

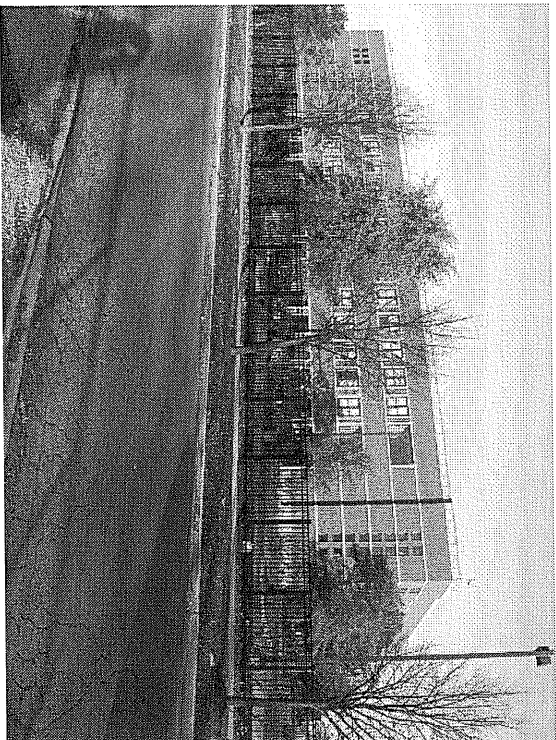
Working Towards Wellness

An Assessment of the School Health Environment at Ames Middle School

Veronica Conti

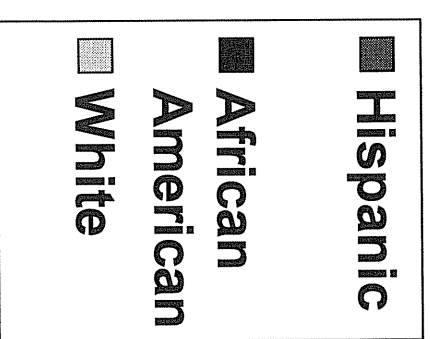
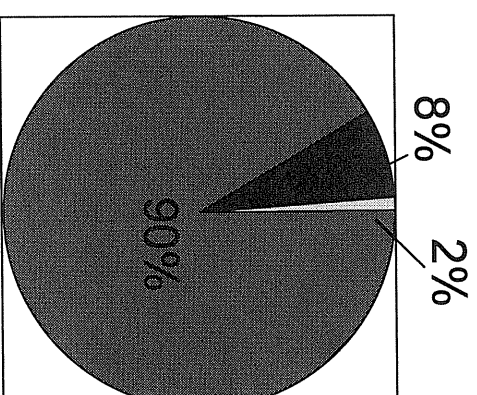
Logan Square Neighborhood Association
Chicago, IL





Ames Profile

- 739 students
- 91% low income
- 250 Student Athletes or Friday sports clubs
- 150 Students registered for Elev8 Afterschool Program



