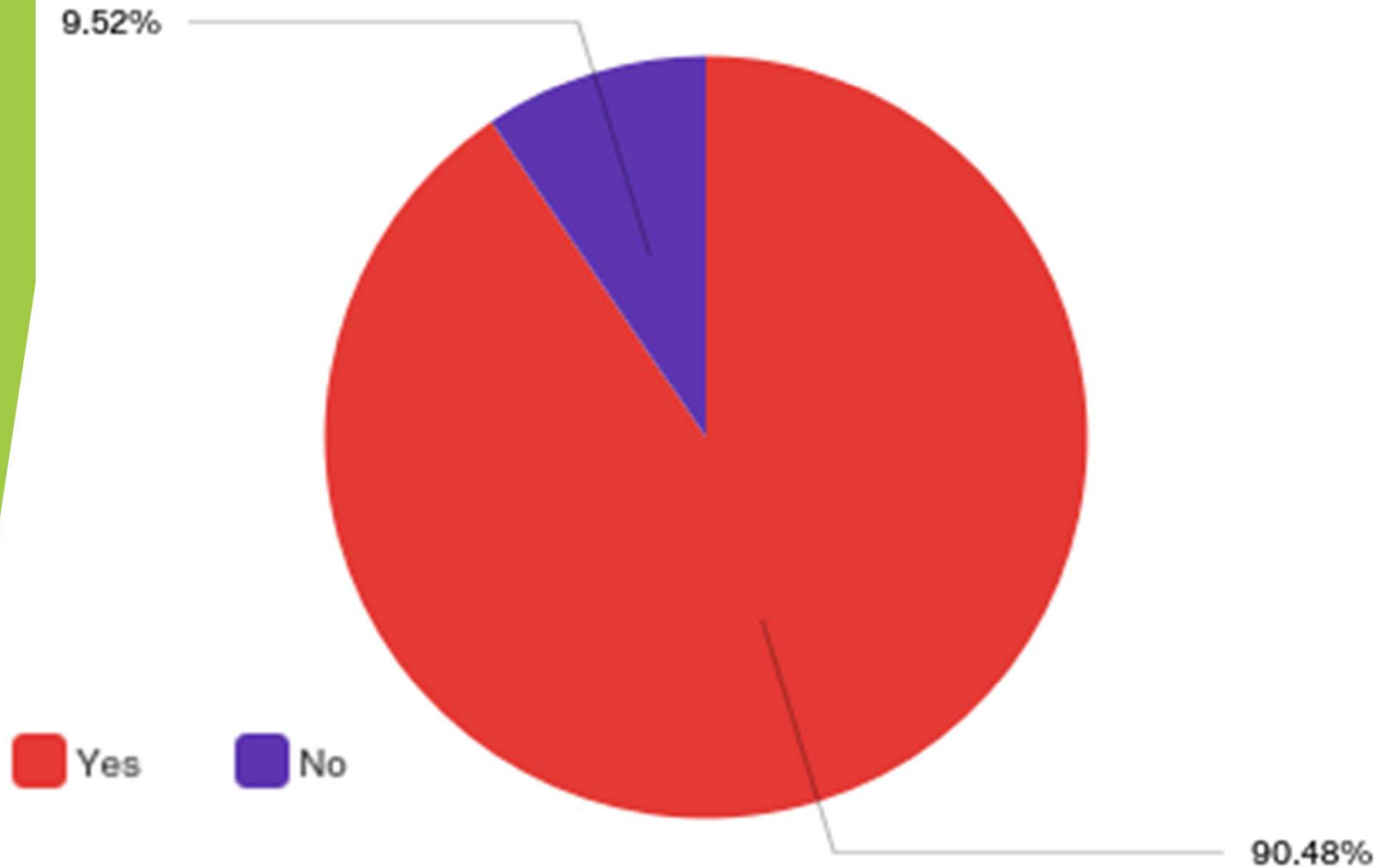


Social/Emotional Support

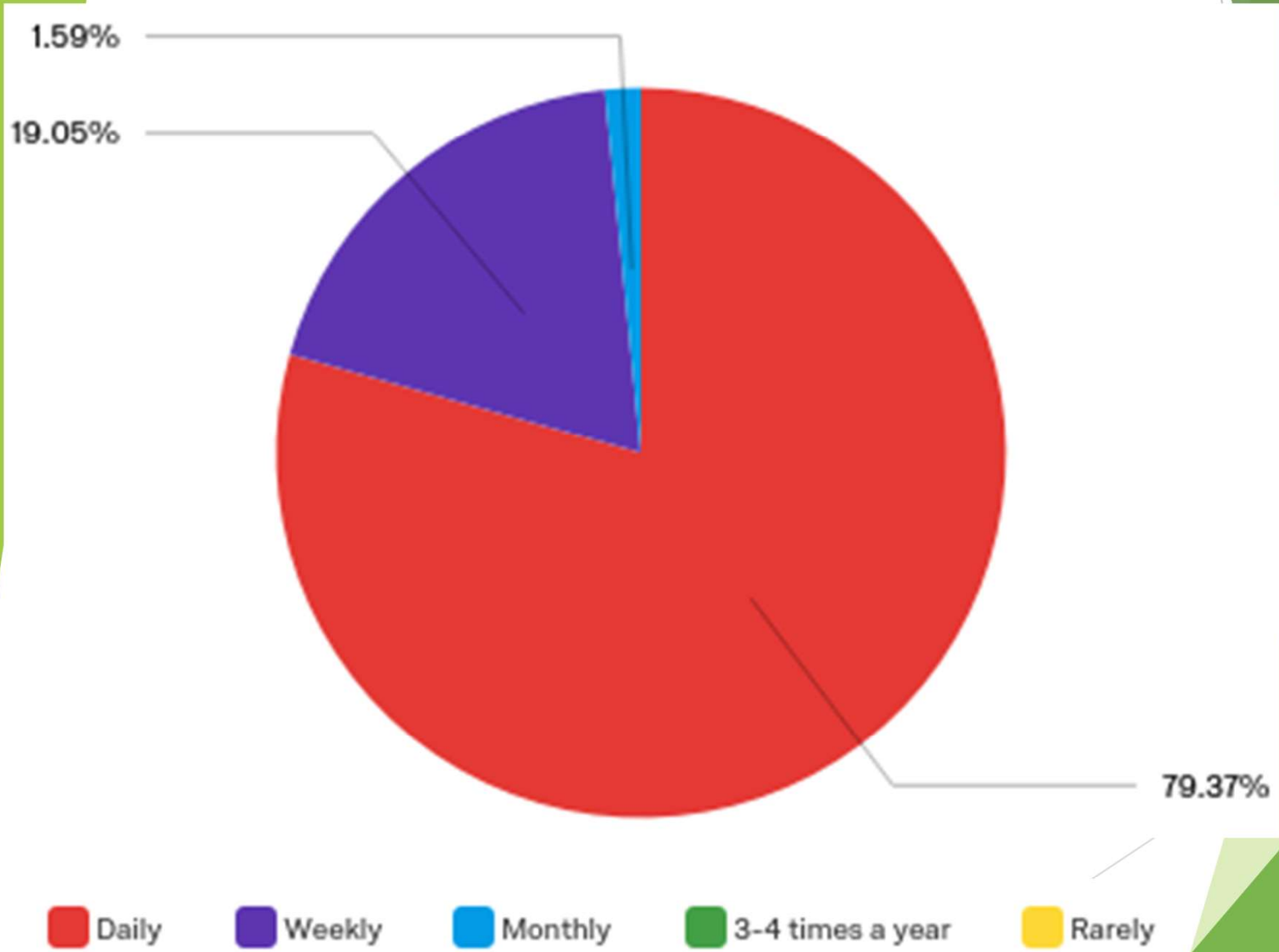
Q5.13 - 2.11 **Approximately, how may non-competitive physical activity opportunities does your school offer** (e.g. Walking clubs, dance clubs, in-line skating, yoga, fitness clubs, etc)?



Q7.6 - 4.32 **Does your school offer social group activity clubs focused specifically on positive relationship building?**



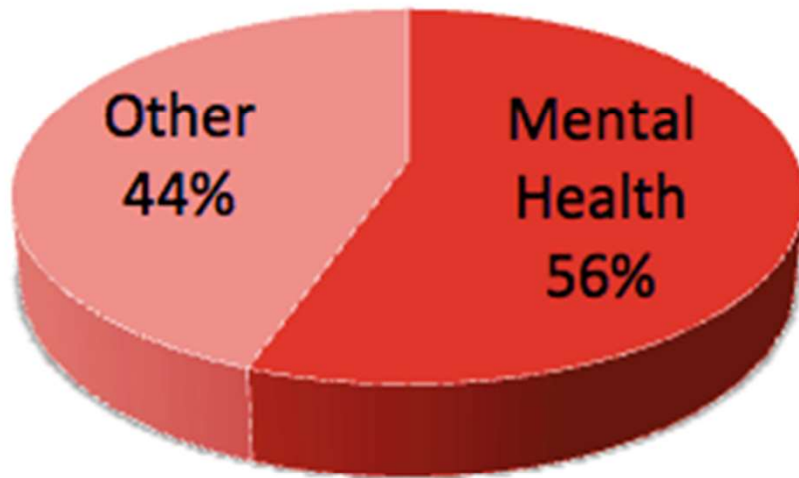
Q7.7 - 4.33 How often are there **social/emotional counseling** resources available to students onsite at your school?



