



WCSD Student Wellness Reporting Tool Data

SY 18-19

SY 18-19 Student Wellness District Goals

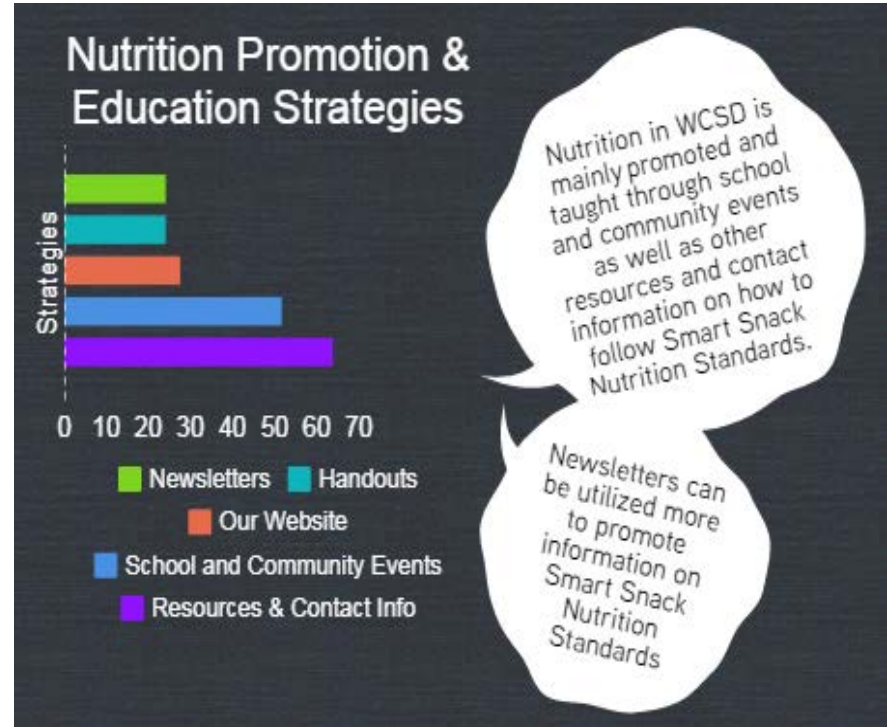


1. **Nutrition Promotion/Education:** Provide education at each school site in the community on Smart Snack Standards to increase understanding among teachers, students, and parents.
2. **Physical Activity:** Develop and begin implementing a site plan at each school that provides the opportunity for all students to participate in 30 minutes of daily, moderate to vigorous physical activity.
3. **School-Based Activities That Promote Student Wellness:** Document activities that are already occurring at each school that promotes student wellness, as well as a develop a system for collecting information annually.

Goal 1: Nutrition Promotion/Education Strategies

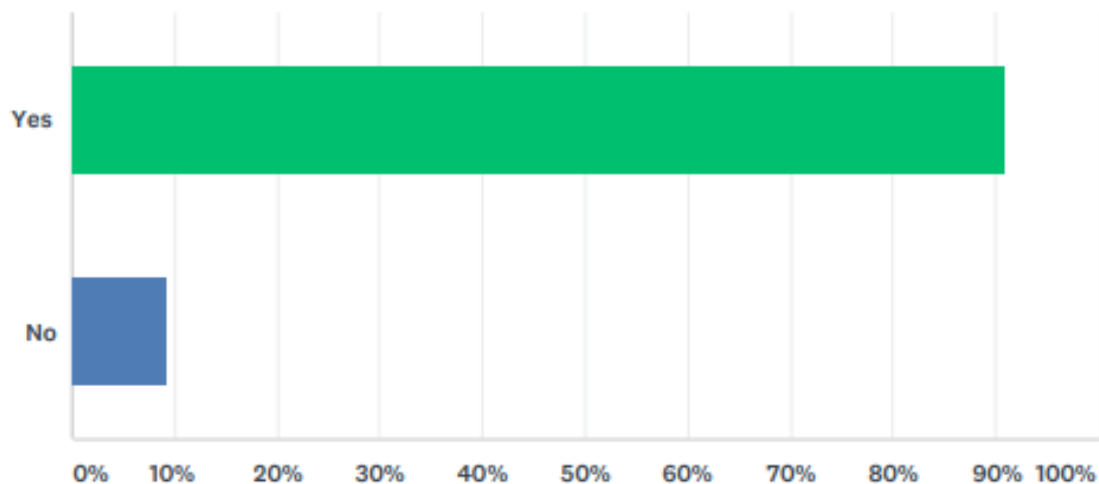
Specific to Smart Snack Nutrition Standards:

- Newsletters - 24.14%
- Handouts - 24.14%
- Website - 27.59%
- School & Community Events - 51.72%
- Providing Resources & Contact Information - 63.79%



Q4 Did your school accomplish this goal?