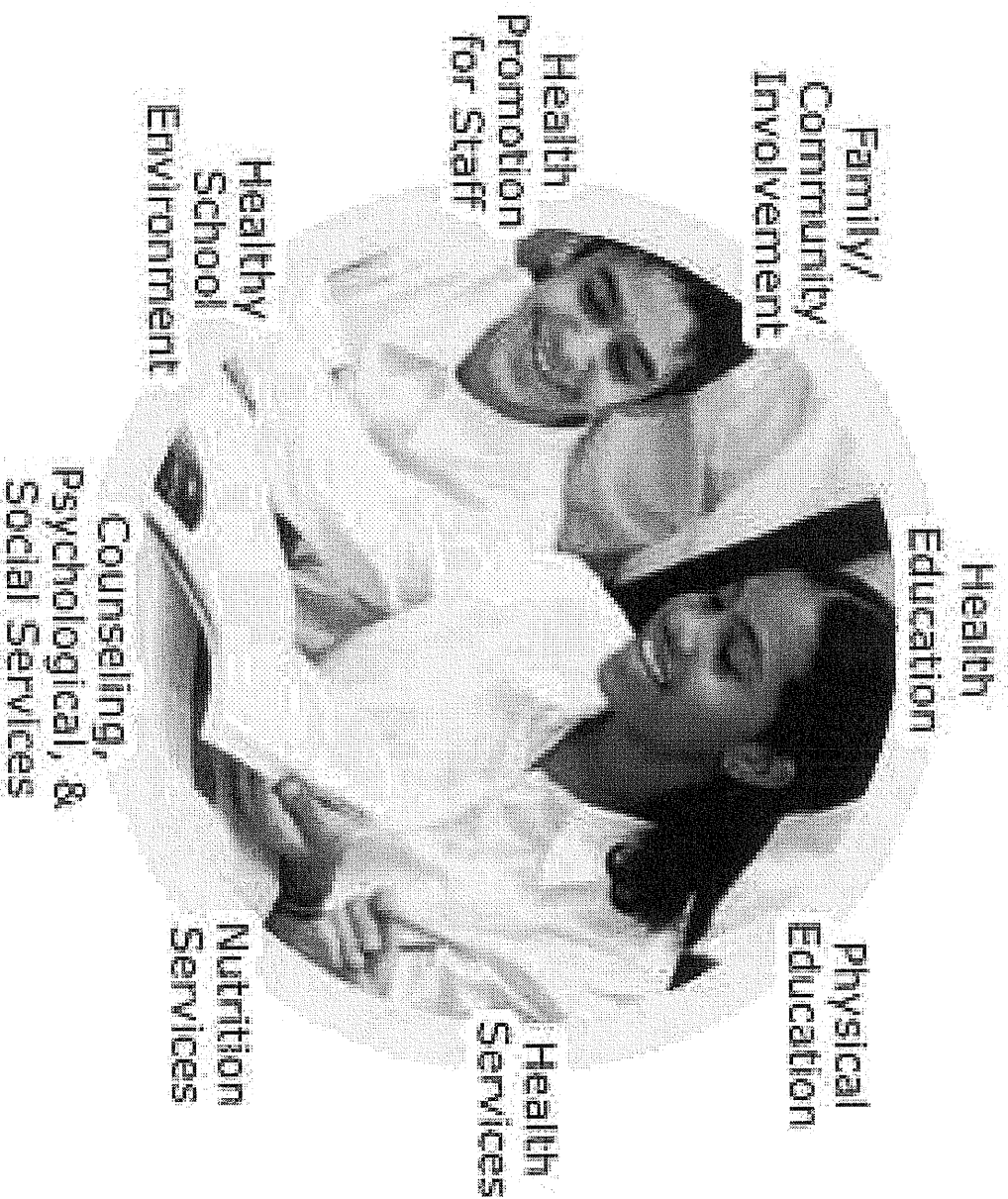
What is the School Health Index?

- The School Health Index (SHI) is a tool to assess the current school health environment.

The goals of this assessment are to:

- Identify the strengths and weaknesses of your school's wellness policies and programs
- Raise awareness about the health issues
- Develop an action plan for improving student health and wellness