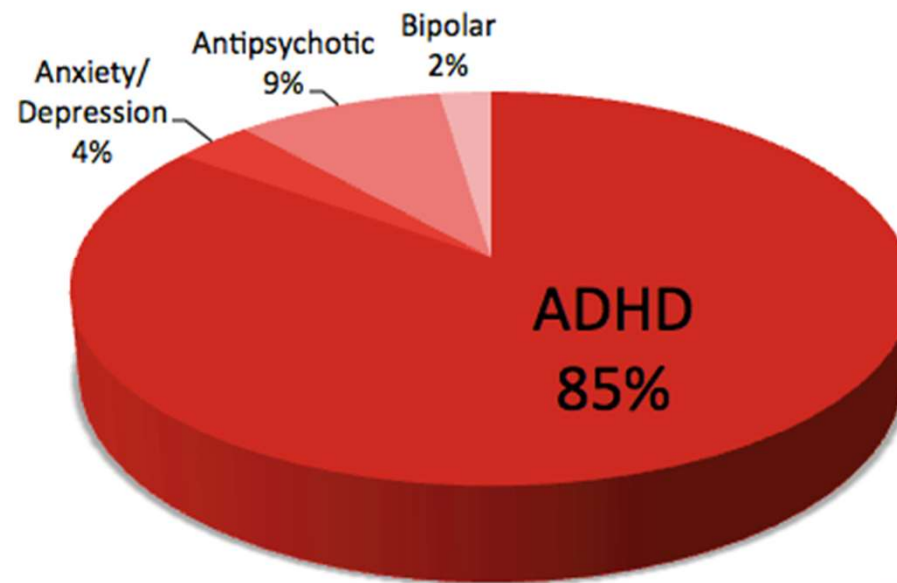


School Based Health Management

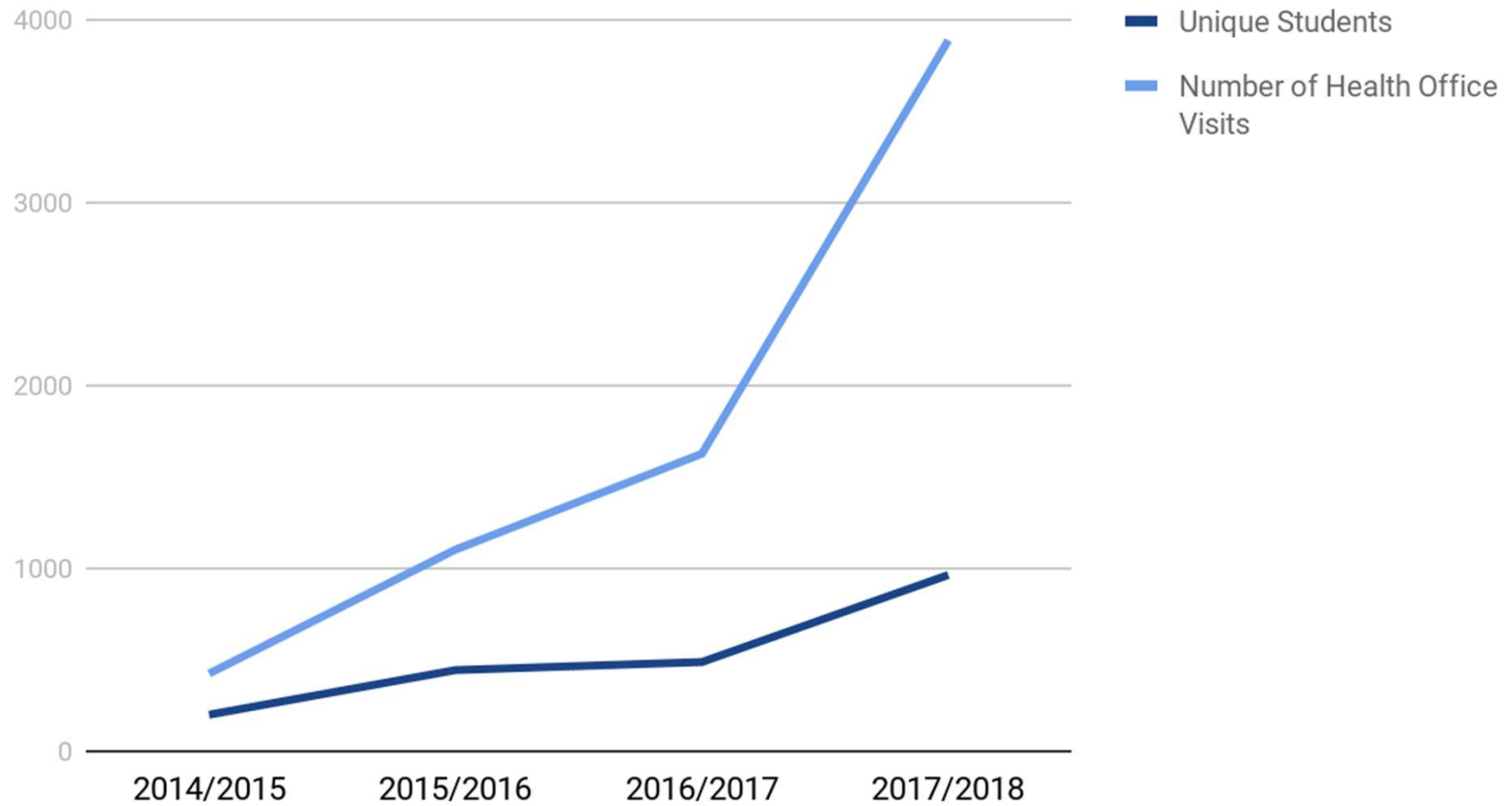
Medications Administered in LPS System in One Day



