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
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?
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?

- 0–5 minutes: 4
- 6–10 minutes: 6
- 11–15 minutes: 11
- 16–20 minutes: 25
- 21–25 minutes: 19
- 26–30 minutes: 2

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?
## Cardio PACER Fitness Passing % 2011-2017

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>71.0%</td>
<td>72.3%</td>
<td>73.4%</td>
<td>77.4%</td>
<td>78.4%</td>
<td>75.7%</td>
</tr>
<tr>
<td>Elementary</td>
<td>75.0%</td>
<td>72.7%</td>
<td>75.8%</td>
<td>77.7%</td>
<td>76.3%</td>
<td>75.9%</td>
</tr>
<tr>
<td>Middle</td>
<td>68.0%</td>
<td>71.9%</td>
<td>71.5%</td>
<td>77.1%</td>
<td>79.9%</td>
<td>75.5%</td>
</tr>
</tbody>
</table>
Q5.2 - 2.3 What is the **range of weekly minutes** of Physical Education students at your school receive?
Q5.4 - What percent of students are moderately to vigorously active for at least 50% of physical education class time?

- 0-10%: 26.98%
- 11-25%: 65.08%
- 26-50%: 6.85%
- 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?

- Yes: 90.48%
- No: 9.52%
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?
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)?
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"?

- **Several times a day**: 48.39%
- **Daily**: 27.42%
- **Weekly**: 16.13%
- **Just occasionally**: 8.06%
Q8.11 - How often do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?
K-8 “Brain Break” Analytics

### GoNoodle Engagement

<table>
<thead>
<tr>
<th></th>
<th>February 2018</th>
<th>March 2018</th>
<th>April 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Teacher Users</td>
<td>797</td>
<td>735</td>
<td>779</td>
</tr>
<tr>
<td>Plus Teacher Count</td>
<td>601</td>
<td>487</td>
<td>495</td>
</tr>
<tr>
<td>School Activities Count</td>
<td>15,484</td>
<td>10,440</td>
<td>12,271</td>
</tr>
<tr>
<td>GoNoodle Activities Played Per Unique Active User</td>
<td>19</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Student Minutes</td>
<td>1,003,733</td>
<td>632,261</td>
<td>705,610</td>
</tr>
</tbody>
</table>

Total Student Minutes of GoNoodle Movement (Since August 1, 2017) 6,043,569 Minutes

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

<table>
<thead>
<tr>
<th>School</th>
<th>Unique Active Users</th>
<th>Physical Activity Breaks Played</th>
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<tbody>
<tr>
<td>Kooser Elementary School</td>
<td>49</td>
<td>658</td>
</tr>
<tr>
<td>Roper Elementary School</td>
<td>29</td>
<td>624</td>
</tr>
<tr>
<td>Adams Elementary School</td>
<td>29</td>
<td>531</td>
</tr>
<tr>
<td>Rousseau Elementary School</td>
<td>28</td>
<td>322</td>
</tr>
</tbody>
</table>
Social/Emotional Support
Q5.13 - 2.11 Approximately, how many 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

- Mental Health: 56%
- Other: 44%

Categories of Mental Health Medications

- ADHD: 85%
- Anxiety/Depression: 4%
- Antipsychotic: 9%
- Bipolar: 2%
Top 10 Busiest Health Offices - Total number of visits Aug-Mid Feb

Number of Health Office Visits August-Feb 13, 2018

- East
- LHS
- Pershing
- Roper
- Arnold
- LNE
- LSE
- LNS
- Campbell
- Huntington
Special Education Students in Early Childhood

- ECSE

Years:
- 2011/2012
- 2012/2013
- 2013/2014
- 2014/2015
- 2015/2016
- 2016/2017
- 2017/2018

Number of Students:
- 0
- 100
- 200
- 300
- 400
- 500
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<thead>
<tr>
<th></th>
<th>Screen</th>
<th>Rescreen</th>
<th>Refer</th>
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<tbody>
<tr>
<td><strong>Vision Screen</strong></td>
<td>23,215</td>
<td>2,399</td>
<td>1,304</td>
</tr>
<tr>
<td><strong>Near Vision</strong></td>
<td>12,289</td>
<td>272</td>
<td>80</td>
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<tr>
<td><strong>Hearing Screen</strong></td>
<td>14,723</td>
<td>1,069</td>
<td>215</td>
</tr>
<tr>
<td><strong>Dental Screen</strong></td>
<td>1,342</td>
<td>589</td>
<td>283</td>
</tr>
</tbody>
</table>
Dental Screenings

**Elementary**
- School Dentist: 31%
- School Nurse: 5%
- Own Dentist: 64%

**Middle School**
- School Dentist: 12%
- School Nurse: 28%
- Own Dentist: 60%

**High School**
- School Dentist: 26%
- School Nurse: 10%
- Own Dentist: 64%
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?
Q7.2 - Does your school have a Wellness Committee of 3 or more members?

- Yes: 58.73%
- No: 41.27%
Physical Resources
Q7.8 - 4.4 Does your school have a walking track?

- Yes 63.49%
- No 36.51%
Q7.12 - 4.6 Does your school have a climbing wall?
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 - 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?
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?