



Annual Report 2019

School Health & Wellness



45
School Wellness Teams

11
Student led Wellness Teams

140
Wellness Leaders and Champions

What We Do

1. Support implementing wellness in schools
2. Wellness Policy, Wellness Advisory Council, Mindfulness Council
3. Professional Learning around Wellness and Mindfulness
4. Collaborate with community partners to support schools including funding for schools.

Funding

- Colorado Department of Education Student Wellness Grant
- Colorado Health Foundation Grant
- Antioch Foundation Grant
- District Wellness Funds
- HKC PSD Support 18/19: \$83,456



Healthy Schools Certification

PSD Wellness in partnership with the Wellness Advisory Council for Schools celebrates the achievements of schools who have excelled in health and wellness initiatives. The PSD Healthy Schools Certification recognizes outstanding schools in that have met requirements and best practices pertaining to health and wellness.



Healthy Schools Certified **PLATINUM**

Healthy Schools Certified **GOLD**

Healthy Schools Certified **SILVER**

Healthy Schools Certified **BRONZE**

Kinard Leshar Beattie

Shepardson Timnath

Preston Zach

Olander Dunn

School Wellness Mini-grants 2019

Title I Schools



Harris

Creation of a new movement and wellness space in the library for elementary students

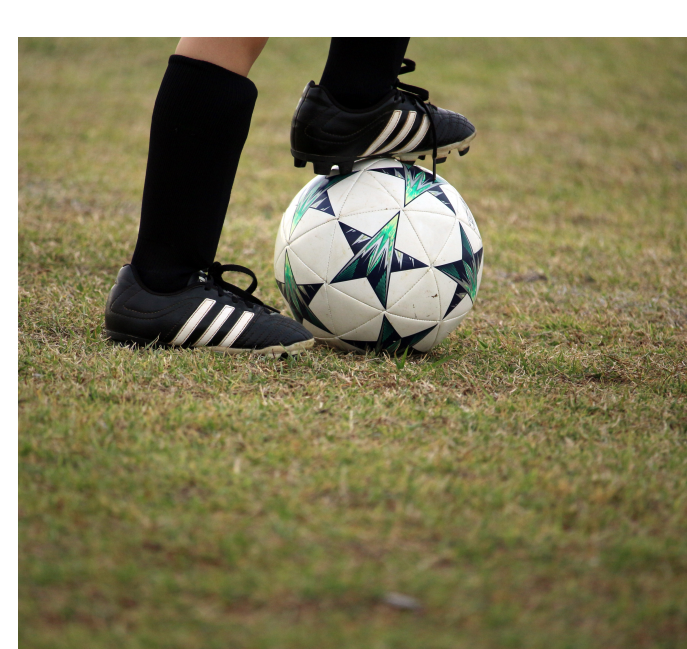
~315 students impacted



Bauder

Nutrition Environment redesign for elementary autism program

~520 students impacted



Lincoln

Launched middle school Soccer club and kinesthetic classroom tools

~600 students impacted



PCA

Mindfulness program implementation and mindful movement for at risk students

~194 students impacted



Irish

Integrated garden nutrition curriculum implementation and plant fundraiser

~240 students impacted

Total students impacted ~1,869

Student Summit

173

People in attendance.

69%

From the previous year.