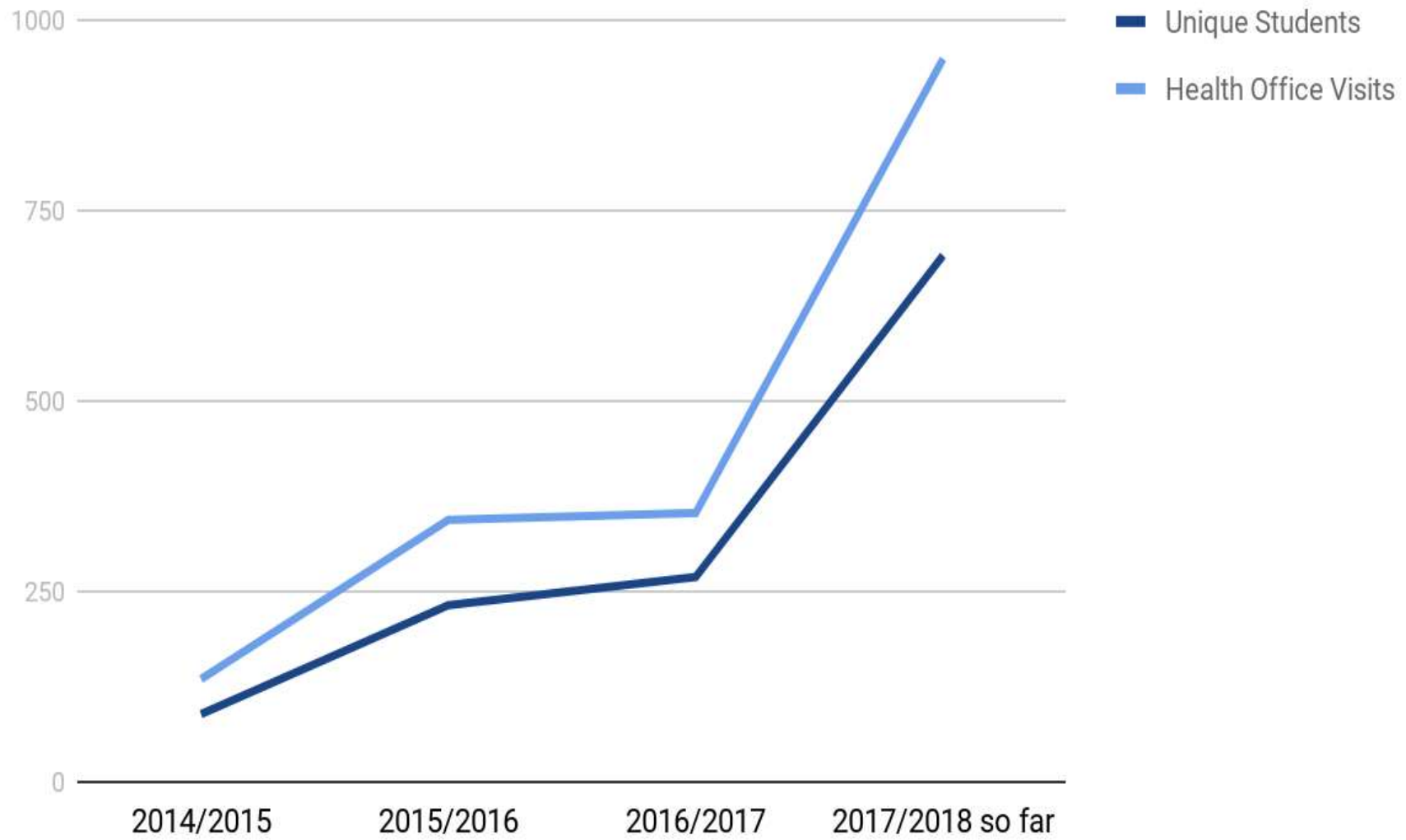
Categories of Mental Health Medications



Concussion Management Impact on Health Office

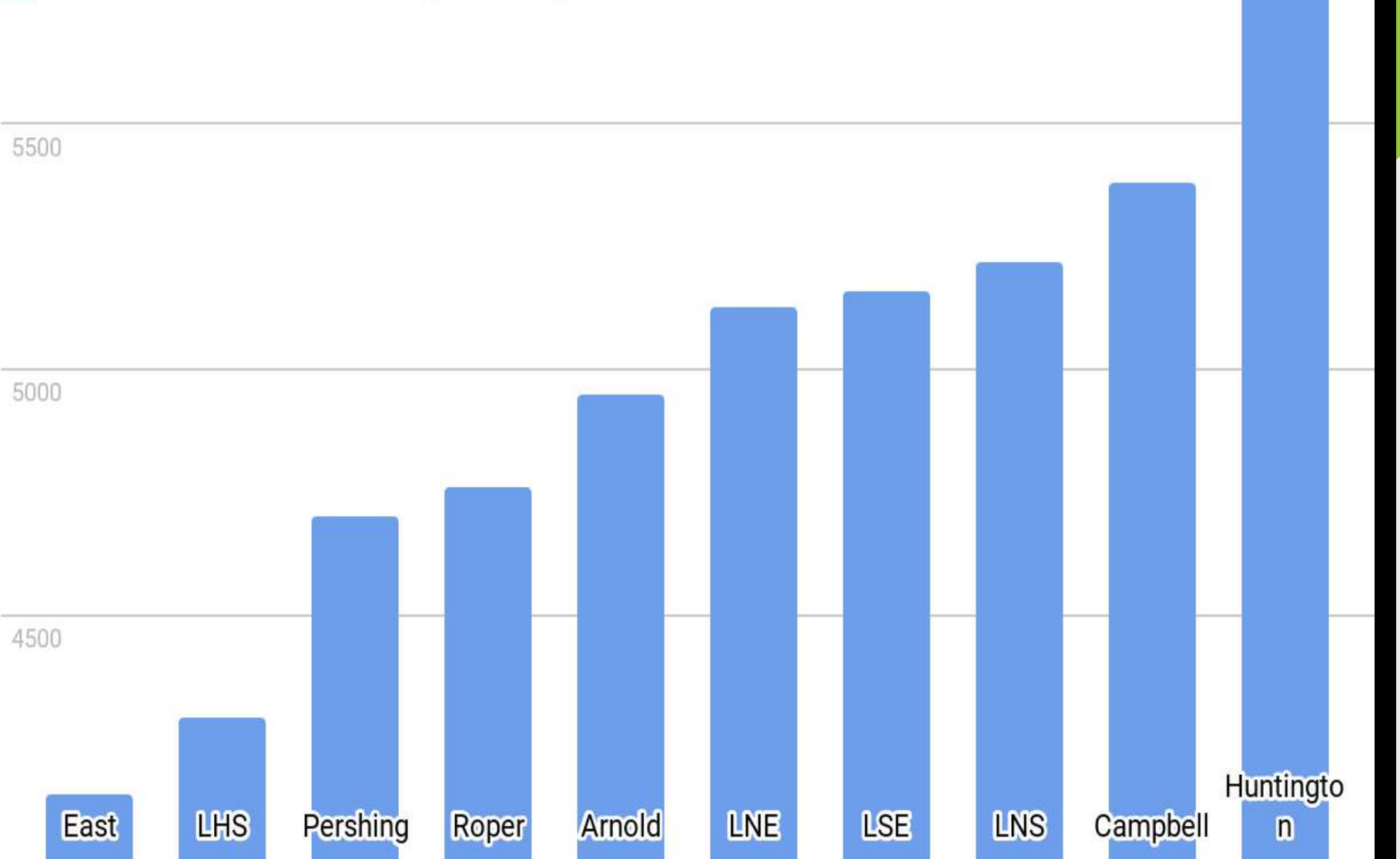


Mental Health

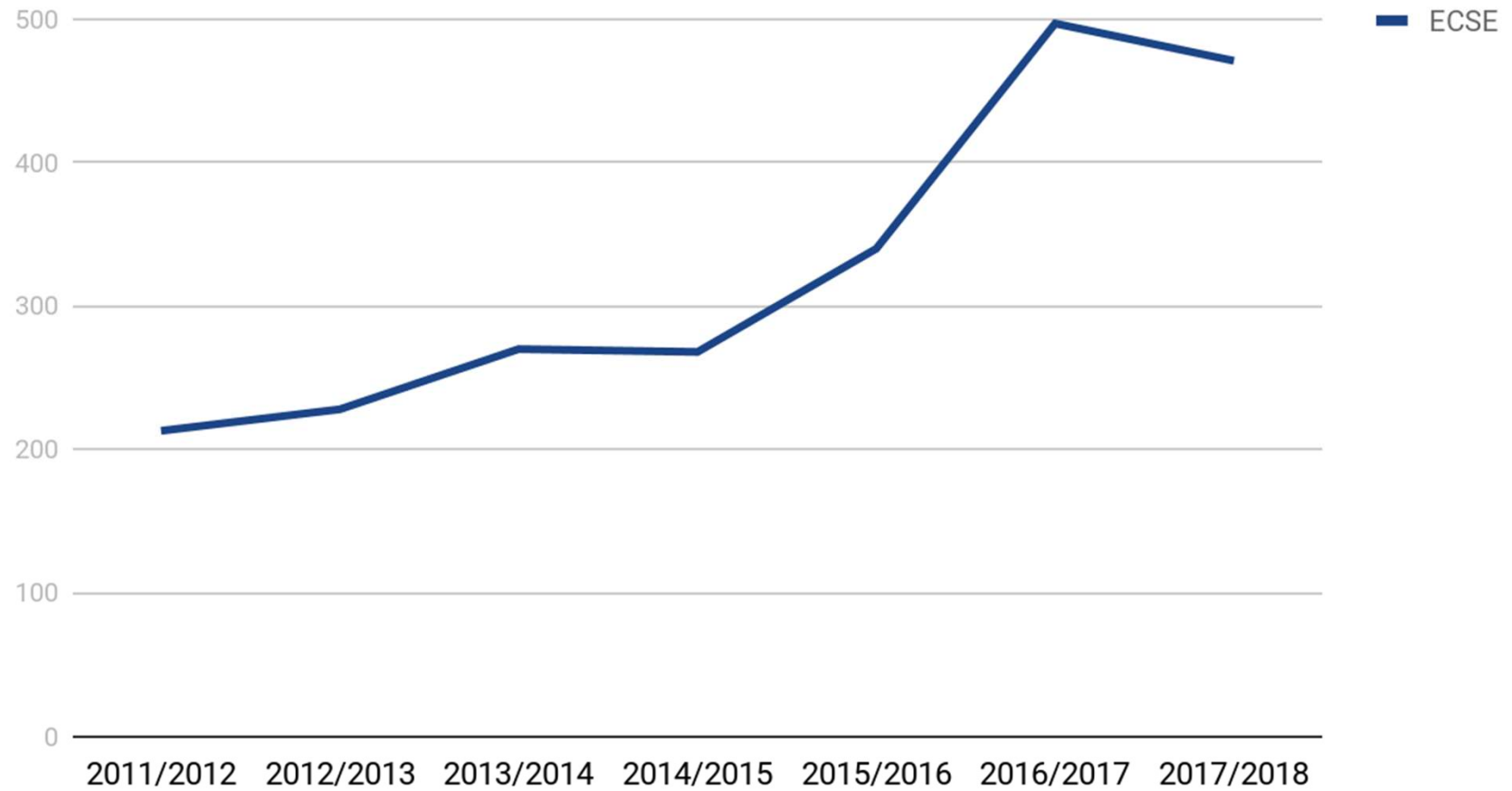


Top 10 Busiest Health Offices-Total number of visits Aug-Mid Feb

■ Number of Health Office Visits August-Feb 13, 2018



Special Education Students in Early Childhood



Health Office: Screen, Rescreen & Refer

- **Vision Screen**

Screen 23,215	Rescreen 2,399	Refer 1,304
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- **Near Vision**

Screen 12,289	Rescreen 272	Refer 80
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- **Hearing Screen**