The School Health Index Layout



Methods

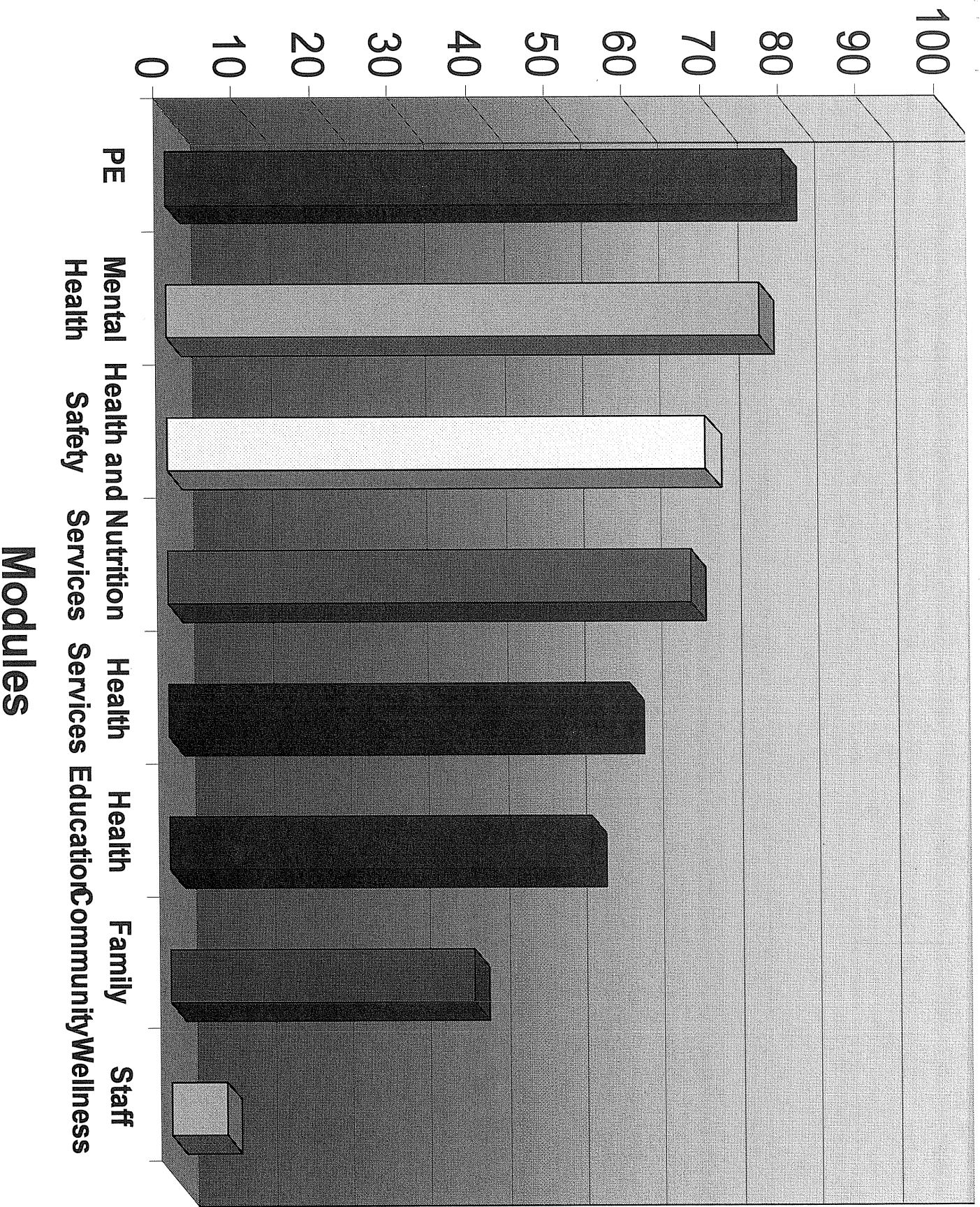
Interviewed parents, faculty and staff, administrators, and students including:

- PE teachers
- Coaches
- Afterschool staff
- School Nurse and Health Assistant
- Social Workers
- Kitchen Staff
- Custodial Staff
- Dean of Students
- Security
- Community Liaison
- Counselors



How Did Each Section Score?