Movement Desks & Active Classrooms

41



NEW Movement Desks Implemented

Poudre High School

Roughly 480 minutes of increased physical activity in 6 class periods

120
Total Students

Preston Middle School

Roughly 480 minutes of increased physical activity in 6 class periods

30
Total Students

Putnam Elementary School

Roughly 403 minutes of increased physical activity per day

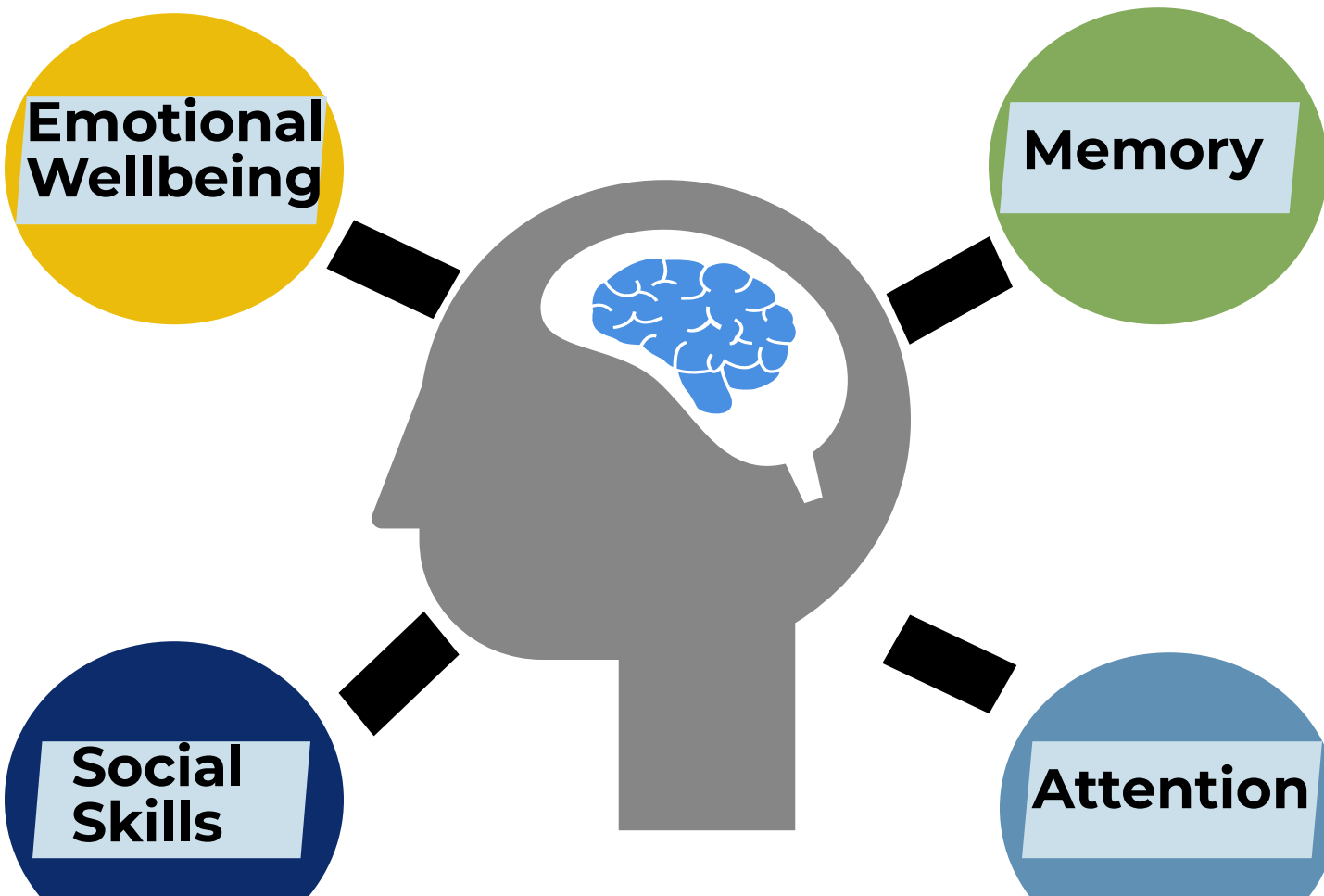
280
Total Students

Irish Elementary School

Roughly 400 minutes of increased physical activity per day

24
Total Students

UNC Brain Break Academy



2020 Colorado Physical Education Standards

Students displayed responsible behavior while functioning independently as well as together as a team

Students displayed empathy to all other students and players including their team, competitors, and officials.

Each student accepted their own roles as well as the roles of their teammates in order to work efficiently towards a common goal.

Students accepted the diversity in their teams, and used the individual differences of each player as a strength.