Screen 14,723	Rescreen 1,069	Refer 215
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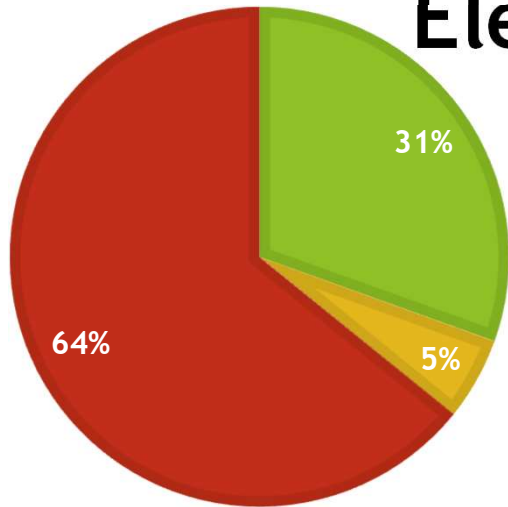
- **Dental Screen**

Refer 1,342	Resolved 589	Urgent 283
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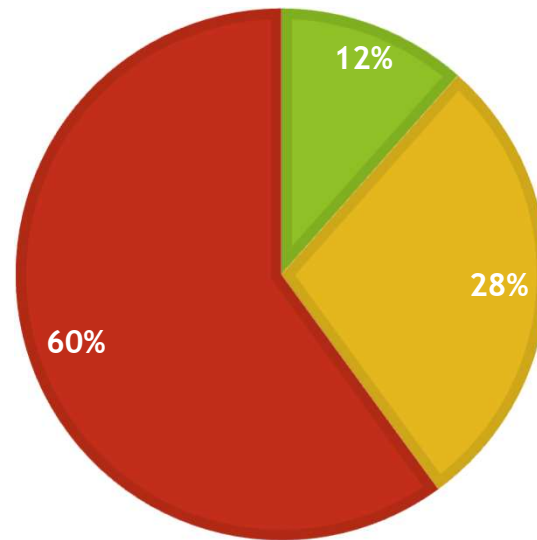
Dental Screenings

■ School Dentist ■ School Nurse ■ Own Dentist

Elementary

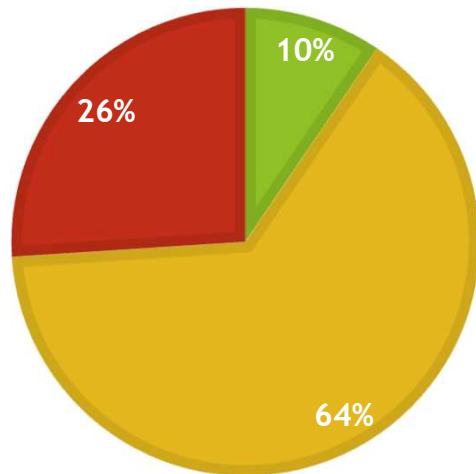


■ School Dentist ■ School Nurse ■ Own Dentist



Middle School

■ School Dentist ■ School Nurse ■ Own Dentist

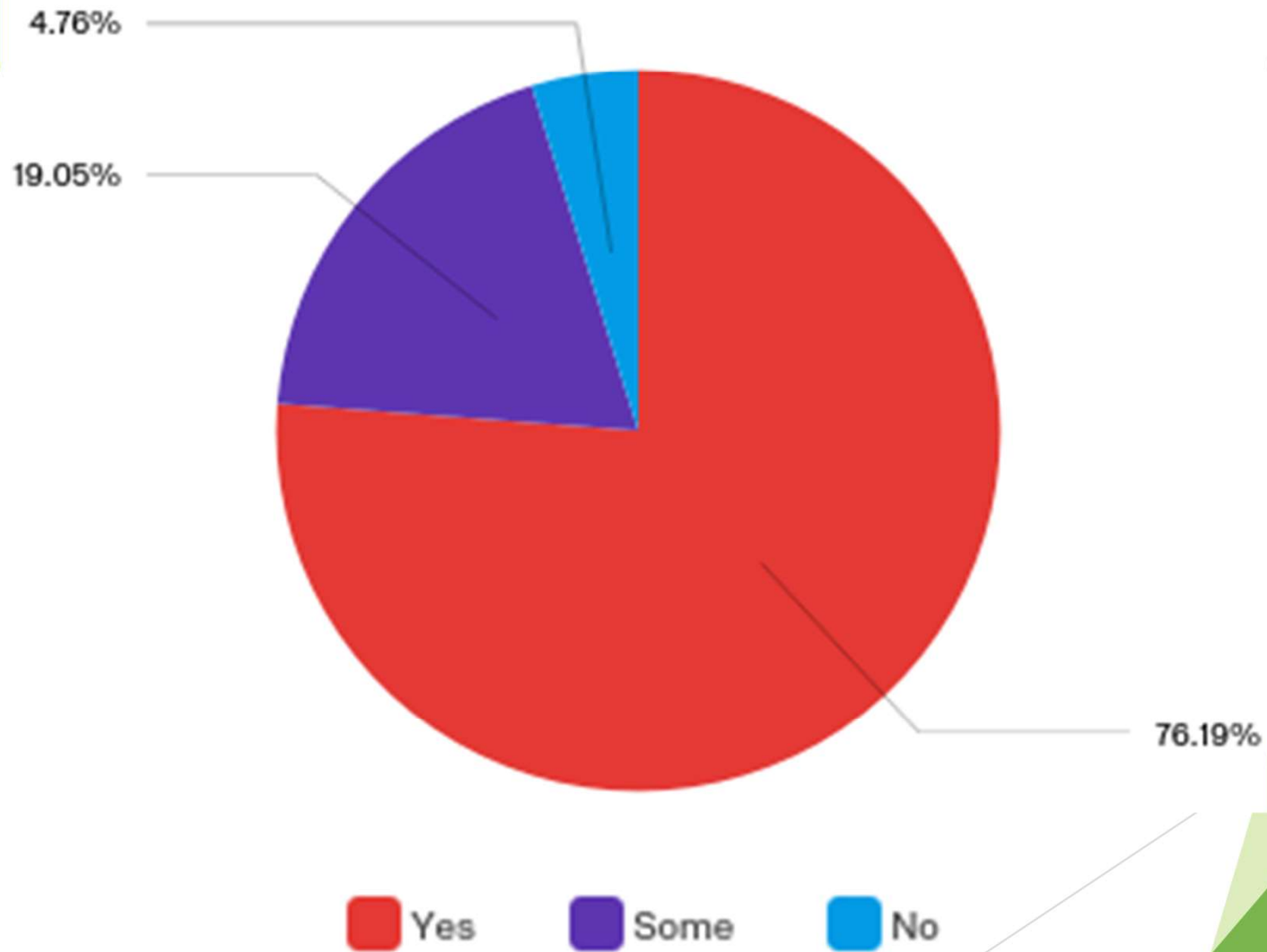


High School

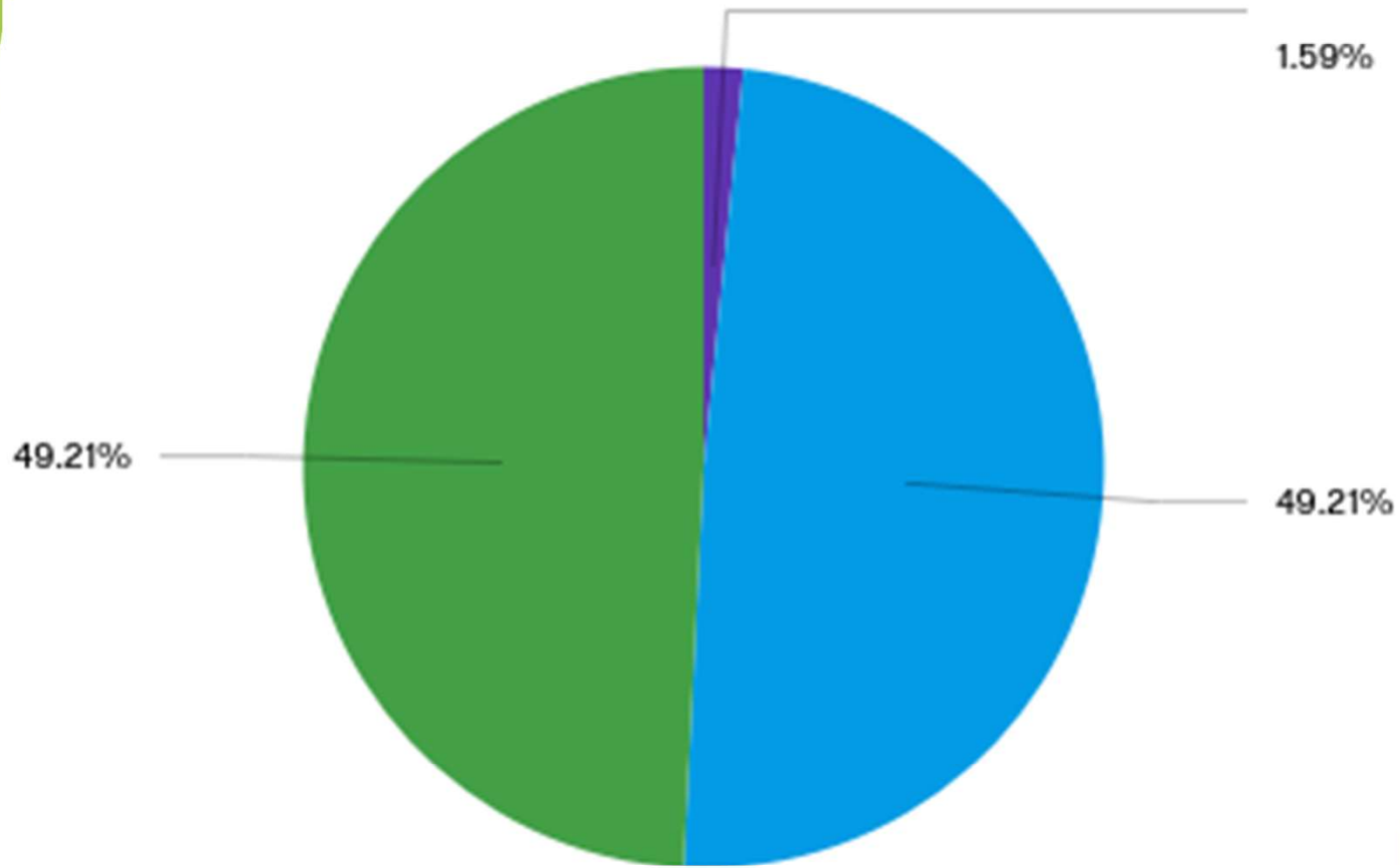


School Culture & Resources

Q7.5 - 4.30 Does your student handbook/calendar support **specific wellness guidelines** (e.g. no birthday cupcakes)?



