

Unity Point School – Carbondale, IL
School Health Action Planning based on the School Health Index
School Health Index Updated Oct. 17, 2011

Wellness Committee Members: School Representatives: – Jill Misner, Ron Rogers, Brett Pinnon, Molly Gaffney-Keebler, Ulli Tragoudas, Lori James-Gross, April Haar, Chris Midden, Juanita Drue, Sandy Charlson

Community Representatives – Angie Bailey-Jackson County Health Department, Amy Wright – Southern Illinois Healthcare (SIH), Tracie Deaton – SIH, Jeff Franklin – SIU Center for Rural Health and Social Service Development.

Module	Strengths	Improvement Opportunities	Action Plan
School Health Policies and Environment	<ul style="list-style-type: none"> ❖ Has a committed Wellness Committee that meets at least 4 times per year. ❖ Wellness Committee is made up a diverse group of people – teachers, parents, Food Service Director, Principal, Superintendent, Social Worker, community agency representatives, school board members, etc. ❖ Have school policies and/ or procedures on the following: <ul style="list-style-type: none"> Asthma Medicine distribution Tobacco-free campus Air quality Weapon free school Bullying (uses chart with continuum) & sexual harassment Pest management Maintaining the playgrounds, field, buildings, etc. ❖ Annual training is made available for staff on many topics including: <ul style="list-style-type: none"> - Mandated reporters - CPR/ 1st Aid - Bloodborne pathogens - CPI training for special education teachers ❖ Tobacco-free campus policy is strictly enforced and communicated to parents and visitors as well as those using the building ❖ Parents and the school are very connected. Have lots of opportunities for volunteerism throughout the school. ❖ Offer many clubs and enrichment opportunities for students. ❖ The school is going to be putting in a new video security system. 	<ul style="list-style-type: none"> • Policy regarding foods at concession stands – could offer a few healthy choices in additional to the other items that are offered • Having a school nurse would be very beneficial to the school due to various health conditions students may have such as asthma, food allergies, diabetes, etc. (It would be helpful to have them located close to the gym ☺) • Staff training would be helpful on the following topics: <ul style="list-style-type: none"> ○ CPI ○ Recognizing the signs and symptoms of suicide. ○ Fire extinguishers ○ Asthma management 	<p>Contact Makanda Township to have a fire extinguisher training.</p> <p>Add an asthma attack response procedure in the teacher handbook.</p> <p>Offer CPI training for teachers aids and special teachers.</p> <p>Hold training for all school staff on suicide prevention.</p> <p>Hand sanitizer is available in cafeteria.</p> <p>PE teachers will talk to students about the importance of hand washing before lunch.</p> <p>Reassess school health environment every 3 years by completing the school health index.</p>
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<p>School Health Policies and Environment, continued</p>	<ul style="list-style-type: none"> ❖ Very detailed and comprehensive parent handbook and faculty/ staff handbook ❖ Many programs are offered to help student overcome barriers to learning. ❖ Enrichment experiences are offered to all students ❖ School environment is very safe – fire alarms are working, buses do not idle near the children keep doors locked and visitors must enter front door, safety inspection conducted at least twice a year and the ROE also checks ❖ AED's are located near the gym (2) and outside (1) ❖ Students are well supervised to promote safety ❖ Have a written crisis response plan. Meet yearly with community partners (such as Jackson Emergency Management Agency (JEMA), Jackson County Sheriff, Carbondale Police, etc.) to discuss crisis plan. ❖ Have a plan to work with Giant City School in case we need to evacuate the building. ❖ Bullying lessons are taught in the 5th grade. ❖ Meet with all playground supervisors yearly to discuss rules, etc. ❖ Request healthy snack at school parties, etc. ❖ Have a very clean and well-maintained school building. Custodial staff do an excellent job. ❖ School building maintenance is schedule for times/ dates when school is not in session. ❖ Have a detailed pest management policy with regularly scheduled maintenance. ❖ Have signs in the teachers lounge re: how to handle seizures, etc. ❖ Concession stand does not offer soda only water and Vitamin Water. 	<ul style="list-style-type: none"> • Junior high students do not wash hands before lunch. • Examine whether smoking is occurring in other areas of the school property and talk with staff. 	<p>Make wellness policy public.</p>