Answered: 65 Skipped: 12



ANSWER CHOICES

RESPONSES

Yes

90.77%

59

No

9.23%

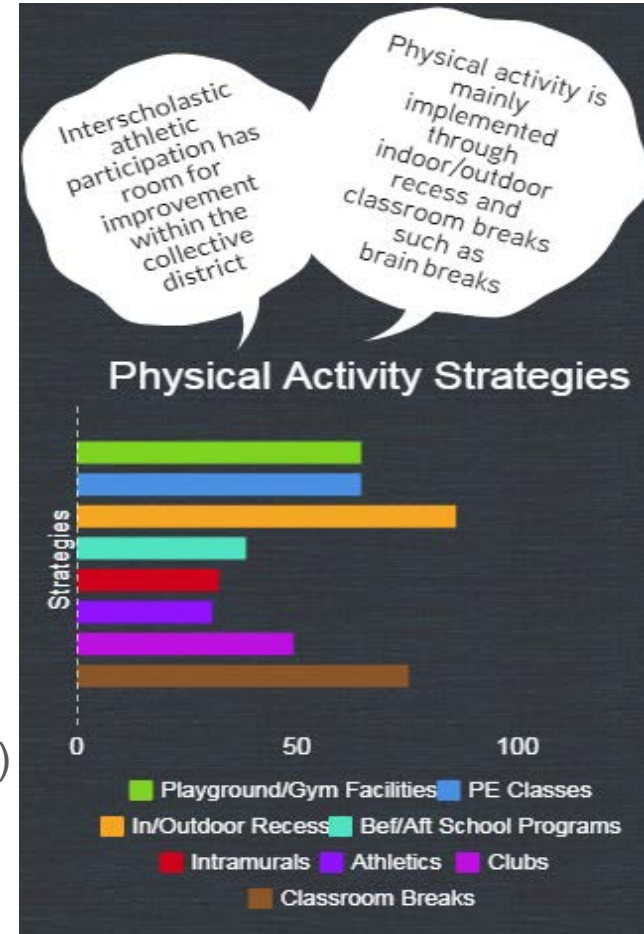
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TOTAL