	0%-20%	21%-40%	41%-60%	61%-80%	81%-100%
Health and Safety Policy				X	
Health Education			X		
Phys Ed				X	
Nutrition Services				X	
School Health Services			X		
Mental Health				X	
Staff Wellness	X				
Family and Community		X			

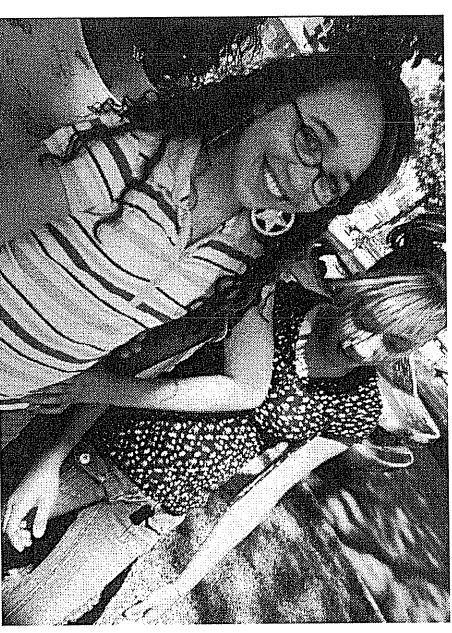


Modules

Module: Physical Education and Physical Activity

•Strengths

- Students active and enjoy gym
- Many opportunities for physical activity outside of PE

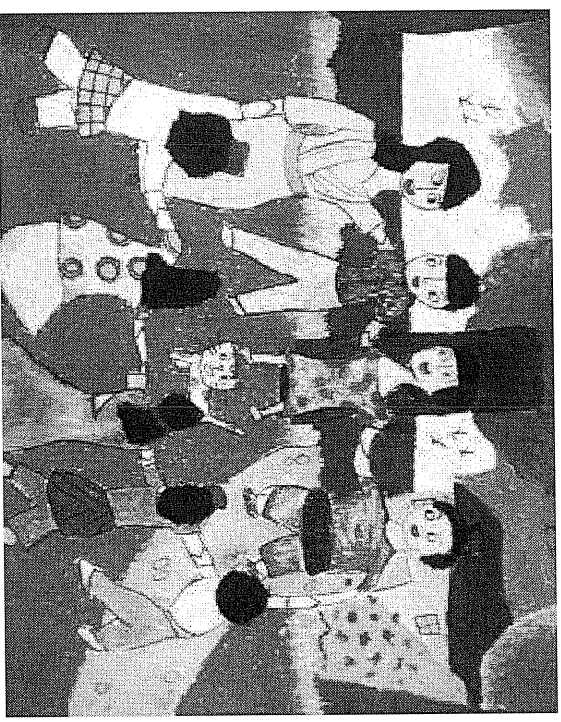


• Challenges

- Only 45 min of PE a week average (225 min per week national standard)
- Limited space, equipment, and unsafe field

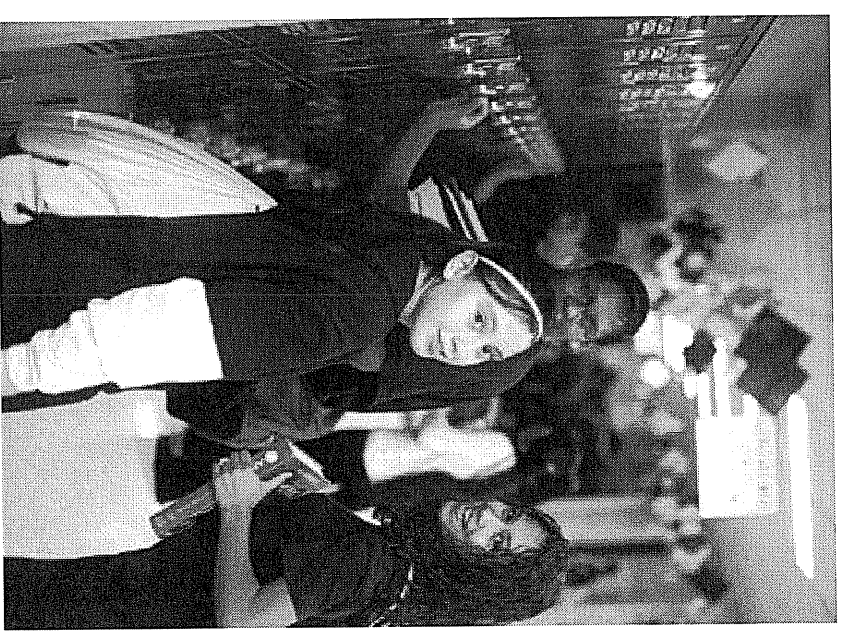
Module: School Counseling, Psychological and Social Services