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Health Education	<ul style="list-style-type: none"> ❖ CATCH is being taught in all grades (pre-k through 5) ❖ Michigan Model curriculum is used in grades 6 – 8. ❖ Active learning strategies are used to teach health. ❖ Teach 1st aid and CPR in 7th & 8th grades. ❖ Culturally appropriate materials/ activities and examples are used. ❖ Implement CHOICES class. ❖ Assignments encourage interaction with family and the community through many different ways; most physical activity, Hopping to Health Family Challenge (frog activity), distribute community flyers, bring in guest speakers, Hoops for Heart, Relay for Life, junior sports flyers, newsletter for parents, Jr. High Wellness Day. ❖ All health teachers attend professional development. ❖ Students receive 6 weeks of Jr. High health with all topics being covered. ❖ Asthma awareness is being taught to Jr. High students. ❖ Tri-County offers annual CPI (Crisis Prevention Intervention) training. 	<p>Need to remind classroom teachers about the need to teach the CATCH lessons.</p> <p>CATCH and updated Michigan Model materials are needed for grades 5 – 8</p> <p>Could teach lessons on bicycle and seatbelt safety.</p> <p>Could do more overall as a school in teaching students to respect individual differences – address stereotyping and stigmatizing.</p> <p>Some classroom teachers have not received professional development related to health education.</p> <p>CPI provided by Tri-County monthly. Employees are sent to that meeting.</p> <p>Assess what health is being taught in grades K – 5.</p>	<p>Look into getting new copies of the Michigan Model Binders for grades 5, 6, 7, and 8 (Brett and Ron will teach from)</p> <p>Obtain copies of the CATCH middle school curriculum</p> <p>Remind classroom teachers to teach the CATCH lessons.</p> <p>Continue to conduct Jr. High Wellness Day.</p> <p>Promote CPI (Crisis Prevention Intervention) training to teachers aids and special teachers.</p>
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Physical Education	<ul style="list-style-type: none"> ❖ Outside groups may use the outdoor playgrounds/ equipment anytime and indoor facilities by request. ❖ Gyms are accessible. ❖ There is an adequate teacher/ student ratio. ❖ All PE teachers are certified to teach PE and they receive professional development throughout the school year. ❖ PE teachers use a PE curriculum that is consistent with state standards and students are moderately to vigorously physically active at least 50% of the time. According to SOFFIT data. ❖ Students enjoy PE. ❖ Playgrounds and PE facilities meet safety standards. ❖ 5th – 8th grade received 40 minutes of PE each day plus 35 minutes of DPA ❖ 1 – 4th grades receive 90 minutes of PE each week plus 1 hour and 10 minutes of DPA ❖ K – 3 receives 3 recess (DPA – Daily Physical Activity) times during school hours ❖ K – receives 30 minutes of PE each week plus 75 minutes of DPA each day ❖ Students are taught about heart rate monitors in PE and during 1 session in health in the upper grades. ❖ Students are assessed using the PACER test and Fitnessgram (receive a grade on these but it does not weigh heavily in their overall PE grade.). ❖ Promote outside physical activities such as junior sports, etc. ❖ Have guest speakers, i.e. boomerangs. ❖ STI system is used to communicate students' medical conditions. (i.e. having kids with asthma use peak flow meter to see if they can participate in PE, etc.) 	<ul style="list-style-type: none"> • Having trouble with heart rate monitors syncing. • Some children are too small for the heart rate monitors to fit properly. • Occasionally may withhold one out of the three recess times for grades k – 3. • Students are worried about their fitness tests having an overall impact on their class grade, especially children with health conditions such as asthma – have a separate scoring system for children with documented health conditions. • Make sure children with asthma have inhalers nearby 	<p>Require that students with asthma bring their inhaler with them to PE class the day of the Pacer test. (If okay with parent/ doctor have them use before and during the test as needed.)</p> <p>Get additional X-small heart rate monitor bands. (SIH is ordering.)</p> <p>Train PE teachers to deal with students who are hyperventilating. A CD from Andrew Weil will be used.</p>
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Nutrition Services	<ul style="list-style-type: none"> ❖ Have nutritious breakfast and lunch program. ❖ Have a Registered Dietitian as the School Food Service Manager. ❖ Offers a variety of foods in school meals that are appealing and low-fat. ❖ Use healthy food preparation techniques - Spoon fat off, rinse brown meat, don't fry foods, use turkey in place of hamburger ❖ Salad bar is offered for grades 4 – 8. 	<ul style="list-style-type: none"> • Display additional nutritional information • Don't have food policies for sheltering in school • Procedure for handling diabetic reactions • Sites out side of cafeteria (IE concession stands, parties and special events) don't always 	<p>Provide additional training for school staff on handling food emergencies, i.e. choking, diabetic reactions, sheltering in school.</p> <p>Make sure to have a few healthy choices at concession stand and</p>

