



2007 – 2008

Wellness & Safety Program

## Maple Heights City Schools Wellness & Safety Program Members:

- Pamela Poindexter-Crews - Board of Education Member
- Nicholas Dorsey - Board of Education Member
- Dr. Charles Keenan, Superintendent – Honorary Member
- Christopher Krause, Treasurer – Honorary Member
- Steven Canepa, Manager of Business Affairs
- Rocky Laurie, Director of Food Services
- Richard Richey, Director of Security
  - Rick Watters – Security Representative
- Diana Ehlert, Director of Instruction
- Susan Harvey, School Principal
- Marianne Paponetti, Program Liaison BWC
- Lora Della Vella, MOST President
- Adele Filtz, PE/Health
- Melissa Jacot, Family and Consumer Sciences
- Amber Rahas, Guidance Councilor
- John Kupcik, Engineering Staff
- Mary Florek, Cafeteria Manager
- George Farris, Student Representative High School
- Melanie Butler, School Nurse - PSI
- Alison Patrick – Cuyahoga County Board of Health
- Sara Hechko - American Cancer Society

# Maple Heights City Schools Wellness & Safety Program

- Health and Safety Program Liaisons:
  - Paul Anselmo, Maple Heights Bowling Program
  - Lora Della Vella, Wellness and Safety Program Secretary
  - Shannon Omahen, Active For Life Program
  - Debbie Szalkowski, Weight Watchers Program
  - Rick Waters, District Security Officer
    - Building Safety Audits and Training

## A Year in Review: Wellness and Safety Committee

- Prioritization of goals and objectives
  - Reinforced existing hand washing before lunch program
  - Reinforced Healthy Food Choice Offerings
    - Fresh fruit on the menu all schools
    - No fried food choices at elementary schools
    - HS & MS reduced frying food to three days per week (French fries & Chicken nuggets)
    - Drink selections (no carbonated soda vending to students) reduced calorie selections vitamin water, 100% juices etc.
    - Lunch menus contain nutritional tips
  - Top Health Newsletter for all staff (Monthly)
  - Suggestion Box suggestions checked and discussed
  - Pandemic Influenza program discussed
  - Unfinished Business:
    - Formalizing Pandemic Influenza Program
    - Additional nutritional instruction in the classroom
    - Increased physical activity during indoor recess
- 10 Wellness Committee program initiatives: Details below
- “Safety” (HB 422) was placed under the Wellness Program Purview:
  - Merged with Wellness Committee
  - Workers Comp Program awareness discussed
  - Slips, Trips and Falls
  - Code Red Program
    - Lock-Down Drills
  - Jarods Law
    - Phasing out of rolling folding cafeteria tables (older models)
  - Suggestion Boxes placed
  - Pandemic Influenza program being formalized

A Year in Review: Wellness and Safety Committee continued -  
10 Wellness Committee program initiatives:

**1.) After School Program at Middle School:**

***Program (21st Century Grant):***

- Directed by Mr. Chris Lewis – Middle School
- Includes extended learning opportunities Math, English, Reading and Physical
- Activities such as recreational basketball, dance class and other activities not yet identified
- Wellness Committee to offer Physical Education activities booklets

**2.) School / City Fall Sport Intramural Leagues:**

Directed by Joe Mihalek – Middle School Grades 4, 5, & 6

•Recreational Sports:

Basketball - School

Flag football - School

Cheerleading – School

Volleyball- School

Soccer – City of Maple Heights

- Wellness committee to offer Physical Education activities booklets

Other Hydration Information

Other Sports Nutrition Information

## 10 Wellness Committee program initiatives:

### **3.) Proposed Family Fun Fest Health and Fitness Event Support:**

- Wellness Committee would:
- Help Create Physical Education Activity Stations:
  - Objective: To increase PE awareness
- Strategies:
  - Student athletes to staff individual PE activities, sit-up, pushups, hula-hoop, running in place stations etc.
- Stickers for participation for kids
  - Would seek sticker donations
- PE awareness information booklets
  - Wellness Committee Project

### **4.) Create Physical Education Awareness Booklets:**

- Wellness Committee Activity
- Occasional district paper and copier usage by wellness committee designee
- Send VIA email when possible (Business Office function)

