

SHAB success stories 2010-2011

The stories below were chosen for their succinct description, a relevant story that concluded in the 2010-2011-survey period, and an element of evaluation.

Accomack County

Accomack County Food Service Department, in conjunction with the Eastern Shore Food Bank, collaborated on a grant project that provided funds to supply 140 students with meals on weekends.

Amherst County

ACPS collaborated with VDH to offer school-based influenza immunization clinics to all students. Six hundred and eighty-three students received the influenza immunization.

Arlington County

The Arlington SHAB worked to revise and disseminate information to schools on healthy eating and healthy activity; completed a booklet on Severe Allergy/Anaphylaxis; supported the dissemination of a Community of Concern booklet to the parents of all 9th graders; and oversaw a subcommittee in the development of indoor recess activities and inclement weather guidelines. The information reached all 2,500 teaching staff and will impact the 21,000 students in the school division.

Bath County

Division physical education teachers, the school nurse, and staff from the Bath Community Rehab & Wellness Center partnered to complete BMI and skin-fold measurements for 155 students. The information was shared with parents. Parents also have received "Five Ways to Beat Summer Weight Gain" booklet.

Bland County

The school division has partnered with Wythe/Bland Foundation and has received a PE Grant. The grant total is \$20,520 and its purchase is to add PE equipment that will be used to promote physical fitness for students in K - 7.

Brunswick County

Presentations on the 9-5-2-1-0 Campaign were conducted by the school nurse at the open house for each school at the beginning of the school year. Approximately 50% of the student population (2000) was addressed. The activity progress was evaluated through observation. The only barrier encountered was not having 100% student participation in open houses. The school nurse tried to overcome this by having a display in each school. Students and the staff were able to review information about 9-5-2-1-0 at a later time during the school year.

Buena Vista City

In order to promote better snack choices and remove the schools as a contributor to poor nutrition, the SHAB decided to make a drastic change. We applied for and received a \$500 grant and have replaced the offerings in the vending machines at our middle and high schools (May 2011). This change affects 650 students and faculty (60 staff).

Caroline County

Caroline County Public Schools has implemented an extensive Wellness Program, which includes students, parents, staff and community. Wellness committees were developed in each school and the SHAB has been instrumental in working with each school on their Wellness plans. Activities include Wellness fairs, Survivor Challenge, after-school running, Biggest Loser, Governors Fitness Awards, Jump Rope for Heart, Weight Watchers, health screenings, pedometers for staff, Tai Chi, change in school menu and vending machines. Based on our Caroline County Public Schools Wellness surveys for grades four, 92.8% students eat breakfast and 76.4% are interested in getting at least 60 minutes of physical activities per day. In grade eight, 57.6 % of students usually eat breakfast and 98.5% are moderately or very physically active. In grade eleven, 34.6 % of students usually eat breakfast and 89.4% are moderately or very physically active.

Carroll County

Nurses' hours have been restored to previous level for next budget year, as the health of students with chronic health conditions was being impacted.

Charles City County

Our major goal is to improve self-esteem in all students on all grade levels as a means to decrease risk-taking behavior. "Love Yourself Day" was held on February 14th as part of the continuing effort to raise self-esteem in all students. This topic is covered in Family Life and on a one-to-one basis with students. All staff and students were involved in the project. The project will be on-going and it will be evaluated at the end of the year. The evaluation is based on frequency and number of discipline referrals.

Covington City

Our school division needed to complete a national survey related to health and safety and youth risk behaviors. We had not completed a large national survey since 1999. We partnered with the local Community Services Board to administer the Youth Risk Behavior Survey in grades 7, 9, and 11.

Craig County

Our objective is to be able to complete the YRBS in the Craig County Middle School and High School every two years. Fortunately, in working with the Community Service Board and Rural Health Advisory Board (RHAB), we were able to secure funds and volunteers needed to complete implementation on May 1, 2011. Additionally, the data collected has already been reviewed by the SHAB.