	<ul style="list-style-type: none"> ❖ Professional development is offered for school food service staff. ❖ Students have time to eat their meals. All students are allowed to finish even if it means notifying their teacher. ❖ School menus list slow, go and whoa foods. ❖ Students in grades K – 3 receive all food items. ❖ Cafeteria holds contests, cafeteria tours, and taste tests. ❖ Use CATCH Food Service materials. ❖ Pork products are labeled. ❖ Promotional materials are displayed. ❖ Have extra milk/ fruit/ packaged food “share table” for students to share with others so food is not wasted ❖ No gum chewing is allowed by students. ❖ Have many fundraisers that do not involve food although some do, i.e. book fair, carnival, math-a-thon, hoops for heart, relay for life. ❖ Limit the food based fundraising. ❖ Request healthy snacks at school parties, etc. ❖ Have an allergy table where all kids with food allergies sit together for their safety. ❖ Offers taste tests for students. ❖ Food Service Manager seriously considers all suggestions. ❖ Have established a relationship with local farmer for delivery of local produce (apples, watermelon, cantaloupe, green beans, peppers, onions, strawberries, zucchini, corn on the cob) 	<p>have appealing, low-fat items.</p> <ul style="list-style-type: none"> • Food is sometimes used as a reward, i.e. pizza parties, candy, food coupons, school assignments. • Consider having a suggestion box again. Continue to offer periodic taste tests. 	<p>parties, etc.</p> <p>Continue to offer for rewards coupons for students to eat in the courtyard or the pavilion, Principal of the Day.</p> <p>Food policies for sheltering.</p> <p>Suggestion box.</p> <p>Schedule taste tests.</p> <p>Host the “Dairy Fully Fueled Day” in October.</p> <p>Continue to work on Farm to School programs.</p>
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School Health Services	<ul style="list-style-type: none"> ❖ Pam, the school secretary, provides the following since no school nurse or other health service providers is employed at the school. <ul style="list-style-type: none"> - Gives medicines/ contacts parents 	<ul style="list-style-type: none"> • A school nurse or other health service provider is needed. • On Information Now software you have to look at each 	<p>Hold an in-service for staff on asthma and asthma management.</p>

	<ul style="list-style-type: none"> - Triage for stomachaches and various other issues - Provides Band-Aids, ice and basic first aid - Handles fevers/ sickness - Checks for head lice - Keeps inhalers available for students <ul style="list-style-type: none"> ❖ Teachers and other school staff receive student medical information via (Software Information Now) ❖ Complete School Accident Reports. ❖ Staff knows to call parents if needed. The Principal and Superintendent notify the parents. Have informal procedures for handling. ❖ Students must have a written plan to carry inhalers for asthma. ❖ Bus drivers and main playground staff person receives student medical information as needed. ❖ Students are referred to Terrier Care for school and sport physicals if needed. 	<p>individual student to receive their information.</p> <ul style="list-style-type: none"> • No consulting school health physician. • Need more training for school staff/ teachers on what to do if a student is experiencing a certain health issue – What are the procedures staff should follow? • No a system for identifying and referring students with asthma. • In the main office we track how often students use inhalers, how often they come in from PE and when they are sent home for asthma related illness. • Don't have extra personal inhalers in locations were students are more likely to have an asthma attacks – PE area/ gym, etc. • Asthma education is not offered to student with asthma or their classmates. • Not all playground staff know which student have medical issues. • Often times staff know where to refer but they don't have the resources to assist. 	<p>Provide educational information to students on signs and symptoms of an asthma attack and what to do if a classmate is having an asthma attack.</p> <p>Try to find a physician who would be willing to assist with school physicals, especially sports physicals.</p>
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School Counseling, Psychological & Social Services	<ul style="list-style-type: none"> ❖ Have a school social worker. School staff recognizes issues and refer as needed. ❖ In the past lessons have been provided to the older girls on eating disorders. ❖ Social skills lessons are taught in K classes ❖ Have a junior high wellness day that is coordinated by the school social worker. 	<ul style="list-style-type: none"> • Referral sources are needed for students with asthma. • Additional resources are needed for those students who are experiencing depression. • Need referral sources for students with eating disorders. 	<p>Reach out to students to let them know they can talk to the school social worker.</p>