School Wellness Team Initiatives & Priority Areas

70%

Physical Activity & Physical Education

61%

Social & Emotional Learning

37%

Nutrition Environment

24%

Community Involvement

27%

Family Engagement

90%

Employee Wellness

24

n=42 School Teams created unique employee wellness events or challenges

12,685

Students impacted by School Wellness Team Programs



7 School Wellness Centers

Elementary level = grades K-6

Secondary level = grades 6-12

Combined level = both elementary and secondary grades (ex: K-8)

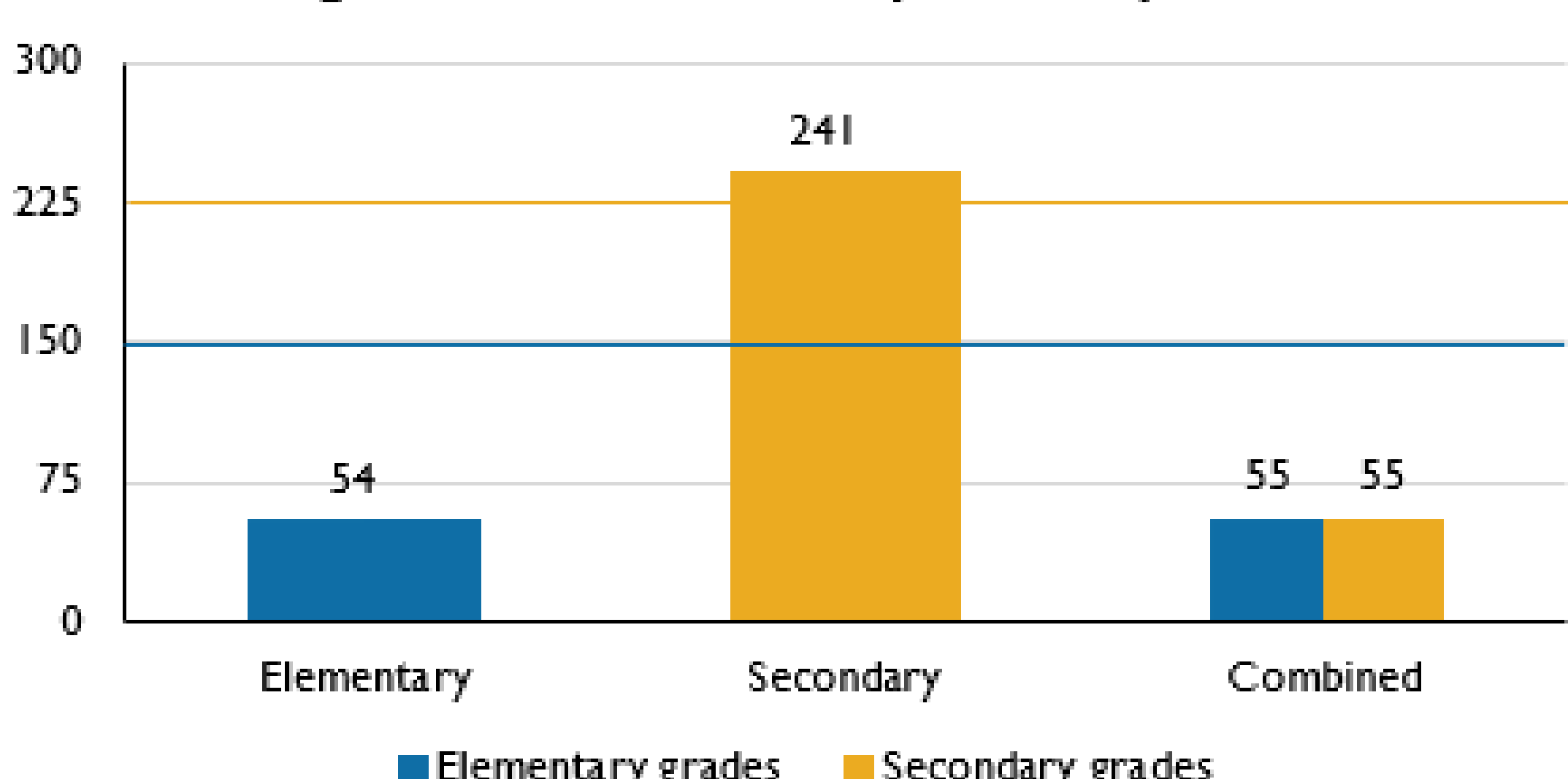


Schools competed in Schools On The Move 5210

32 Health Heros 10 Schools

Kindness Heros 10 Schools

Average PE minutes offered per week per student



Practices to promote physical activity

