

June 2017

# Warwick School District Student & Staff Wellness Program Warwick School District Annual Wellness Report



## Student Wellness Mission Statement

“Through the collaborative efforts of the classroom, school, district, and community, our students will achieve optimal health status so that they can attain academic success at a higher level.”

Warwick School District looks at student health and wellness as the building block at the foundation of student achievement.

## Points of Focus

- Student Wellness
- Food Services
- Resilience & Mental Health
- Activities and Programs Promoting Wellness, Nutrition and Physical Activity

## Wellness Committee Update

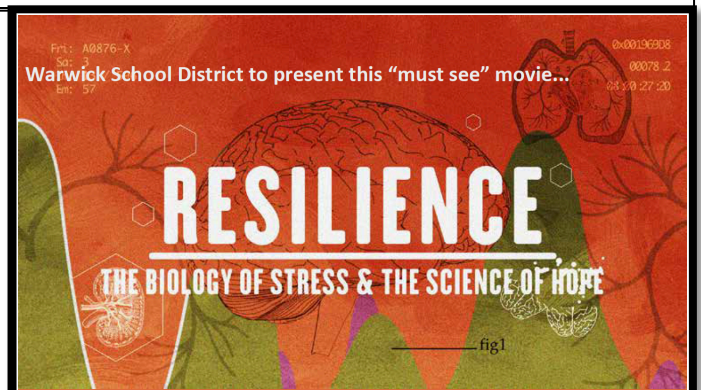
The district continues to work individually and collaboratively within our six schools to develop programs designed to promoting physical activity, healthy eating and social-emotional health. Overall, our wellness committee is pleased with our progress.

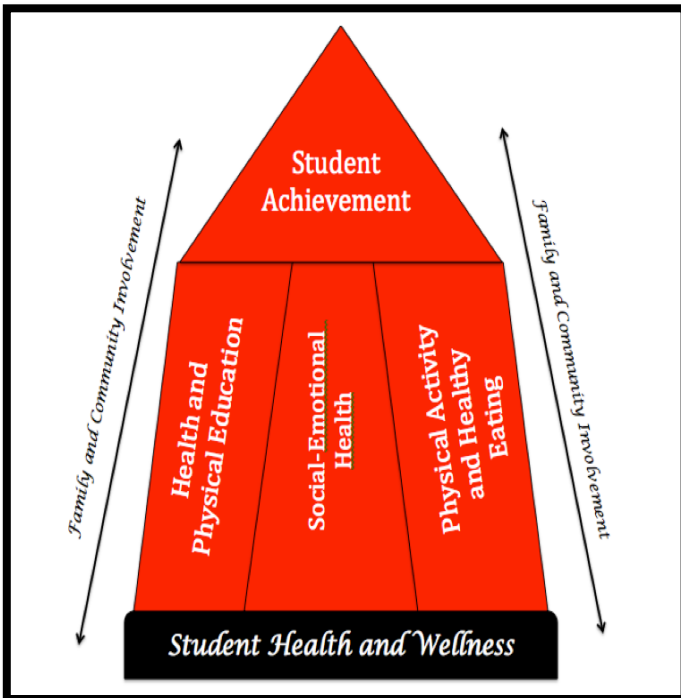
Wellness goals and will continue in its efforts to promote student wellness. This report offers a summary of the K-12 initiatives and programs that demonstrate the district’s efforts to keep student health and wellness at the center of all programming

The items listed in the report are merely highlights from the school year and do not serve as a total comprehensive list of accomplishments for the 2016-2017 school year.

## Resilience

In March of 2017, Warwick School District partnered with Warwick Education Foundation to present Resilience and discuss adverse childhood experiences (ACE’s). The district partnered with almost 30 stakeholders to facilitate a successful event. Almost 450 people attended! The district continues to review best avenues to support mental health programming.





### Activities and Programs

During the 2016/2017, the following list includes a few of the programs offered to students and/or staff:

#### Elementary

- Race for Education
- Track and Field Day
- Girls on the Run
- Jump Rope for Heart
- National School Lunch Week
- 2<sup>nd</sup> Grade Safe Touch Lessons
- Family Fun Nights: Sports and Recreation
- Red Ribbon Week
- Screen Free Week
- Bike Rodeo
- Mobile Ag Lab
- Character Education
- Student of the Month
- All Pro Dads

#### Secondary

- Hoops for Heart
- CPR Classes
- Healthy Cooking Demonstrations
- Social Skills Groups
- Lymphoma/Leukemia Association Fundraiser
- Food Drive
- Sex Education Presentation
- 7 Habits of Highly Effective Teens
- Health and PE Classes
- Prom Promise Presentation
- Link Crew
- SAP
- Grief Group
- Mini-THON

## Food Services

The Director of Food Services, Mrs. Karen Miller, and her dedicated staff have done a tremendous job of providing our students with access to reasonably priced foods and beverages that meet the federally established nutritional guidelines. The food services department has developed a system that promotes Warwick School District's Board Policy Number 246 and the Healthy, Hunger-Free Kids Act of 2010.

They have been successful in their efforts to meet the ever increasing regulations for healthier meals while also keeping the options appetizing for our students (all items sold in our cafeterias meet the National School Lunch Program nutritional guideline standards). The chart below provides total meals sold at each school for the 2016/2017 school year.

School	Breakfast	Lunch
John Beck	6,198	41,668
J.R. Bonfield	11,036	48,266
Kissel Hill	13,070	54,200
Lititz Elementary	6,159	43,621
Warwick Middle	8,434	71,622
Warwick High	18,439	124,830

Mrs. Miller also stays current on health and wellness topics by representing WSD on the LiveWELL Lancaster County Coalition as well as Lighten Up Lancaster. These are countywide meetings designed to get stakeholders together including community members, businesses, health and human service organizations to improve Lancaster County. They share ideas to make Lancaster County a healthier place to live, work and play!



## Mental Health

Throughout the last few years, a group of committed counselors, principals and district office staff have researched best methods to provide mental health screening at the secondary level. Beginning in 2017/2018, all students in grades 7 and 10 will be screened for mental health during our routine medical screenings.