- **Strengths**
 - Number of mental health professionals
 - Collaboration between mental health providers and nurse
- **Challenges**
 - No materials or services offered for students using tobacco



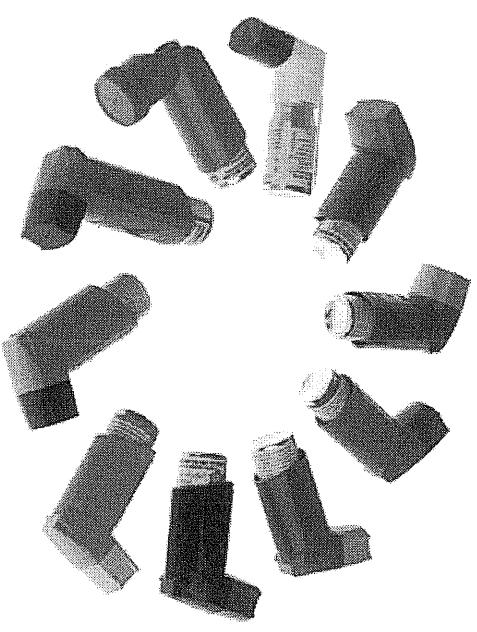
Module: School Health and Safety Policies and Environment

- **Strengths**
 - Establishment of a School Wellness Council
 - School offers a variety of programs designed to students overcome barriers to learning. i.e. special education
- **Challenges**
 - Lack of professional development on asthma for faculty and staff



Module: School Health Services

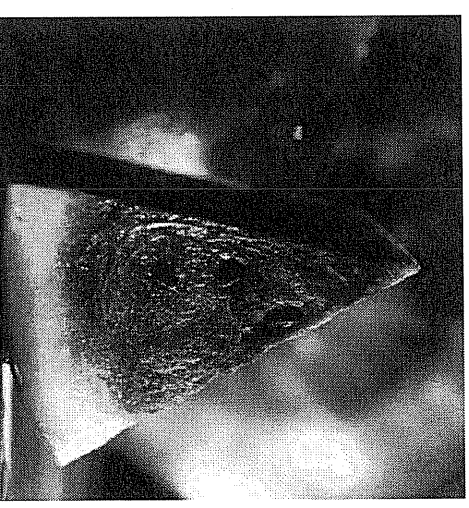
- **Strengths**
 - Team of School Nurse, Health Assistant, and Case Manager track asthma students
- **Challenges**
 - Need to offer asthma education to all students



Module: Health Education

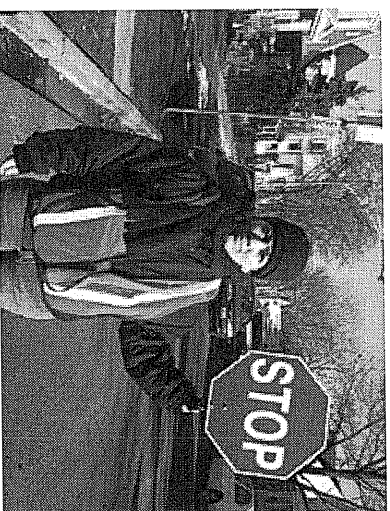
- **Strengths**
 - PE teacher works with students to set fitness goals and learn through engaged activities
 - Sexual education integrated into science curriculum provided by the Chicago's Women's Health Center

