

## SCPS TRIENNIAL WELLNESS ASSESSMENT SUMMARIES

### School Health and Wellness Update

Below is a collection of summaries highlighting health and wellness efforts currently in practice or being considered for the future based on identified needs. Information for each summary was provided by Seminole County Public Schools (SCPS) employed representative(s) from a specialization recognized in the Florida Department of Health Coordinated School Health Model. Please note items provided are not an exhaustive list of the robust collaborative efforts to support and promote health and wellness in SCPS. Additional details are available upon request. Thank you, School Board of Seminole County, for your continuous commitment to “create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.”



<b>Coordinated School Health Area</b>	<b>Summary</b>
Wellness Committees	<p>Seminole County Public Schools has active wellness committees at schools and other worksites across the district. In the 2021-2022 school year, school-based wellness committees typically had at least 4 members. These individuals helped plan and support wellness activities on their campus. This year information was provided on wellness committee structure recommendations, such as incorporating an individual from each area of the Coordinated School Health Model as a best practice. Most wellness committees met at least 3 times last year.</p>
Health Education	<p>Seminole County Public Schools meets the mandate that instructional materials used for reproductive health and disease are annually reviewed with an opportunity for the public to provide input. During the first quarter of the 2022-23 school year, a workgroup was convened consisting of administrators, K-12 teachers, a parent, social worker, and a representative from the Department of Health to review the materials for the comprehensive health education curriculum. The committee made recommendations for each grade level and outlined a plan to implement the revisions pending school board approval. During the 2021-22 school year, every high school reported compliance with the requirement that students in grades 9 and 11 receive instruction in CPR and First Aid. The American Heart Association CPR Anywhere program was implemented which provided the students with hands-on instruction.</p>
Physical Education & Physical Activity	<p>During July-August 2022, K-12 physical education teachers had the opportunity to participate in 5 paid days of professional development. This opportunity provided the teachers with new skills to implement in their classes. Topics included tennis, Brain Ball, Eye Coach, Unified Sports programs, and hundreds of lesson plans. All Seminole County Public Schools at the elementary level offer 150 minutes per week of physical education (PE) and recess is offered as well. Many schools offer before or after school activity clubs including running clubs. The Magic Fit physical activity program was made available to schools, which is an incentive and challenge program sponsored by Advent Health for Children. At the secondary level, students participate in physical education as required by State Statute. In addition, middle school students have the opportunity to participate in sports programs outside of the school day.</p>

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Nutrition Environment & Services	<p>Every campus restaurant provides healthy breakfast and lunch options that meet federal nutrition standards. A healthy school nutrition environment is promoted through our district wellness policy and vending machine policies. Every school's wellness committee is run by a wellness champion that receives and reinforces education about healthy nutrition practices. Many schools have a garden that grows vegetables and/or herbs. It is a Red Apple Dining goal to promote learning labs for teachers and their students to promote nutrition education and healthy food choices through interactive activities.</p>
Health Services	<p>Seminole County Public Schools follows Universal Precautions for Infection Control. District policies and procedures are in place to report health problems and injuries.</p> <p>The Health Services Department (SCPS HS) currently offers staff the opportunity to become certified in CPR/AED/First Aid monthly. One SCPS HS goal is to offer these courses more frequently. Additional certified individuals could enhance responses to emergencies that may arise on a campus. Increasing the number of School Board Nurses who are trained as CPR Instructors would help accomplish this goal. The creation of a wellness series with student and parent forums is being considered for high schools. In the future, schools may be encouraged to apply for wellness or health awards by conducting needs assessments, such as the Healthier US School Challenge, which focuses on evidence-based practices.</p>
Counseling, Psychological & Social Services	<p>Many families receive support through SCPS social services to maintain basic necessities in their home. This includes connecting them to appropriate nutritional resources, such as school food pantries, holiday food drives, local community resources, and assistance with applying to federal food programs.</p> <p>Counseling is available to students in a variety of settings, such as large group, small group, and individual education. Session topics on social and life skills, communication, problem-solving, goal setting, and decision-making are designed to support student health and well-being. SCPS counselors assist in the creation and implementation of health-related accommodations for students and provide indirect services through referrals. These referrals provide access to physical and mental health care services and more. Increasing efforts to educate parents and students about available resources could help connect them to additional resources. Hence, a focus on further engagement with community partners is desired to expand the utilization of resources for students and families.</p>

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Social & Emotional Climate	SCPS specialists are working with target schools to leverage Title IV resources to cultivate our wellness culture and climate. The support focuses on proactively and responsively building community and strengthening relationships to foster a sense of belonging for all stakeholders (students, staff, parents). School personnel are offered training and coaching in restorative practices, social personal skills, and wellness groups. In the future, building additional capacity could benefit a larger number of schools, classrooms, and communities.
Physical Environment	District policies and procedures are in place to ensure the maintenance of a healthy and safe environment for students and staff. Key elements include campus monitor processes, testing for radon, emergency/disaster response plans, quality facilities cleaning procedures, and staff safety training. Enhancements such as remote sensors are being installed in classrooms to monitor temperature, humidity, and particulate matter, which help ensure a safe physical environment.
Employee Wellness	The 2022-2023 Wellness Champion program has been revised to include a more specific approach to increasing participation with meaningful outcome driven goals. Champions are asked to complete activities within 3 designated fields: Physical Wellness, Mindfulness and Social Connection. Champions are asked to formulate an action plan on how they will engage their community within these 3 fields throughout the course of the year, particularly focusing on the needs at the worksite. This program revision will aid in modifying the wellness initiatives at sites and assist in running specific and intentional campaigns that more participants will attend.
Family Engagement & Community Involvement	Involving families in school health activities is a key part of the SCPS strategy to support students and encourage healthy environments at school and home. SCPS has developed strong community partnerships that are supporting additional health services through volunteers and education. Hundreds of elementary students receive hand washing lessons through Healthy Hands twice a year. Healthy Hands looks to provide more healthy life skills by increasing the number of programs on campuses and expanding the lessons to middle schools. SCPS Connection Mentors receive additional training to support mental wellness when mentoring students. Dividend volunteers are provided the opportunity to complete the Growing Gardens training through IFAS/Seminole Extension Office to support school gardens. Plans are being made to expand the Growing Garden training to include container gardens, hydroponics, and pollen programs.