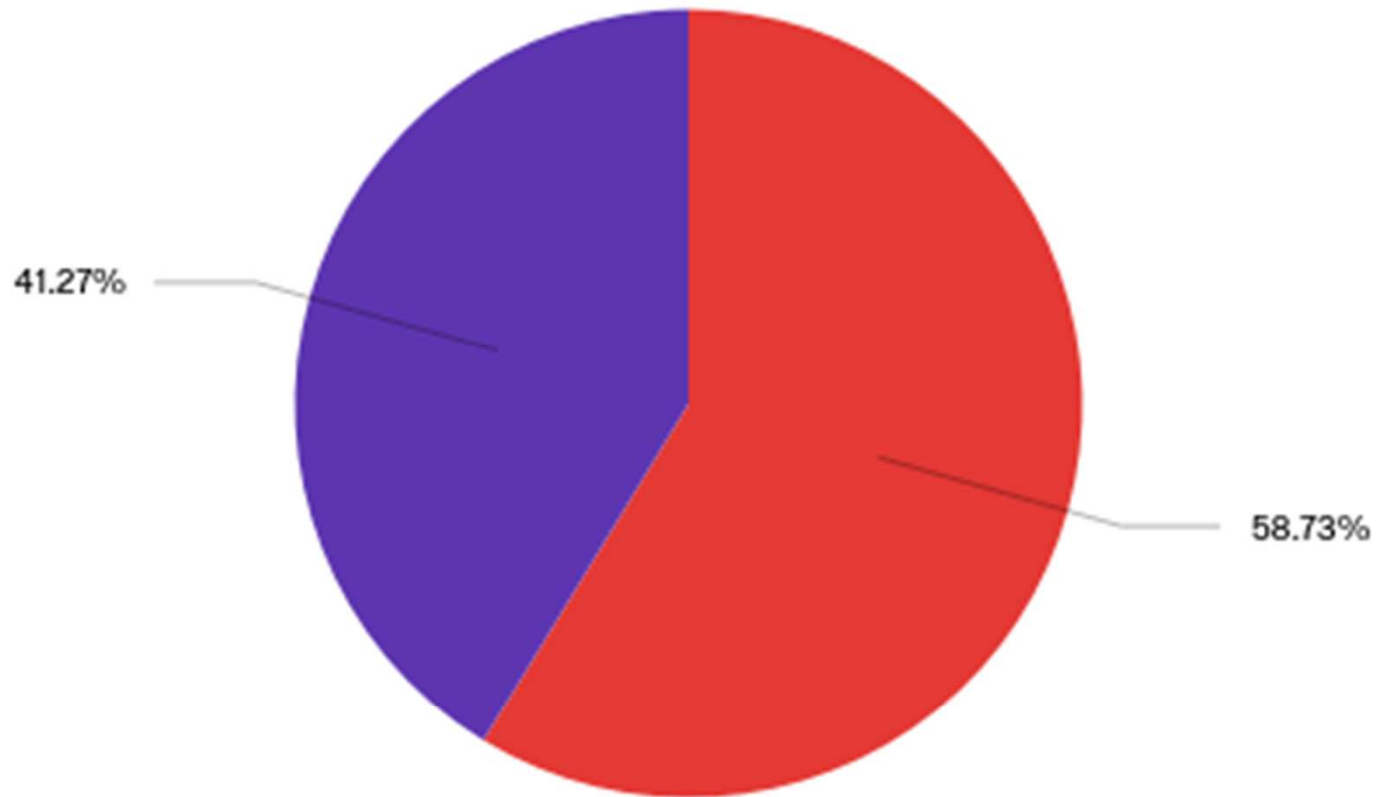
Q4.1 - 4.9 Does your school use food as rewards in classrooms?



- Most classes use food as rewards
- Some classes use food as rewards
- No classes use food as rewards

Q7.2 - Does your school have a
Wellness Committee of 3 or more members?