65

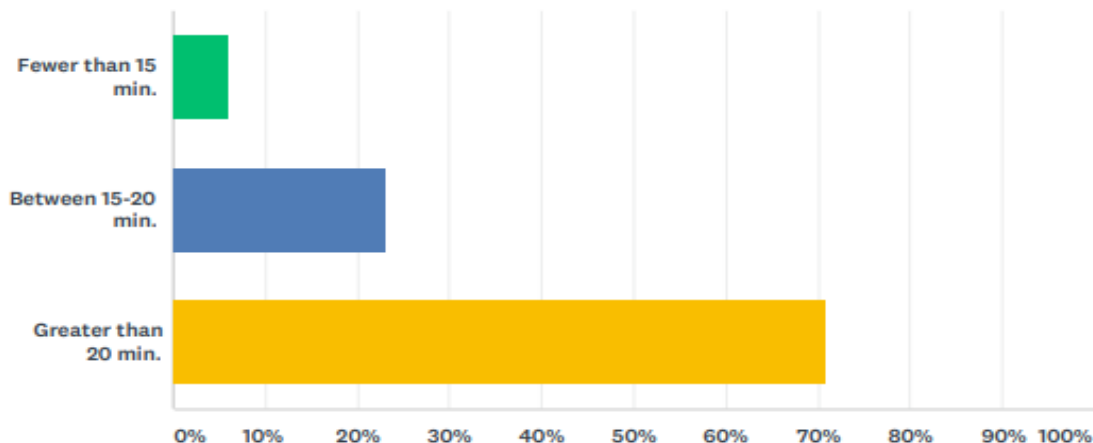
Goal 2: Physical Activity Strategies

- Open Playground/Gym Facilities before & after school- 64.62%
- Offer Physical Education Classes 64.62%
- Indoor/Outdoor Recess - 86.15%
- Community Partnerships for Before & After School Programs - 38.46%
- Intramurals - 32.31%
- Interscholastic Athletics - 30.77%
- Clubs (ex: Girls On the Run, 100 Mile Club, etc-)49.23%
- Classroom Breaks (ex: Brain Breaks, energy releases, etc.) 75.38%



Q21 What is the shortest amount of time a student would be provided the opportunity for moderate to vigorous physical activity during the regular school day?

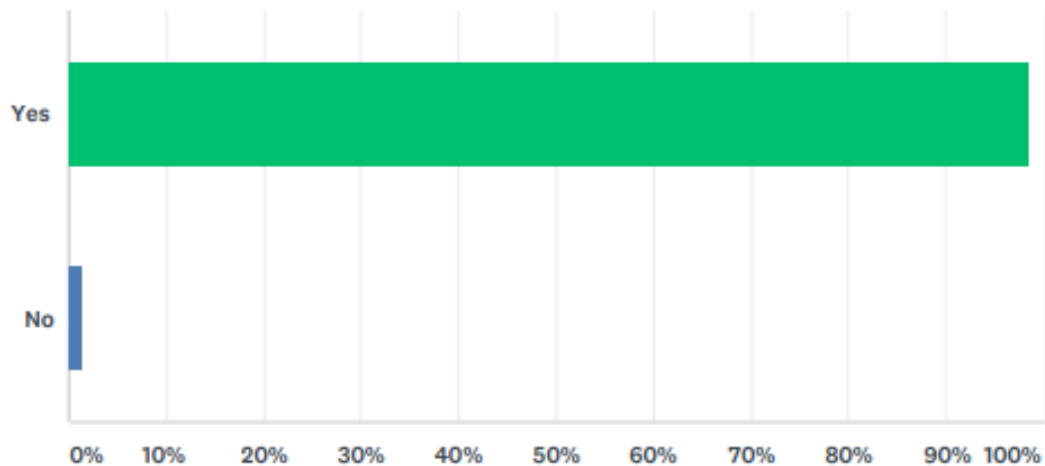
Answered: 65 Skipped: 12



ANSWER CHOICES	RESPONSES	
Fewer than 15 min.	6.15%	4
Between 15-20 min.	23.08%	15
Greater than 20 min.	70.77%	46
TOTAL		65

Q7 Did your school accomplish this goal?