- **Challenges**
 - No required health education course
 - Limited drug awareness for students



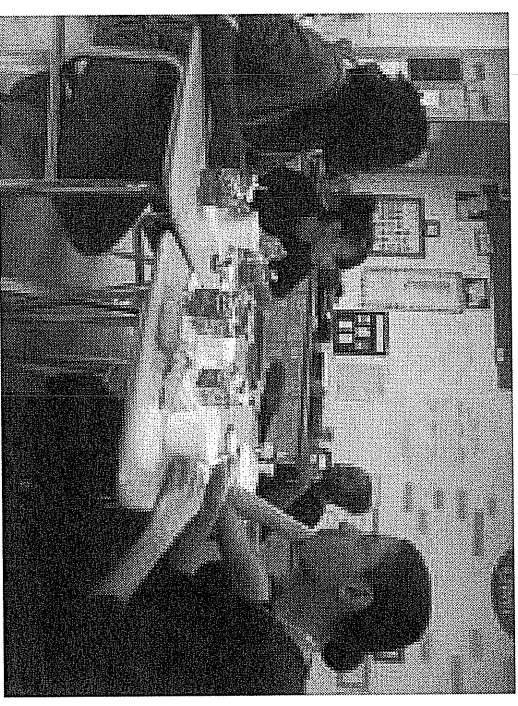
Module: Family and Community Involvement

- **Strengths**
 - Parent and community involvement in programs
 - LSNA: parent mentor program, parent classes afterschool, café con conversacion
 - Ames Wellness Council
 - BUILD
 - Family nights
- **Challenges**
 - Though there is an increasing number of parent participation, there is still room to grow
 - Students and parents not invited to provide input on breakfast and lunch



Module: Nutrition Services

- **Strengths**
 - Universal School Breakfast in the Classroom
 - Adequate time to eat breakfast and lunch



- **Challenges**
 - Lack of interaction between food service staff and teachers
 - No professional development required for food service manager

Breakfast Survey



Students completed survey on Survey Monkey during computer lab time

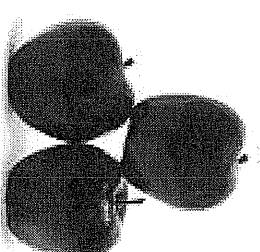
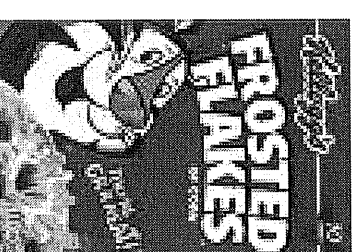
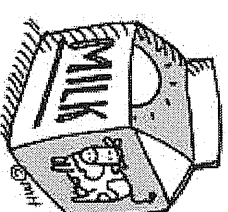
- 10 questions with room for open ended answers
- 436 students responded
 - 49% 7th graders
 - 51% 8th graders

Where Students are Eating Breakfast

Location	never	sometimes	always
At home	23%	56%	21%
In School	23%	65%	12%
From a Corner Store	69%	26%	6%
Grab food from home	56%	39%	6%
I don't eat breakfast	35%	54%	13%

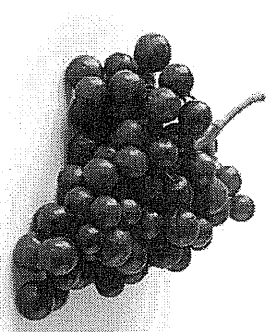
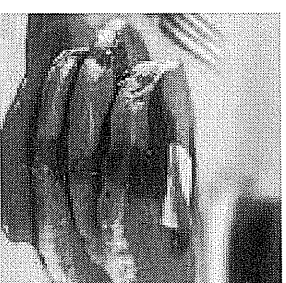
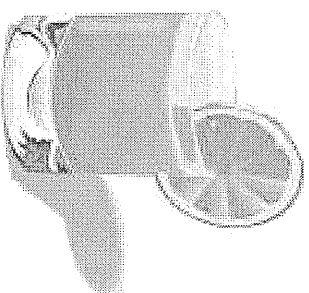
Favorite School Breakfast Menu Items

