

Wellness 2017-2018 Annual Update:

The LPS Wellness Committee is a multi-faceted group representing focus on the whole child and integration of wellness across the school day and encouraging practices to expand beyond the classroom. This is a glimpse of areas of concentration from multiple partners within the work group. *Over 80 data points are measured to both meet USDA requirements and track progress in wellness. These were the top areas of focus this year.* For more information, please go to the district wellness page at www.lps.org/wellness.

K-8 "Brain Break" Analytics

GoNoodle

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

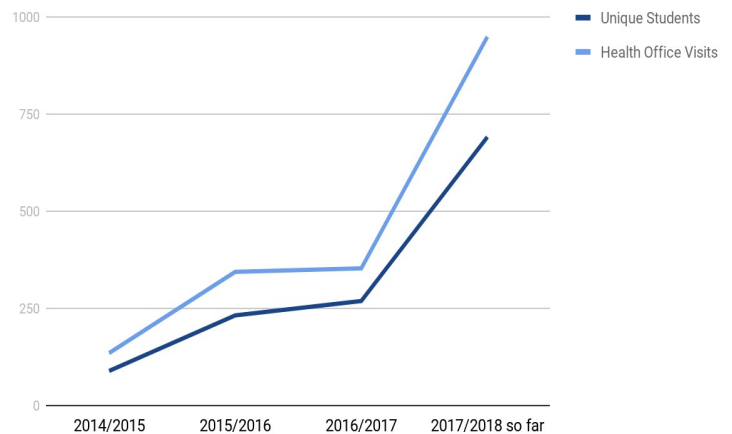
Top Active Schools Based on GoNoodle Activities Played (APRIL 2018)

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

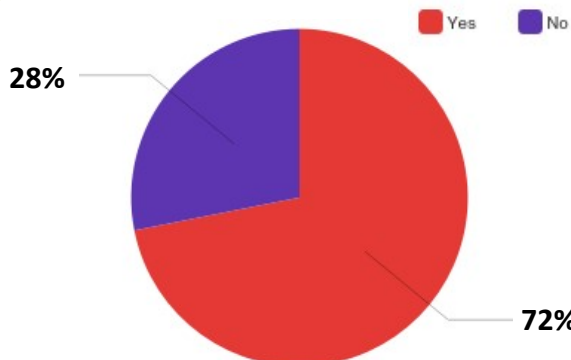
Counseling and Social Services: Brain Breaks

Health Office: Mental Health Related Visits

Mental Health



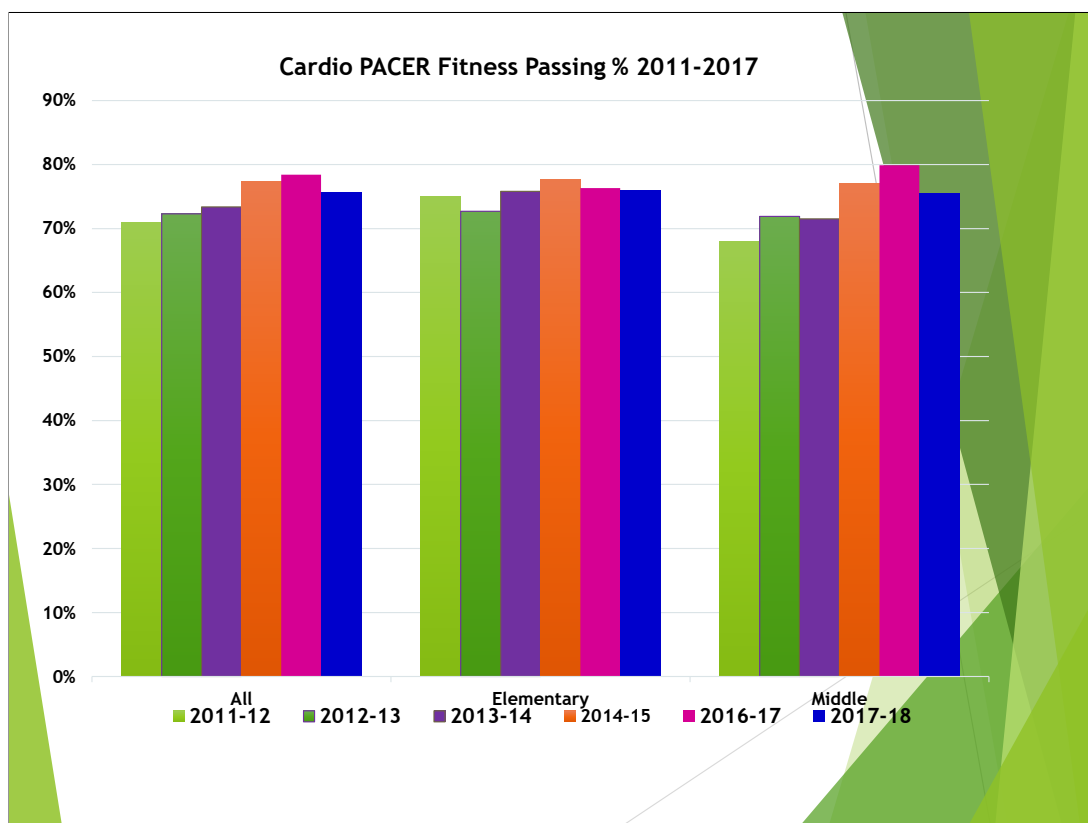
Q3.6 - 1.11 From the time they are seated, do the majority of students have at least 20 minutes to eat lunch at school?