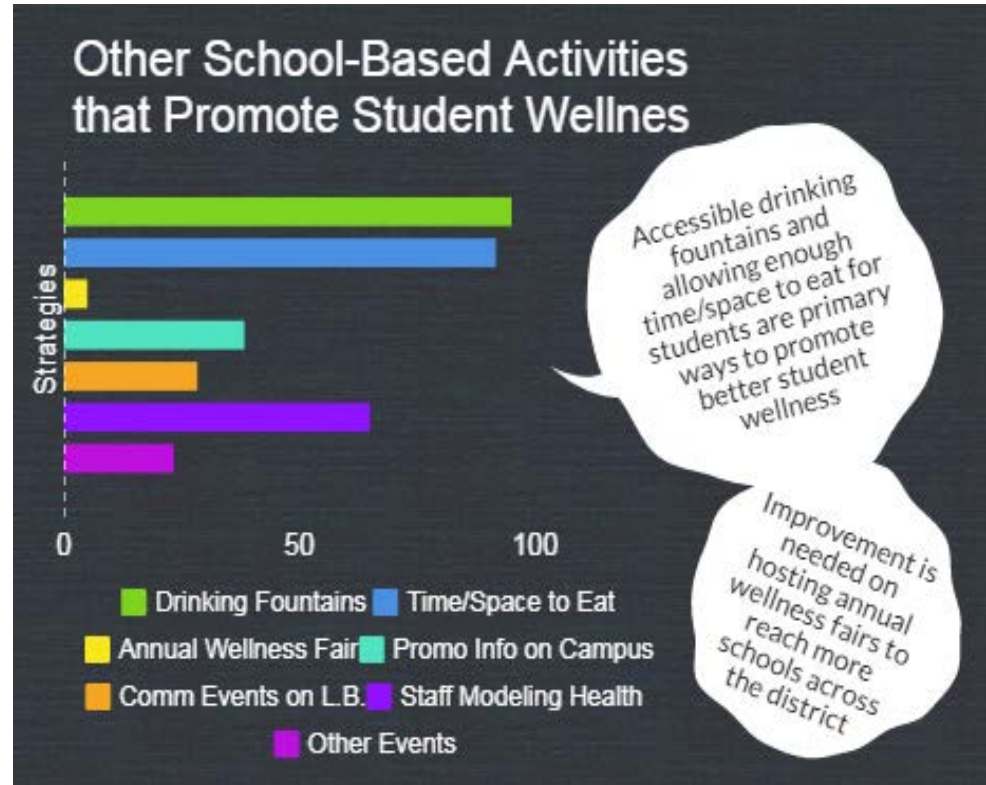
Answered: 65 Skipped: 12



ANSWER CHOICES	RESPONSES	
Yes	98.46%	64
No	1.54%	1
TOTAL		65

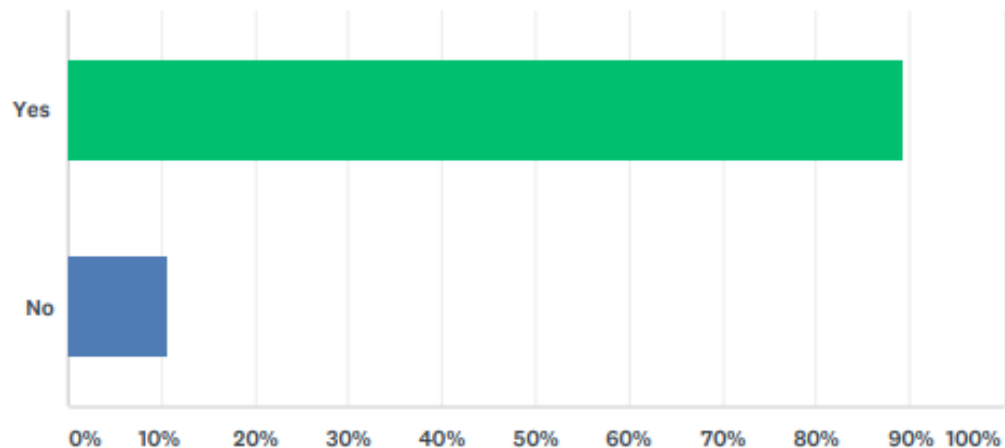
Other School -Based Activities/Programs that Promote Student Wellness

- Drinking Fountains - 95%
- Time & Space to eat breakfast & lunch - 91.67%
- Annual Wellness Fairs- 5%
- Promotional Information on campus- 38.33%
- Community Events - 28.33%
- Staff Promoting Healthy Behaviors through Modeling - 65%
- Other Events - 23.33%



Q10 Did your school accomplish this goal?

Answered: 65 Skipped: 12



ANSWER CHOICES	RESPONSES	
Yes	89.23%	58
No	10.77%	7
TOTAL		65

Challenges & Barriers



- Biased data due to nonresponse options
- 71% of schools reported that food is sometimes used as an incentive, in which half of the food meets Smart Snack Standards
- Misconceptions of Nutrition Services (food being provided and/or sold not viewed as healthy)
- Confusion and non agreement of Smart Snack Nutrition Standards
- Internal communication between school administrators and staff
- Under prioritized within the district
 - Lack of wellness champions and development of wellness teams

Opportunities & Potential Solutions

- Utilizing Tools & Resources
 - School Physical Activity and Nutrition Environment Tool (SPANET)
 - Observational, site- readiness, and strategic thinking/planning
 - Student Perspectives Study
 - Opportunity to address students misconceptions/needs
- Collaborating with community partners
 - 5210 Healthy Washoe
 - Urban Roots- Sustainable gardens
- Supporting admin, staff, and parents through continued outreach and education

Questions?



- Contract plans for SY 1920
- Next steps?