- Drink: **Milk**
- Cereal = **Frosted Flakes**
- Entrée = **Eggs**
- Side Item = **Pop Tarts**
- Fruit = **Apples**



What Students Would like to See For Breakfast

- Drink = Juice (Orange)
- Cereal = Cocoa Puffs
- Hot Entrée = Pancakes
- Fruit = Grapes
- Side = Greater Variety of
Pop Tarts



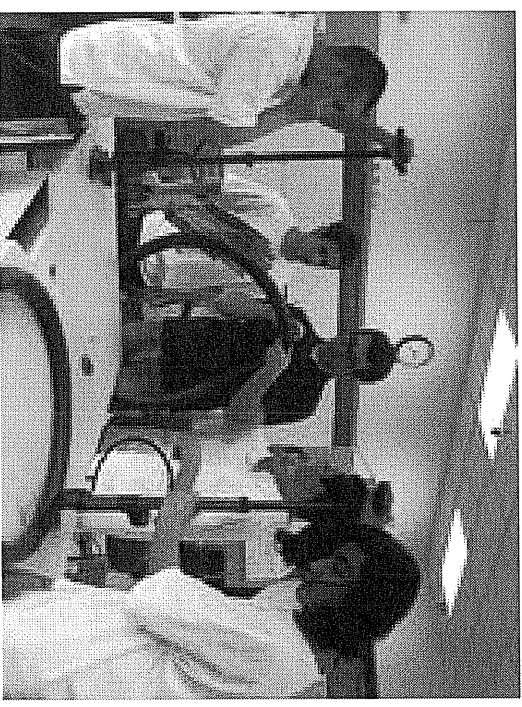
Module: Health Promotion for Staff

- No formal activities to promote health among teachers and staff
- Teachers and staff expressed most interest in:
 - Stress management
 - Conflict Resolution
 - First Aid and CPR training



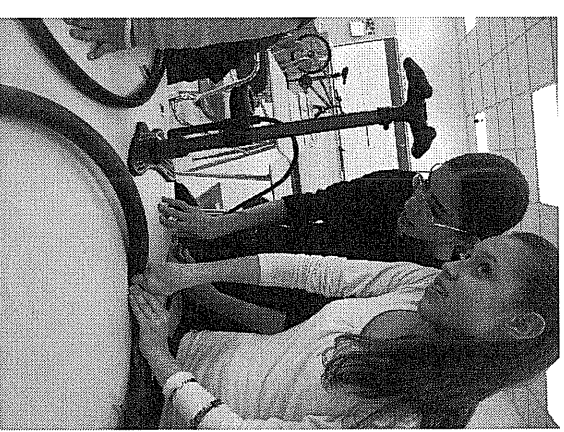
Programs at Ames

- Bike program
- Healthy Cooking Class
- Hip Hop dance
- Theatre
- Choir
- Poetry Slam
- Go Girl Go!
- Teens to Men
- Caipoera



Upcoming Wellness Initiatives

- School based Health Clinic
- Afterschool Fitness Classes for Parents
- Partnership with Seven Generations Ahead (working with Purple Team)
- Extension of bike program with Purple Team



School Health Index

- Complete School Health Index will exist in a binder with supporting documentation and interview notes
- Ames Wellness Council will use the results to come up with short and long term goals
- Next meeting March 3rd at 4:30pm in Rm 220

Thank you!

- Ames Wellness Council
- Logan Square Neighborhood Association
- Congressional Hunger Center
- Everyone who participated in an interview or survey
- Special Thank you

Where do we go from here?

- Two things that concern you the most?
- What surprised you the most?
- Which topic do you feel most connected to? And who are you?