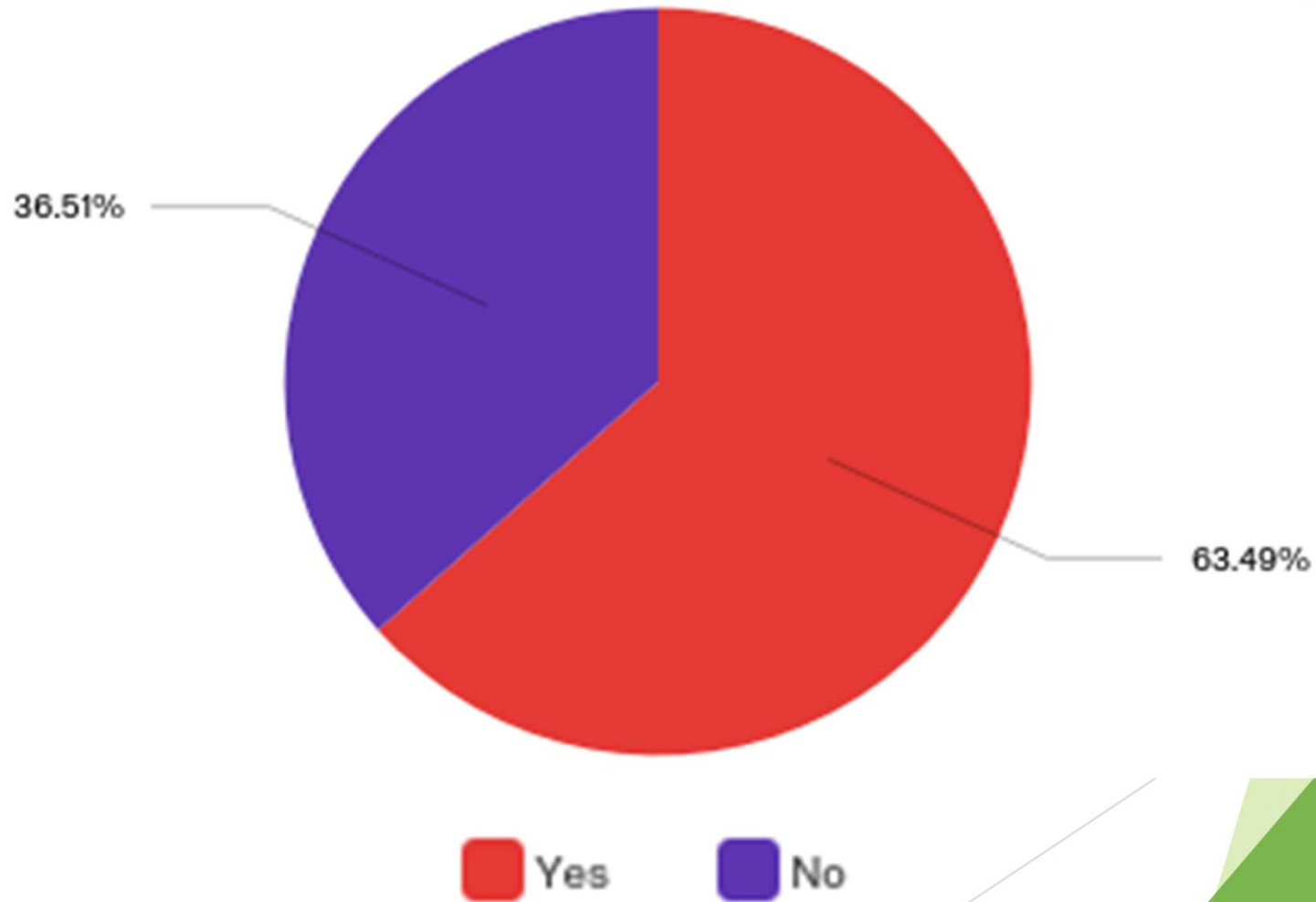
Yes No





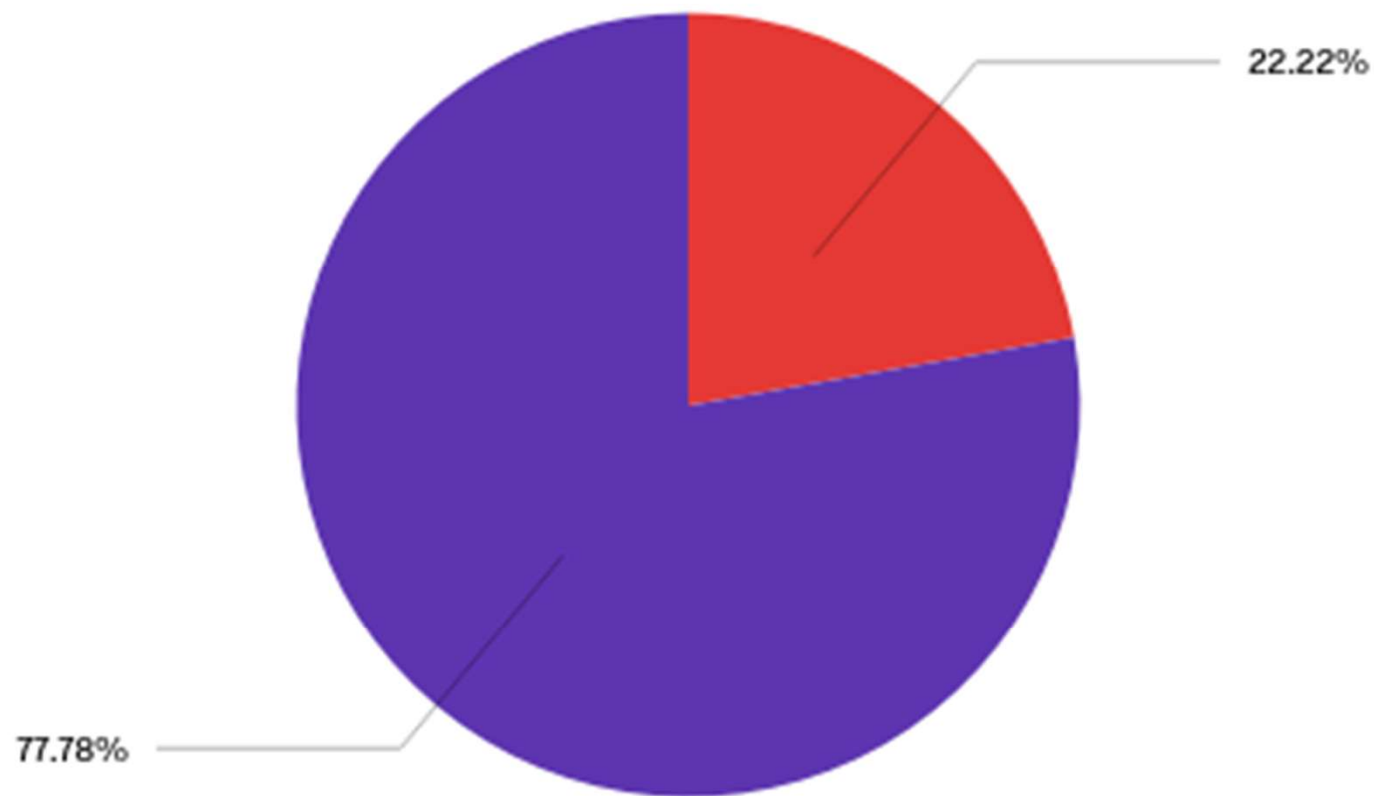
Physical Resources

Q7.8 - 4.4 **Does your school have a walking track?**



Q7.12 - 4.6 **Does your school have a climbing wall?**

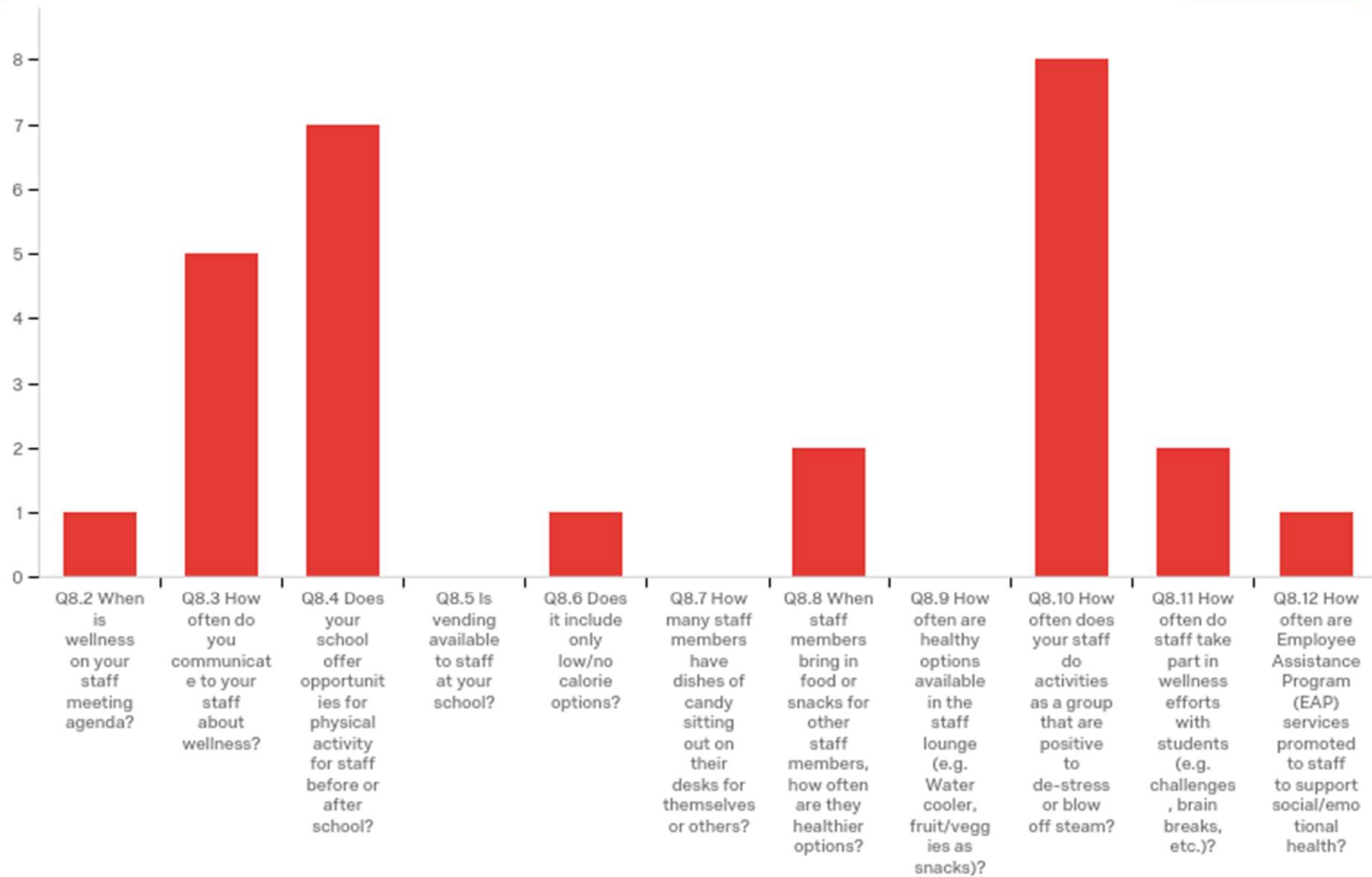
■ Yes ■ No



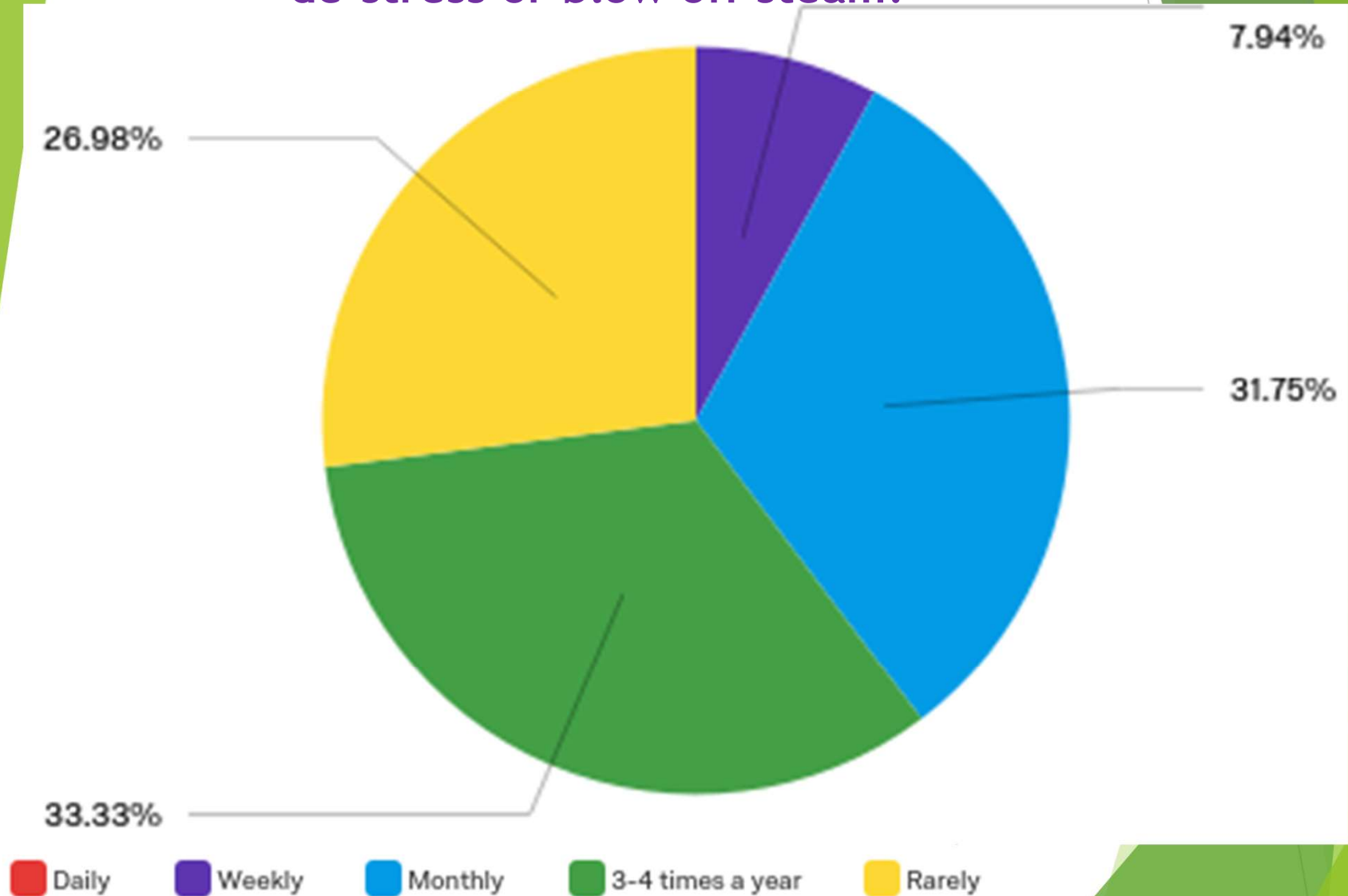


Staff Wellness

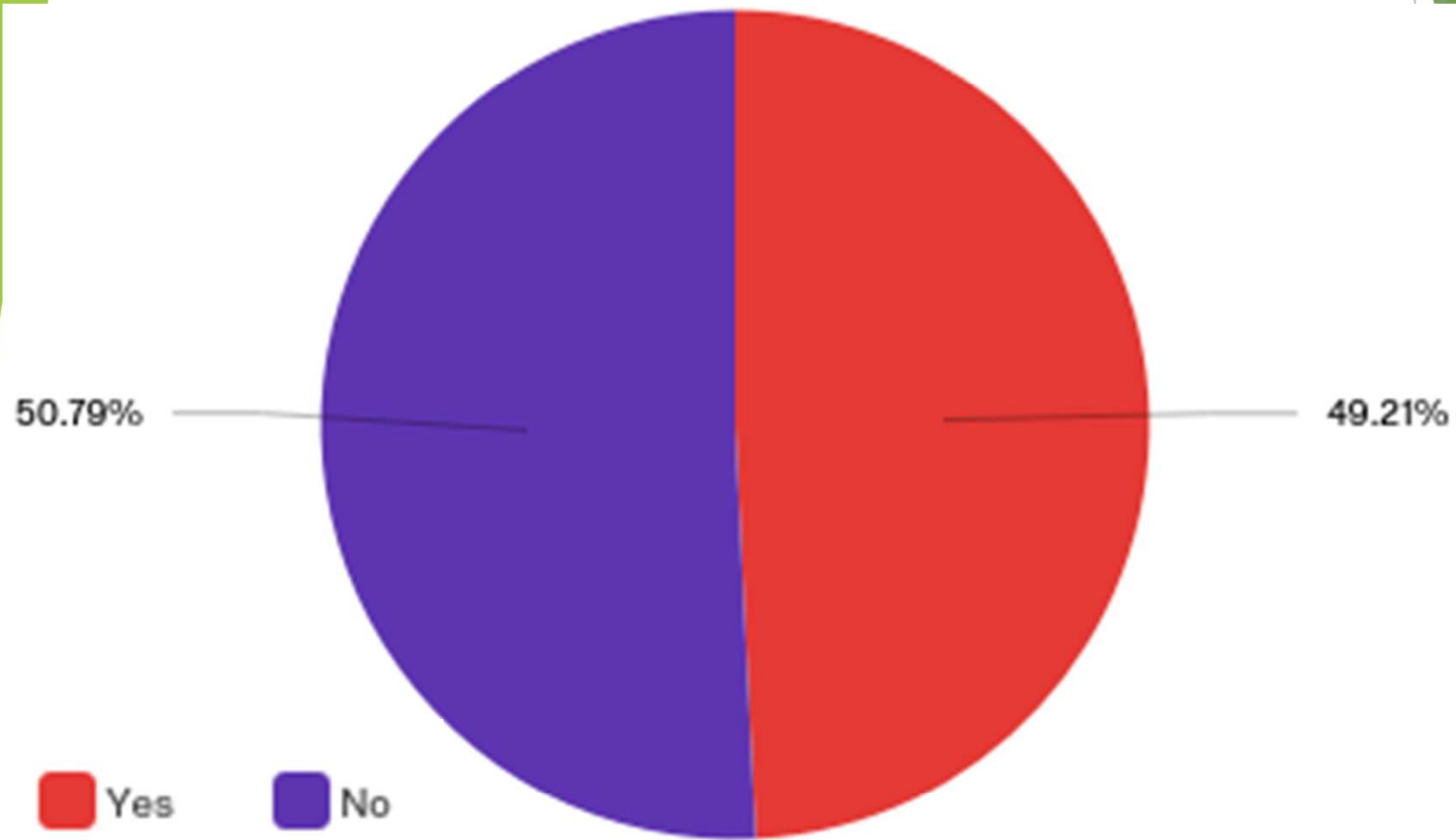
