

August 2018

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.

Areas 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.

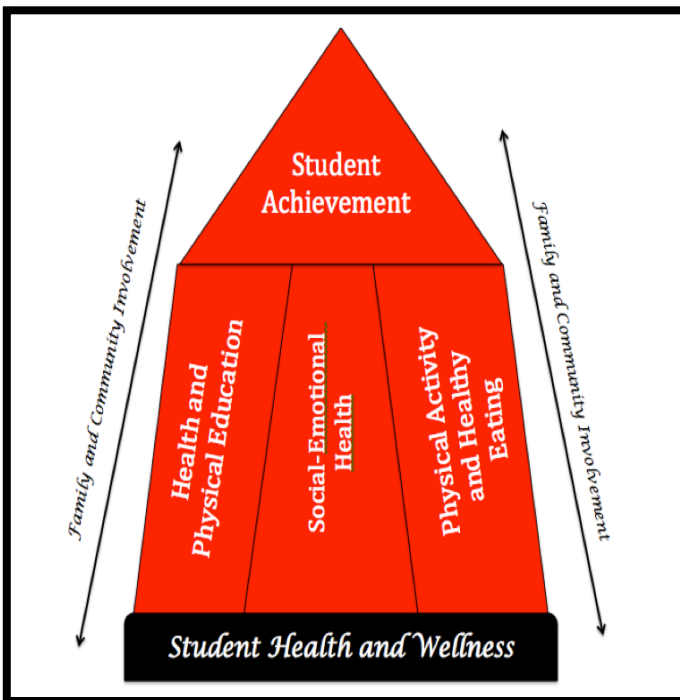
Wellness goals and will continue in its efforts to promote student wellness. This report offers a summary of the K-12 initiatives and programs that demonstrate the district's efforts to keep student health and wellness at the center of all programming

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 2017/2018 school year.

Resilience

In May of 2018, Warwick held the second Resilience event. This night focuses on topics related to wellness, resilience and mental health with two goals: share information and share resources for our students and families. The focus for the event was on Suicide Awareness and Prevention.





Activities and Programs

During the 2017/2018, 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
- 2nd 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 2017/2018 school year.

School	Breakfast	Lunch
John Beck	6370	41117
J. R. Bonfield	10538	50184
Kissel Hill	13692	54892
Lititz Elementary	5462	46569
Warwick Middle	7416	60132
Warwick High	16208	124297

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. Continuing in 2018/2019, all students in grades 7 and 10 will be screened for mental health during our routine medical screenings.