## 10 Wellness Committee program initiatives:

### 5.) **Staff Resource Guide:**

- Wellness Committee Project
- Desk guide
- Nutrition education information
- Physical activity information
- Wellness information
- Contact information

### 6.) **Indoor Recess Activities Pamphlet:**

- Creating “Remember When Activities” Booklet or Pamphlet:
  - Wellness Committee Project
    - Occasional district paper and copier usage by wellness committee designee
    - Send VIA email when possible (Business Office function)
  - Four square
  - Hopscotch
  - Jumping rope
  - Tag
  - Red Rover
  - Other Website ([www.afterschoolpa.com](http://www.afterschoolpa.com))

## 10 Wellness Committee program initiatives:

### **7.) Staff Weight Loss Program (American Cancer Society) “Fit For Life” Online Program:**

- No cost to the district
- District wellness committee member to coordinate program
- No cost to the employee
- 10 Week Voluntary program
- Periodic district email correspondences needed
- Note: A successful pilot program completed by the committee last year

### **8.) Employee and family discounted bowling opportunities through the Maple Heights Lanes:**

- No cost to the district
- District volunteer to coordinate bowling opportunity
- Participants would assume all risk and costs
- Participating employees would sign waivers
- Printing of flyers would be responsibility of Maple Lanes
- League information coordinated outside of the workday

## 10 Wellness Committee program initiatives:

### **9.) Weight Watchers (adult) Program would like to facilitate weight-loss programs:**

- No cost to the district
- District wellness committee member to coordinate program
- Weight loss program participation would be voluntary
- Any and all costs would be borne by the participant
- Meetings may require the use of a classroom (by permit only)

### **10.) Employee Walking Opportunity at the Athletic Center:**

- No cost to the district
- Use of district email for periodic communiqués (Business Office function)
- Place flyers in district offices
- Employees encouraged to take advantage of the indoor walking track
- Employees encouraged to take advantage of outdoor cinder track (weather permitting)
- Interested employees would have to have a current staff photo ID for indoor track use

## District Calendar Statement

### Maple Heights City Schools Wellness Program

- Maple Heights City Schools is addressing the National Obesity Epidemic: Section 204 of Public Law 108-265-June 30, 2004. Child Nutrition and WIC Reauthorization Act of 2004 states the following: (a) In General – Not later than the first day of school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency.
- In response to the Child Nutrition and WIC Reauthorization Act requirement, the Maple Heights City Schools has established a wellness committee comprised of Board of Education Members, Parents, Students, Administrators, Classified Staff members, Teachers and Counselors, Food Service Operations, School Nurse, Local Business Partners, Cuyahoga County Board of Health representative, and the American Diabetes Association all working together for the common goal of promoting healthy lifestyle choices for students, faculty, and staff which include; nutrition education, healthy meal choices, increased physical activity awareness, and other school-based activities designed to promote student, faculty, and staff wellness.
- A copy of the district wellness program can be obtained through your child's school office or by contacting Mr. Steven P. Canepa at (216)587-6100
- *Ref.: BOE POLICIES:*
- *EDB Food Sales Standards*
- *EDBA Food Service Management (Free & Reduced-Priced Food Services and Students with Special Dietary Needs)*
- *EDC Student Wellness Program*

# Maple Heights City Schools Wellness Program Details:

- Nutrition Education
- Nutrition Guidelines for Food on Campus
- Physical Activity Goal
- Staff Wellness Goals
- Program Effectiveness
- Fit For Life

# Nutrition Education:

- **Goal-** Provide nutrition education information to students, parents, and staff to promote wellness and healthy lifestyles.
- **Objective** – The Maple Heights School District will be communicating on a monthly basis to student, parents, and staff various nutritional information items.
- **Strategies-**At all levels utilize newsletters, website, menus, and posters and promotional items.
- Each of the three publications above will include informational items submitted by committee members. Ms. Jacot will provide the information and Ms. Butler will insure the information is passed on to the responsible person in each of these publications. Also, include something in the Welcome Back Letter.
- CCBH will pursue obtaining posters and promotional items for all of the buildings. Ms. Jacot will place posters in the show case at the High School.
- Individual buildings to embrace “Wellness Month” at all schools.