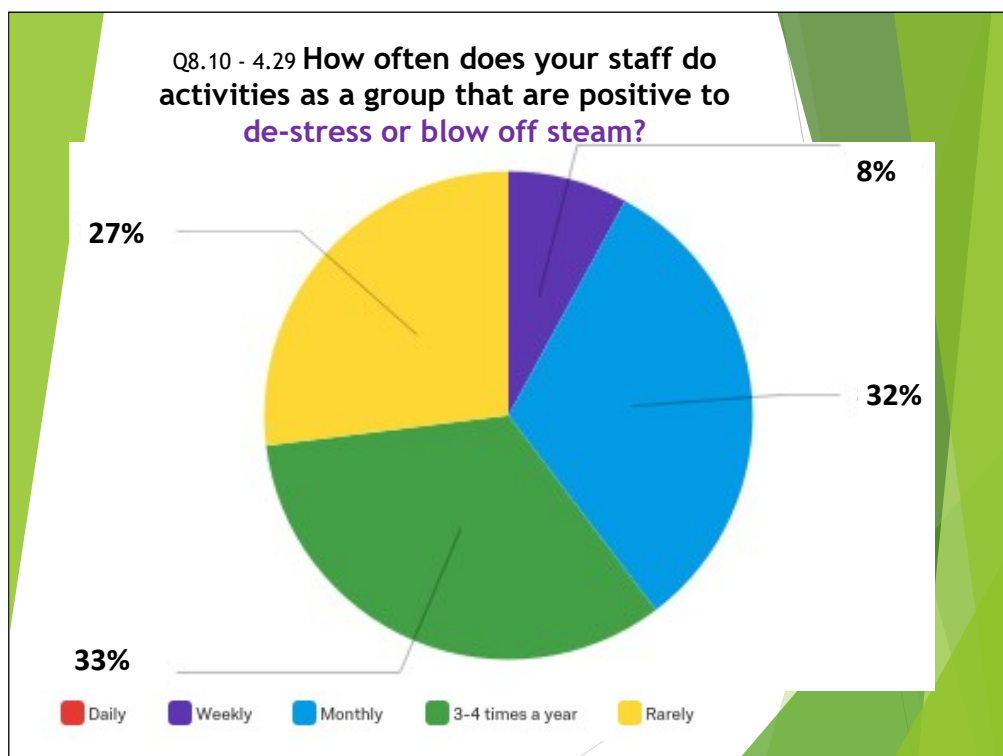
Nutrition Services: Seat Time at Lunch



PE and Health: Cardiovascular Fitness



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%



Staff Wellness: Social/Emotional Support

District Wellness Committee:

LPS Board Members: Barb Baier and Don Mayhew

Internal Working Committee: Matt Avey, PE and Health, Mindy Burbach, Communications, Lynn Goering, Edith Zumwalt, Nutrition Services, Brenda Leggiadro, Counseling/Social Services, Dawn Mazzie, Rob McEntarffer, Data Management, John Neal, Administration, Wendy Rau, Health Services, Michelle Welch, District Wellness

Community Committee: Including elementary, middle and high school parents, students, principals, wellness champions, medical representation, community collaborators and more.