	<ul style="list-style-type: none"> ❖ Makes individual referrals as needed. ❖ Peer counseling goes really well. ❖ Have a peer mediation program. ❖ School social worker has referral sources available for a variety of issues. ❖ Have “Check In, Check Out” system in place --- It is a tier2 PBI’s system. Students check in and check out each day with certain staff. ❖ Have systems for handling students who are homeless, and those with learning disabilities. ❖ Have a system for handling incidents of bullying. ❖ Have the PBIS (Positive Behavior Incentives and Supports). PBIS is a <i>framework</i> for creating and sustaining effective school-wide behavior system. ❖ Use RTI (Response to Intervention). It is designed to provide early, effective assistance to children who are having difficulty learning. ❖ Have a system for handling suspected child abuse. Everyone is trained as a mandated reporter. ❖ Have child study team. ❖ Students are often referred to Adolescent Health Center or Southern Illinois Regional Social Services. ❖ Social Service Referral Form in Teacher Handbook. 		
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Health Promotion for Staff	<ul style="list-style-type: none"> ❖ Have conducted staff survey. ❖ Screenings are offered through SIH and “Your Partners in Health. ❖ Salad bar is offered for staff. ❖ Places like Great Shapes and Curves offer discounted memberships for school staff. ❖ Receive e-mails from Bill. Called “HR Element” by Insurance Agency (R.W. Garrett Agency, Inc.) 	<ul style="list-style-type: none"> • Tobacco cessation programs have not been promoted to staff. Need a stress management program for staff. • Training is needed for all staff on conflict resolution. • Need refresher training for all staff on basic 1st Aid. 	<p>Promote the Illinois Tobacco Quitline to all staff.</p> <p>Hold refresher training for all staff on 1st aid basics.</p> <p>Hold screenings for staff each Fall.</p>

	<ul style="list-style-type: none"> ❖ Receive staff newsletters from SIH for teachers and food service staff. ❖ Have CPR and AED training. ❖ Health insurance company for school staff offers newsletters and voluntary program related to weight loss and smoking cessation. 	<ul style="list-style-type: none"> • Would like an exercise room for staff but we do not have the space for it. 	<p>Provide a staff health promotion event. (May include Zumba Class, Yoga Class, weight loss challenge, cooking class etc.). Need to survey staff of when and what they would like.</p>
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Family & Community Involvement	<ul style="list-style-type: none"> ❖ Unity Point Wellness News is sent home to parents. ❖ Parents receive SHI newsletter ❖ Host Family Fun Night at least one a year (Location alternates between CCHS and UP). ❖ Promote community programs and events to parent such as CATCH on to Health! Challenge, Hoops for Heart, Carbondale Junior Sports, Relay for Ilfe, etc. ❖ Hosted a mini Relay for Life. ❖ Bring the smokehouse out from the fire department for the younger kids. ❖ Pre-K offers Baby Talk and Parent Education program. ❖ Parent's participant in school activities, on the school board, etc. ❖ Family Challenge in PE – FROG activity. ❖ All parents are invited to education programs offered through the Baby Talk and PreK Program. 	<ul style="list-style-type: none"> • 	<p>Hold a Family Health Fair during Academic Night on Feb. 24th, 2012.</p>