Danville City

One of our SHAB members obtained a grant from the Chamber of Commerce that enabled her to organize a program "Physical Activity and Nutrition for Staff and Students (PANS)" affecting all schools. Representatives from each school met together to share their health-related extra-curricular activities and grants that they had obtained on their own. As a result of the PANS, 13 school sites reported new programs: eight walking clubs, three Zumba classes, five weight loss programs such as the "Biggest Looser, two health fairs, one faculty/parents softball game, two schools daily recess, and one weekly health newsletter. In addition, four schools obtained grants: one from Department of Ed for multiple pieces of exercise equipment, one Fruit and Vegetable grant, one local grant for a physicians' grade scales, and one local \$10,000 grant to improve school health habits based on the Northern Virginia 9-5-2-1-0 program.

Dickenson County

Our SHAB partnered with Dickenson County Health Department to provide vaccinations for students, faculty, and staff. We provided vaccine to 583 students and 231 adults.

Dinwiddie County

SHAB and SADFS committees have worked together to provide a community-wide Health Fair entitled "On the Road to Wellness". This was the 5th Community Health Fair, 5K Trail Race and Fun Run for children. The Health Fair provided free screenings, healthy food samplings, drug and violence prevention pamphlets, safety of all types, mental health support, nutritional guidelines, and much more, all aimed at Wellness. This fair afforded families the opportunity to get shots for their children, dental screening, blood pressure, glucose and cholesterol tests, and spinal test. All services were free of charge. This fair targeted all families in the County of Dinwiddie. Ninety-three vendors participated in providing screenings, activities, demonstrations, and instructions. Two thousand adults and children attended the event.

Falls Church City

The high school has had an increase in drug activity this school year. The school resource officer and the Health and PE Curriculum Instructional Resource Teacher coordinated presentations for all grade levels at the high school on K2. The team presented and engaged the students by grade level. There have been no recurrent K2 issues reported at the high school.

Franklin County

Our school nurses and health department partnered in order to offer flu shots to students and staff at no charge. A schedule was made and each of the 12 elementary schools, two middle schools and one high school had a day for the shots. Permission forms were sent to families and collected by the school nurses for participating students. A staff development day was used to serve the staff. Shots were offered to staff before or after the workday. The vaccine was offered to approximately 7,200 students.

Galax City

Provided dental care for students in all three schools. The dental care was provided in fall and spring for over 350 students who could otherwise not afford the dental care.

Goochland County

School team (principal, nurse, nutrition supervisor, and cafeteria staff) partnered with Whole Foods Grocery to help the students achieve easier access to fresh produce. A grant in the amount of \$3,500 was awarded to the group and was used to set up and maintain a salad bar. The target audience includes students and staff at Byrd Elementary School. Effectiveness is evaluated through daily meal counts and cafeteria production records. It was observed that consumption of fresh produce has increased.

Grayson County

The nurse and members of SHAB were instrumental in developing educational material on H1N1, seasonal influenza, head lice, seizures, and diabetes. Parents can access the information on the school Edline website. Wellness information was sent to staff by email and Edline to increase participation. Our Wellness program offered wellness screenings for the staff, as well as new programs added that include the Turkey Trot's program and the Nutri-Sum diet.

Halifax County

One of our goals for this past year was to offer students hands-on activities related to nutrition. Through the partnership with the Virginia Cooperative Extension office, we were able to do so at each elementary school. Students participated in 30-minute lessons twice a week for six weeks with regards to nutrition and healthy lifestyles.

Harrisonburg City

As of the 2011-2012 school year, we will have a full-time nurse in every school. This will impact over 4,000 students. In addition, this frees up office staff that took care of students when the nurse was not in the building. The staff wellness program provided many activities such as cycling, golf, walking, Weight Watchers, Zumba, and grocery store tours. Approximately 50 employees participated each week.

Henrico County

Throughout the school year, various marketing initiatives were in place through e-mail, media, letters, and various other forms of communication. Due to committee efforts, Henrico County Public Schools was awarded the Health Business of the Year Award.

Henry County

A partnership with the Coalition for Health and Wellness in Martinsville, VA was established and the State Health Department awarded PEPP grant to the coalition. A wellness class at three different sites was established for 12 consecutive weeks at each site. A pre-test and post-test to evaluate the program were distributed among participants. Participants stated that the program encouraged them to eat healthier and to become more active.

Hopewell City

As a school division, we want to promote living a healthy lifestyle to our students, parents, and employees by expanding wellness education activities and encouraging involvement. Our Health/PE staff, along with other school volunteers, organized a Family Wellness Night at the elementary level. Free adult screenings were held for the parents, various activities for the kids were provided, and fruit and water were served for snack (250 participants).