# Nutrition Guidelines for Food on Campus:

- **Goal-** Promote and provide healthy food choices to students and staff.
- **Objective** -To sustain healthy food choice programs annually
- **Strategies** -Offer salads with meat and/or cheese as an alternative lunch at the elementary level. Offer water, 100% juices, and low fat milk in the elementary schools. Integrate baked fries, to be served twice a month at the elementary levels.
- Serve French fries at the secondary level twice a week. Make low calorie beverages available such as diet drinks, plain and flavored low-calorie water, and low fat milk.
- Promote salads with a salad punch card program, buy 4 get the 5th free.
- All of the above will be implemented and monitored via Food Services.

## Physical Activity Goal:

- **Goal**-The Maple Heights City Schools will encourage and promote more physical activity among students, parents, and staff.
- **Objective** -To implement more physical activity in the schools on a daily basis.
- **Strategies** - Awareness Statement, utilize punishment alternatives to maintain standard recess time. To be addressed annually.
- Create a list of suggestions for classroom recess.
- Purchase recess tools through (CCBH) grant money.
- Teachers to pilot alternative physical fitness activities should the gym be occupied. Activities designed to alleviate lost gym/activity time.

## Other School Based Activities:

- **Goal-** Promote other school based activities to students and staff to promote health and wellness.
- **Objective-** Implement other school based activities in the 2008-2009 school year.
- **Strategies:** Update Wellness Resource Guide at the beginning of the school year.
- Dry erase boards at the middle and high schools will be displayed outside of the cafeteria's with the day's offerings for students.
  - This is to decrease line time
- Alternatives to food rewards for students.

## Other School Based Activities: continued -

- Have art students paint food related murals in the cafeterias thus promoting healthy choices.
- Daily announcements (all locations) to include a healthy tip for the day. Also, to give the menu special of the day.
- Reinforce proper hand washing through visuals.
- Fitness assessments of students at a building level (state model)
- Fundraiser programs offering healthy alternatives. Do not want to eliminate choices just to offer alternatives.
- Start intramural programs at all levels through volunteers for those students not involved in team sports.

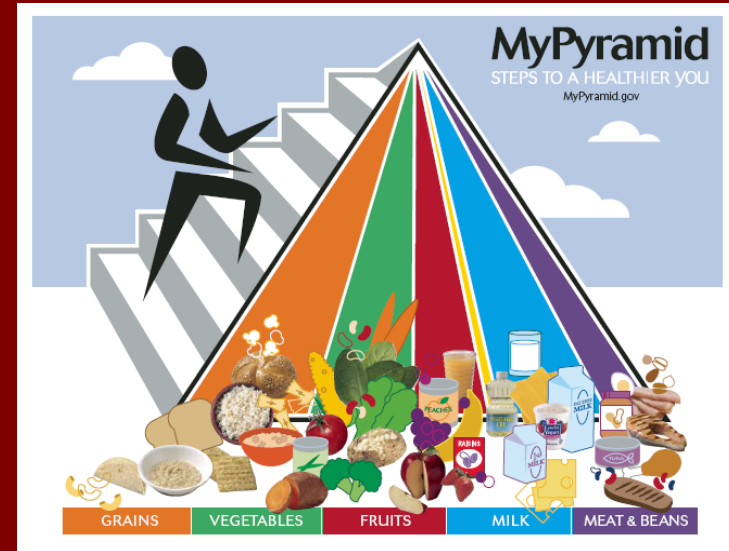
## Staff Wellness Goals:

- **Goal:** To implement increased staff health and wellness awareness in 2008-2009.
- **Strategies:** Staff fitness offerings e.g., walking on track, Weight Watchers, Active For Life, Bowling opportunities.
  - Food Service to provide healthy food offerings.
  - Athletic Center facility available to staff.

# Wellness Program Effectiveness Measuring Instruments:

- Surveys (Students & Staff)
- Meetings
- Semi-Annual Reporting
- Data Collection i.e., absence rates, food sales, Fitness Assessment etc.

# Fit For Life:



<http://www.mypyramid.gov>

- **Eat a variety of foods, especially fruits and vegetables**
- **Drink water and milk most often**
- **Listen to your body**
- **Be active**