

ST. LOUIS PUBLIC SCHOOLS HEALTH AND WELLNESS POLICY 2008 EXECUTIVE SUMMARY

The Special Administrative Board of The Transitional School District of The City of St. Louis acknowledges that student well-being and student achievement are inherently related. Therefore, in support of the vision and mission of St. Louis Public Schools, the Special Administrative Board aims to create and maintain a healthy school culture for all children through the implementation of its Health and Wellness Policy. The Health and Wellness Policy was formed through a collaborative effort by the St. Louis Public Schools and the Healthy Youth Partnership, to encourage wellness and address current health issues facing both students and St. Louis Public Schools staff. The Health and Wellness Policy provides the framework for schools and the district to promote good health and provide a safe and healthy learning environment.

The Health and Wellness Policy focuses on eight key goal areas. Responsibility for the implementation of the Health and Wellness Policy lies with the district-appointed Health and Wellness Policy Coordinator(s) at the district level, and with the school principals advised by School Health Advisory Councils (SHACs) at the school level. The district Health and Wellness Policy Coordinator(s) will assess each school and work with each SHAC to create goals and action plans for achieving or surpassing the Health and Wellness Policy Guidelines.

The most significant district-wide changes governed by the Health and Wellness Policy are highlighted below.

Goal Area 1 – Health and Wellness Education

The St. Louis Public Schools food service provider will be responsible for developing and implementing a nutrition education program and health promotion activities in partnership with the Health and Wellness Policy Coordinator. The program will utilize nationally recognized curricula approved by the St. Louis Public Schools Curriculum and Instruction Office.

Goal Area 2 – Physical Education and Physical Activity

Academics in Movement (AIM), a comprehensive K-12 curriculum addressing the mental, physical, social, and emotional aspects of health, designed by the St. Louis Public Schools Curriculum & Instruction Office, will be implemented in all elementary schools in the 2008-2009 school year to support goal areas one and two. The AIM curriculum will emphasize strategies on how to achieve optimal health and wellness.

Elementary schools will provide 150 minutes of moderate to vigorous physical activity per week for elementary school students through physical education classes and non-school hour programs beginning in the 2008-2009 school year in accordance with national recommendations from the U.S. Department of Education.

Secondary schools will provide 225 minutes of moderate to vigorous physical activity per week for secondary school students through physical education classes and non-school hour programming beginning in the 2009-2010 school year.

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Elementary schools will schedule a supervised recess before lunch for all students to allow students to be physically active each day.

Goal Area 3 – Health Services

Physical Education teachers will complete physical fitness assessments for each student two times per school year. The results of the student assessments will be sent home to parents and students with the regular biannual report cards, and PE teachers will collaborate with school nurses to make referrals for students who are identified as having weight-related health conditions to see school health professionals or outside physicians and community health agencies. A Student Support Services team comprised of a nurse, social worker, counselor, and other health professionals will be available at schools as needed to support the health and well-being of students and staff while they are at school. Parents and other community members will be informed of health services available at SLPS schools.

Goal Area 5 – Nutrition Services

Nutrition services at SLPS will be improved under the Health and Wellness Policy. Within two years, the school foodservice program will be required to reflect, at a minimum, Missouri's Advanced Eat Smart guidelines, which include publishing a nutrient analysis of all foods provided and serving healthy menu items including fruits and vegetables.

Goal Area 7 – Family/Community Involvement

Finally, the district will support an integrated school, parent, and community approach to achieving student wellness through a dynamic, collaborative partnership of communication and accountability. The district will utilize its resources, the Health and Wellness Policy Coordinator(s), school principals, and SHACs to inform parents, students, and community members of the Health and Wellness Policy and actively engage them throughout the year. The Health and Wellness Policy Coordinator(s), school principals, SHACs, school nurses and staff, foodservice programs, and the St. Louis Public Schools will each perform assigned roles to implement the Health and Wellness Policy, monitor, and evaluate its progress at each school. The Health and Wellness Policy Coordinator(s) will compile data from each school and present a written report detailing progress at both the district and the school levels to the Special Administrative Board at a summer board meeting.

The actionable items required to fulfill the policy are detailed in the action plan of the Health and Wellness Policy. The Wellness Committee will continue to meet regularly and seek input from key stakeholders to refine the action plan and make adjustments based on evaluation data and feedback from all stakeholders to ensure that the effort to improve the health and wellness of St. Louis Public School students is increasingly successful each academic school year.