King and Queen County

Our way to help promote student health is by limiting the availability of sugary drinks found in school vending machines. Central High School, in partnership with the School Health Advisory Board, obtained an unrestricted mini-grant of \$500.00. Funds were used to complete an audit of school vending machines and to promote the consideration of healthy product replacement. The vending machine audit was conducted and results analyzed. After multiple phone calls to various distributors, we decided to change our vendor. Students participated in the healthy vending program. In conclusion, 100% of vending machines are fully re-stocked and accessible to Central High School students.

Lancaster County

Due to the economic times, there were concerns expressed by students about the availability of food for some students during non-school days and the presence of adults to prepare such food. A survey was sent home inquiring about the need for such a program. The Lancaster County Public Schools Health Advisory Board, in conjunction with the Northern Neck Food Bank and local churches, implemented a backpack buddies program at Lancaster Primary School. The program began with thirty participants and has expanded to sixty, based on the availability of the

food. A follow-up survey is being sent to the participants. Based on verbal comments from students and parents, the program has been successful.

Manassas City

We implemented a social marketing campaign for the 9-5-2-1-0 health message to help decrease childhood obesity in our community. Our community partners were the Northern Virginia Healthy Kids Coalition and the Prince William Health Partnership. The Prince William Health Partnership was funded with a Kaiser grant to develop nutritional toolkits. We had newsletter articles, broadcasts, bulletin boards, and health counseling and education provided to all stakeholders. The PE teachers utilized toolkits to teach nutrition in our 5 elementary schools. Several schools increased physical activity during recess. Seven thousand students and families were impacted by this work. One of our elementary schools created a song for the 9-5-2-1-0 health message that has been embraced by the entire division.

Manassas Park City

Our goal this year was to focus on promoting and providing healthier menu items for kids in upper elementary schools. The board, in conjunction with our food service department, made monumental changes to the menu and to the types of "seconds" offered to students. The upper elementary offers "healthy" seconds to students that may desire more food. These healthy choices are fruits and vegetable offerings only. The students and faculty have embraced this new policy and we regularly see students and staff electing healthier choices now.

Mecklenburg County

The SHAB worked with the Health Department to organize "Give Kids a Smile Day". Selected students at all grade levels were given the opportunity to visit a dentist and receive needed services at no cost. This service was offered at all grade levels. The SHAB took on the responsibility to make sure students were pre-screened for services and provided transportation to the dentist on the appointment day.

Middlesex County

The SHAB provided support to the nurse and partnered with the Middlesex County Health Department to provide flu shots to staff members and students in an effort to reduce possibility of flu outbreaks throughout the school division. This was done at no cost to staff or parents. More than 50% of the staff participated. While there were some cases of the flu, the number of staff and student absences was minimal.

Montgomery County

Nutrition education is an important component of wellness, but expecting classroom teachers to deliver all instruction on healthy eating is unrealistic. By partnering with the Cooperative Extension, all elementary schools are receiving an Organ Wise Guys kit and training for the entire staff.

Newport News City

All sites need more physical activities for staff. Wellness Team Leaders and committees were identified at all sites. Some of the most popular activities were: Biggest Loser, Walking Clubs, Know Your Numbers, Yoga, Zumba, and Belly Dancing. Reports from Wellness Team Leaders indicate many staff are participating and enjoying themselves.

Norton City

“Go Slow Whoa!” is a program recommended for grades K-3. The program is based on information outlined by the National Heart, Lung and Blood Institute. Topics included in the curriculum include the basic food groups, GO, SLOW, and WHOA foods, excess consumption of sugar, high fructose corn syrup, and salt, how serving size matters, the importance of drinking water and balancing calorie intake and physical activity. This year the program was introduced in the first and second grade classrooms. Hands-on activities after each lesson allow for evaluation of the various concepts taught.