Q30 - What **Staff Wellness** item(s) do you want to focus on as your goal(s) for next year?



Q8.10 - 4.29 How often does your staff do activities as a group that are positive to de-stress or blow off steam?

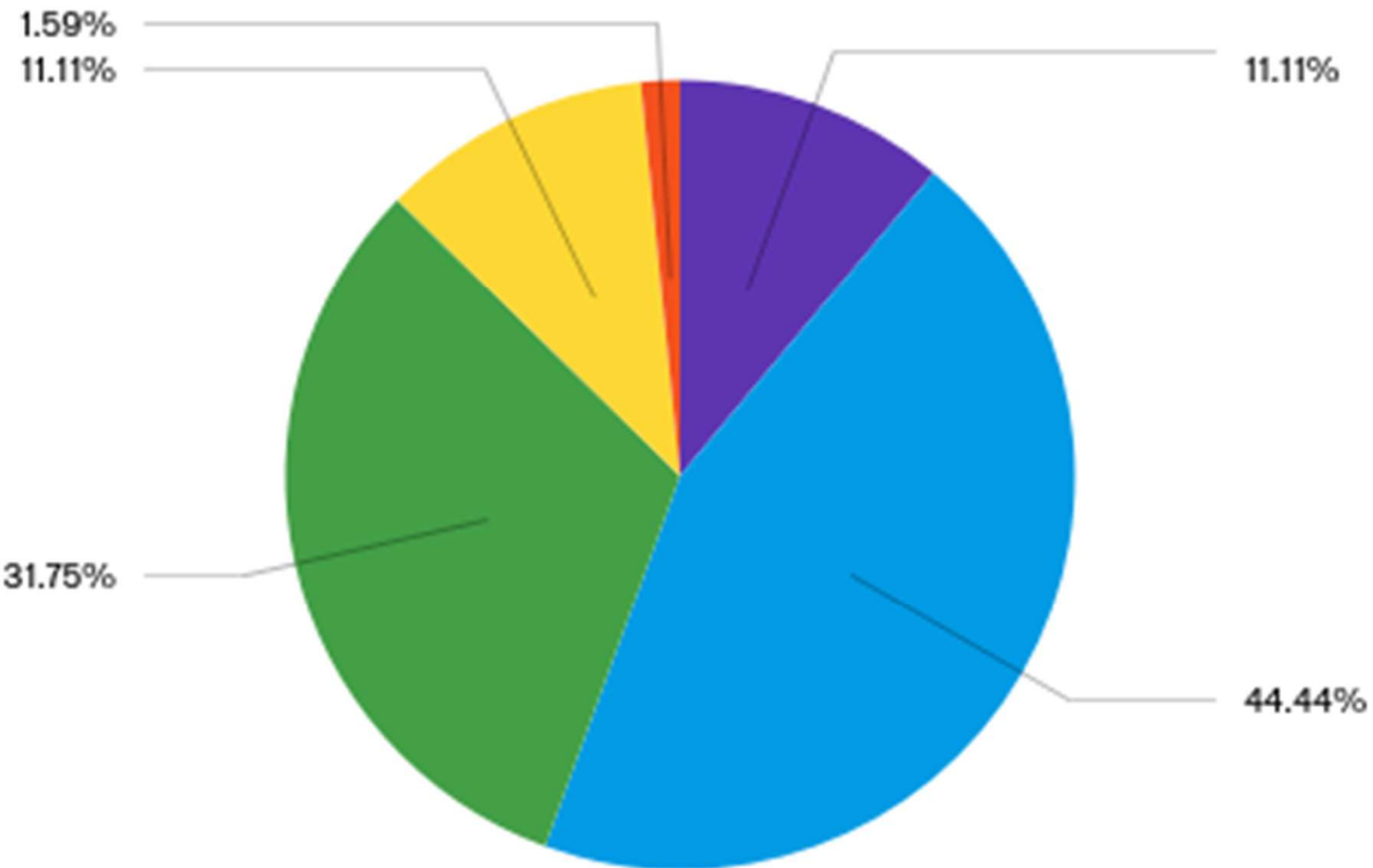


Q8.4 - 4.24 Does your school offer opportunities for **physical activity for staff** before or after school?

