Your Students: Healthy, Happy & Whole

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Affiliation or Financial Disclosure

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  • Nothing to Disclose

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  • School Nutrition Director, Parkway School District
  • Nothing to Disclose
Objectives

• Review the link between health and academic performance.
• Describe the Whole School, Whole Community, Whole Child framework.
• Describe how one local district used WSCC to help put health and wellness activities into action.
Healthy Students Do Better in School

**STUDENTS THAT ARE**

- Physically active
- Eating breakfast and healthy foods
- Managing their chronic health conditions like asthma or diabetes

- Have increased test scores.
- Have better grades.
- Have increased school attendance.
- Have improved classroom behavior.

www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm
Whole School, Whole Community, Whole Child

www.cdc.gov/healthyschools/wssc/index.htm
What does a healthy school look like?

https://www.chronicdisease.org/page/shvideos
How do I start implementing WSCC?

1) Get buy-in and support

1) Identify coordinator and team leaders

1) Assemble a district and/or school team

1) Assess and plan efforts

1) Implement the plan

1) Reflect and celebrate

www.chronicdisease.org/page/SH_WSCC
Get buy in and support

✔ Know the evidence

✔ Share the message

✔ Take action

www.cdc.gov/healthyschools/health_and_academics/index.htm
Identify leaders and assemble a team

✔ District administrators
✔ School principals
✔ Teachers
✔ School nutrition staff
✔ Parents
✔ Students
✔ Community members
✔ Local businesses
✔ School board members

www.cdc.gov/healthyschools/health_and_academics/index.htm
Assess and plan

**District Level Action:**
Assess and revise district wellness policy

**School Level Action:**
Complete School Health Index

www.wellsat.org

www.cdc.gov/healthyschools/shi/index.htm
Reflect and celebrate

✔ Debrief as a group
✔ Recognize accomplishments
✔ Share successes
Virtual Healthy School

www.cdc.gov/features/virtual-healthy-school/index.html
Where do I find CDC Resources?

www.cdc.gov/healthyschools/index.htm
Other Resources to Support WSCC

www.cdc.gov/healthyschools/wssc/index.htm
Welcome to Parkway School District C-2

- 70 square miles covering Maryland Heights MO, Chesterfield MO, Ballwin MO and Manchester MO.
- 17,500 students
- 17% Free and 3% Reduced
- Multi Cultural ~ 37 different countries with 67 different languages and dialects
- 28 Schools and 2 Early Childhood Centers
- Satellite feeding system ~ 4 Production Centers
Parkway’s Wellness Council

• Principal, Student Wellness Leaders, Adult Wellness Leaders, Director of Health Services, Wellness Coordinator (former UHC liason), Director of Nutrition Services, CFO, Benefits Team Members and Parents.
• District Committee meets quarterly
• Student and Adult Wellness Leaders meet quarterly
• Summer Wellness Reading with google comments
• Goal Setting each year
Parkway’s Wellness Policy

- Wellness Policy found at https://www.boarddocs.com/mo/pkysd/Board.nsf/Public
- School Food or Nutrition Services ~USDA Guidelines
- Smart Snack Guidelines
- Celebrations in the Classroom
- Fundraisers within the District
- Classroom Partnership for Nutrition Facts
- Web page ~Nutrition Facts, Healthy Articles
- Twitter page @healthymealparkwy ~ 24 followers
Parkway Student Wellness

Yoga classes within the school day for students. Modified if needed.
Student Wellness

Yoga classes during the day for students. Crow pose. Students helping fellow students.
Health Fair for Adult Wellness

Stretching class for adults at the Health Fair.
Heart Health Month. Adults wear Red and learn of heart healthy foods and activities.
Wellness Spring Breakfast Celebration

Breakfast Friends
Happy Birthday Bear

Birthday Bear
For students to enjoy versus treats.

With sincere gratitude to Oak Brook Elementary School for taking the step to celebrate birthdays without food. We are grateful for your efforts to keep our schools healthy places for all students to learn. Please accept this birthday bear as a token of our thanks. We look forward to hearing the alternate ways that birthdays are being celebrated in your school.

With thanks,
Robin Wallin, Director of Health Services
Parkway School District
Green Trails Garden

Kindergarten Student working in the School Garden
Green Trails Elementary Harvest

Harvesting bushels of lettuce
Seed to Table

Green Trails serving their very own produce to their students during the Lunch Meal
School Garden Bars

All schools are offered a Garden Bar Daily
Food Banks ~Craig
Barretts BobCat Backpack

Volunteers working in the Bobcat Room.
Barretts Donations for the Backpacks

Donations abound!
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meet ME in St. Louis

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Thank You!