Page County

We have continued to make positive steps in our prevention programs as they relates to ATOD. In 2010-11, our encouraging results from our “Pride Youth Survey” and the Virginia Foundation for Healthy Youth state surveys enabled our school district to continue to receive grant funding for these prevention initiatives. During the 2010-11 school year, 718 students in 6th through 8th grades participated in the research-based “All Stars Core & Booster” prevention program. In the 9th grade, over 200 students participated in the “Toward No Drug Abuse” (researched-based program), and another 50 students participated in the “Leadership Resiliency Program” and 5 families attended the “Families and Schools Together” program. Preliminary results indicate that students’ tobacco use and binge drinking have decreased.

Patrick County

The partnership between school nurses and our local health department was developed to provide informational handouts and flu vaccines for children in pre-K thru third grade, and to provide the TDAP vaccine for uprising sixth graders. Flu clinics took place in all six elementary schools in November and December 2010. The TDAP vaccine clinic took place in three elementary schools in April 2011. All students who signed up received the vaccine at their elementary school or were bused to the clinic site. Fifty-nine students (30%) of uprising sixth graders opted to receive the TDAP vaccine.

Pittsylvania County

No school health assessment had ever been completed. We have completed School Health Index in one elementary and one high school.

Powhatan County

In an effort to promote fitness and healthy living and improve our students' scores on the aerobic fitness component of the wellness test, the PCPS School Health Advisory Board and Powhatan County Department of Parks and Recreation joined together with our Health and Physical Education teachers to sponsor a community health fair and three fun run/walks. This event required a great deal of advance planning as well as the cooperation and support of a number of volunteers and partners in and out of the school system. A number of organizations/businesses that promote healthy living assisted us on this event as exhibitors, financial supporters, or volunteers. With over 300 runners and 20 exhibitors participating, we believe that this was a good first step in a long-term community effort for promoting physical fitness.

Prince William County

Prince William County Schools’ teen pregnancy rate has increased at the middle and high school level. A Teen Pregnancy Prevention Task Force was established to include community partners, Prince William Health District, Department of Social Services, Community Services and others. The Taskforce worked collaboratively with PWCS staff who presented the “Safe Dates”

program (an evidenced-based program) for students at two middle schools, followed by a parenting teen forum at each school, resulting in no increase in the number of middle school teen pregnancies for the schools involved.

Rockbridge County

Food service has worked to include more vegetables, whole grains, local foods and less fat in the menu choices for students. Nutrition information has been included on menus and in newsletters sent home to parents. We have maximized our available time for PE/recess during the school day. Activities have been coordinated through principals and PE teachers. Two of the seven schools showed significant reductions in overweight/obese students however, the other schools remained about the same and there was an increase of 10% at one of the two middle schools.

Spotsylvania County

The Spotsylvania County SHAB worked collaboratively with Chartwells, our food service partner, and conducted the third annual food drive during March (National Nutrition Month). Each school building and various business partners utilized MY Pyramid to designate five boxes which represented- grains, meat/ meat alternatives, vegetables, fruit and milk. This activity allowed parents and children depositing food items to obtain a nutritional educational component while providing not only desperately needed food but also balanced meals. The food drive rendered 4,770 items for a total of 212 meals.

Tazewell County

Influenza Vaccination Program: We have worked with our local health department to offer influenza vaccination to our students and staff. We observed increased participation this year when compared to years past. There was a decreased in influenza rate among students and staff.

Warren County

Warren County Public Schools, as part of the School Health Advisory Board, has targeted accessed funds through the "Drug Free Communities" grant. This grant is for \$125,000 and supports prevention work in our schools and community. These resources allow us to conduct a community-needs assessment to guide us in substance abuse prevention work. In addition, the funds allow us to publish a weekly column in the local newspaper, regular contributions to the Shenandoah Website, support Drug Free messages on radio, community TV, and print media, implementation of "Too Good for Drugs" and "Too Good for Violence" skate park programs, and many other activities. Thanks to the Right Turn Program, 27 students completed the substance abuse prevention program and have remained in public school.

Wise County

Wise County School System and our Community Partners (state police, health department, city police, local hospitals and Behavioral Health) have reviewed problems with drug and gang activity among our lower income student population (ages 12-18). Trainings occurred regarding recognizing drug and gang activity for students, parents, and school staff in Fall and Spring 2011 and ongoing. Staff, parents, and students are more knowledgeable of drugs, gang recruitment, and know how to recognize activity of gangs in a community. After-school programs are provided for targeted age groups (12-18) to provide a healthy, fun alternative.