



Paris Community Unit School District No. 4

Lorraine Bailey, Superintendent
Danette Young, Principal

15601 US Hwy 150
Paris, IL 61944

Building a Foundation One Student at a Time

Final Wellness Report May 2016

A wellness policy was first developed by the district and adopted on July 12, 2006. Evaluation has occurred annually with changes made to the policy on July 9, 2008, January 13, 2010, December 8, 2010, April 11, 2012, and January 13, 2016.

Members of the 2015-2016 Wellness Committee are as follows:

Lorraine Bailey	Superintendent
Sarah Mitchell	Elementary Teacher/Parent
Melanie Johnson	Food Services Director
Michael Pitcher	Jr. High Teacher
Christy Pinkston	Jr. High Health Teacher/Parent
Danette Young	Principal/Parent
Terri Crippes	School Nurse
Kristy Adkison	P.E. Teacher/Parent
Mary Liz Wright	Board Member/U of I Extension – Wellness Educator

The object for the School Wellness Team for Paris Unit 4 was to implement activities identified as part of the action plan from the spring 2016 evaluation. The Illinois State Board of Education suggested that districts target one smart goal at a time that goes into depth for implementation. The committee agreed with this recommendation and targeted the continuing support for health awareness with the primary focus on food nutrition and healthy eating.

Activities fully implemented included:

- Reduced amount of wasted food in the cafeteria.
- Provided lessons on why drinking milk is important.
- Student developed lessons on reading nutritional labels.
- Developed posters by student health classes on good bodies and bad bodies based on the food we eat.
- Participated in an awareness campaign regarding hidden sugar content.
- Connected with the Bee Well community group and participated in community activities such as 5K Run.
- Read health tips over the intercom daily.
- Read the next day's lunch menu over the intercom daily.
- Hosted Wellness Fair as part of Every Kid Healthy Week.
- Applied for Healthier U.S. School Challenge.
- Participated in Smarter Lunches.
- Utilized Ag in the Classroom nutritional units.

- Shared wellness tips from U of I – Bathroom Buzz.
- Provided healthy snacks for Jr. High “No DR” parties.

A thorough evaluation of the district’s current wellness policy was conducted three years ago by comparing the district’s policy to the ISBE model policy, identifying strengths and weaknesses, and developing an action plan to address the weaknesses. The areas of student wellness include good nutrition and physical activity. A needs assessment and evaluation instrument provided by the Illinois State Board of Education was utilized. Since the majority of the substance in the wellness policy of the district has not changed nor has the evaluation instrument, it was determined that another extensive evaluation was not needed this school year and that the evaluation would continue forward to the current plan. Identified strengths and weaknesses were evaluated and new ones identified. The action plan was updated to reflect the goals accomplished and the items of focus for next school year.

Current Policy vs. ISBE Model Policy

- The current policy has a belief statement, intent, and rationale contained in one summary statement section. The district statement is briefer, but has the same intent.
- District nutritional goals and physical activity goals are not as specific as the model, but carry the same intent.
- District policy does not contain a section on other school-based activities goals.
- District nutrition guidelines are very similar to the model policy.
- District guidelines for meals are very similar to the model policy.
- The district monitoring and community input are not as detailed as the model policy, but similar in intent.

Identified Strengths

- The district has P.E./Health for all students with a certified teacher.
- The lunch program is in full compliance with all county, state, and federal laws.
- The food service provides healthy lunch choices meeting nutritional content and standards. Students have several choices.
- Health and wellness is taught K-8.
- The school facility is made available to outside groups for physical activity as permissible.
- The district has formed working partnerships with local agencies such as Paris Community Hospital, Edgar County Public Health Department, Rec Center, HRC, American Heart Association, Red Cross, and other community groups like Girl Scouts, fire, police, pharmacies, etc.
- Students and staff participate in activities such as Jump Rope for Heart and the American Red Cross Blood Drive.
- The district employs two full time guidance counselors to help with mental health and wellness issues.

- The school has good outdoor physical spaces and choices with playground, track, outdoor basketball courts, open spaces, soccer field, etc.
- The school has a gym, cafeteria, and basement to use for indoor physical activities.
- The school often uses rewards involving physical activity.
- The school has developed an awareness of wellness issues within the school setting.
- The school has developed programs to help with parent awareness.
- The nutritional content of the main food entree is shared daily with students and parents.
- See fewer fast food lunches being brought into the cafeteria.
- Activity break posters are displayed in all classrooms that help promote physical movement.
- Have reduced the amount of wasted food in the cafeteria.
- Conducted school-wide health/wellness fair with student nutritional projects on display and community participation tables including the Bee Well Garden, Paris Community Hospital, Edgar County Public Health Department, Edgar County Dental Clinic, Edgar County Ambulance Service and Ag in the Classroom. Topics included dermatology and orthopedics, rethink your drink, weight management, and sodium.

Identified Weaknesses

- The health curriculum K-8 is not comprehensive. The Jr. High curriculum is missing a nutritional component.
- Need to promote the continued awareness of health and wellness issues with students.

Based upon the identified strengths and weaknesses, the primary target goal for the 2016-2017 school year will be the continuing support for health awareness. The primary focus will continue to be food nutrition and healthy eating. This will be combined with continued development of a comprehensive health/nutrition curriculum K-8 to go along with district and state standards. The action plan reflects this goal and objectives.

Plan of Action

- Begin work on filling in gaps that exist from grade level to grade level on health/wellness curriculum as suggested by state standards or common core goals.
- Establish a monthly or bi-monthly topic of interest around a wellness theme and coordinate school-wide.
- Participate with Sarah Bush Lincoln Educational Outreach program for the fruit/veggie car that conducts monthly lessons on nutrition.

- Distribute and encourage the use of educational materials and curriculum resources from community partners such as American Red Cross Blood Drive or other agencies.

Implementation of the action plan started with the sharing of the wellness plan for the 2016-2017 school year in a May 9, 2016 email to all staff members. This will be reviewed again at the start of the year and throughout the year at staff meetings. The summative evaluation was presented to the Board of Education and community at the May 11, 2016 board meeting. Implementation will continue in the 2016-2017 school year. The committee will continue to meet next school year to help with planning, provide support for activities, and conduct on-going evaluations.