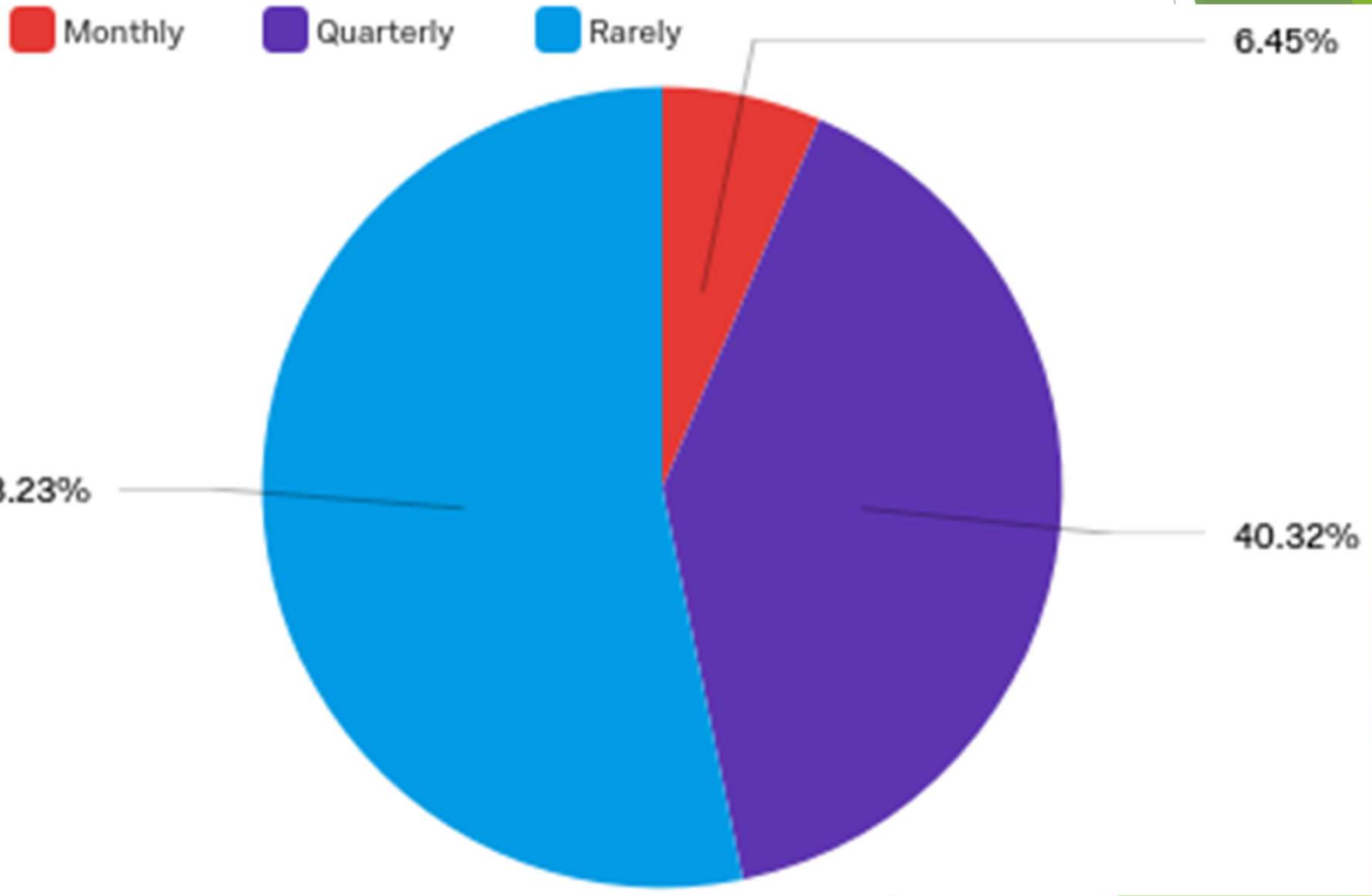


Q8.3 - 4.22 **How often** do you communicate to your staff about wellness?

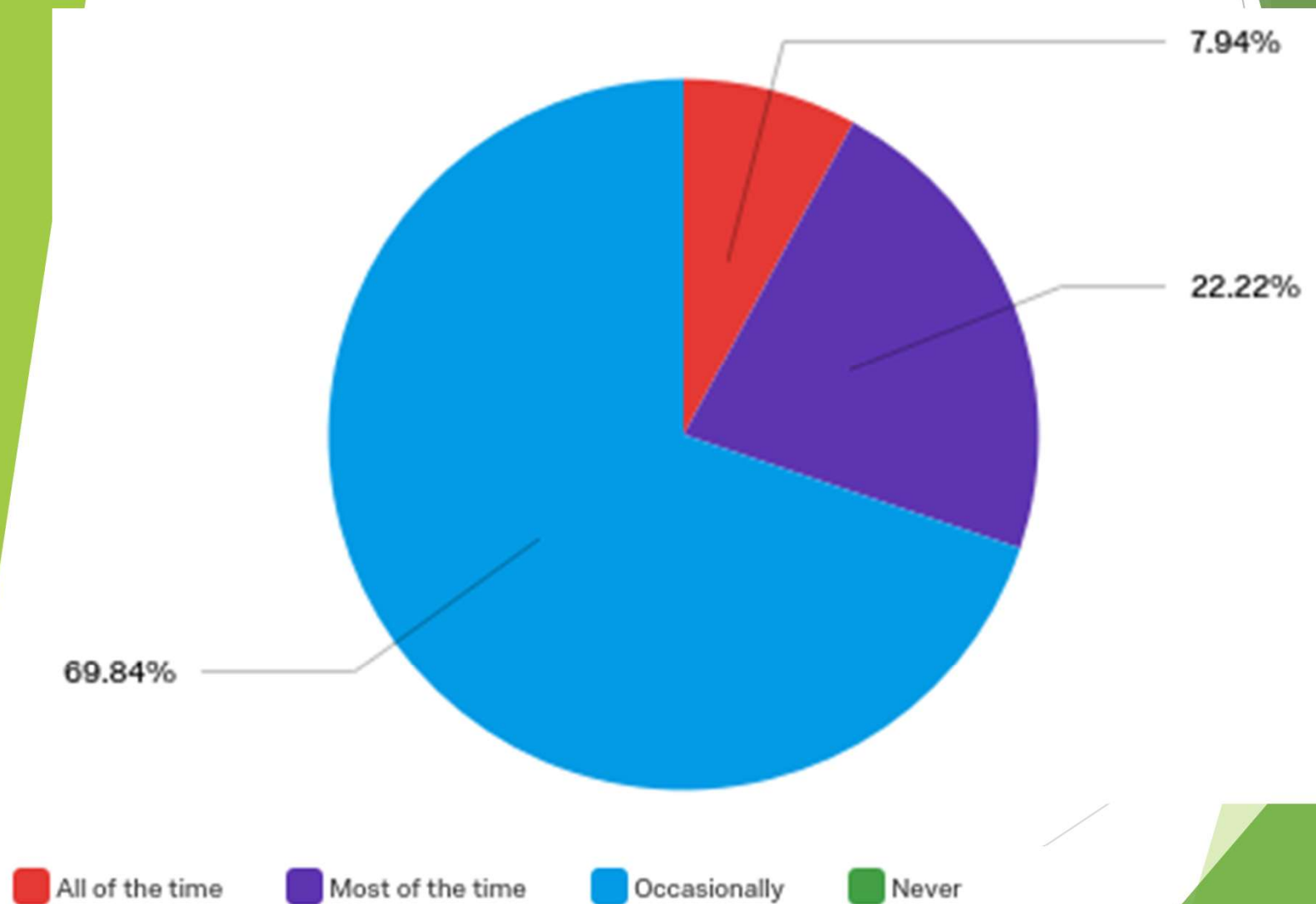
Weekly Monthly 3-4 times a year 1-2 times a year Never



Q8.12 - How often are **Employee Assistance Program (EAP)** services promoted to staff to support social/emotional health?



Q8.8 - 4.27 When staff members bring in food or snacks for other staff members, **how often** are they healthier options?



Break out activity

- Separate into groups for feedback
- What did you notice about the data
- What do we need to succeed in the next chapter?
- What else would you like to see happen?