



Fort Frye Local Schools Wellness Plan 2019-2020

Fort Frye Local Schools is passionately committed to promoting knowledge, skills, and habits for life-long wellness through educated, healthy decision-making. Positive and safe nutritional, physical, social, and emotional choices will allow our students, staff, and school community to develop and sustain healthy bodies and healthy minds that in turn foster healthy relationships. Our wellness program encourages and supports abstaining from harmful behaviors and the development of a positive, safe school culture. Such programs provide wrap-around services for our students.

As part of our wellness plan, the district sponsors a District Wellness Committee that provides recommendations and guidance to the district in regards to programming, curriculum, activities, and Board of Education policies related to wellness education. The District Wellness Committee does not set curriculum or issue mandates, but makes recommendations and offers support for wellness and wrap-around service efforts throughout the district and school community. The District Wellness Committee will meet at least quarterly as needed. Team members include administrators, teachers, support staff, mental health provider representative, students, Board of Education member, parents, school nurse, Washington County Health Department, and/or community members.

The district's wellness objectives for the 2019-2020 school year are as follows:

- 1) Continue to implement a comprehensive wellness and wrap-around services program grades preK-12 across the district, focused on healthy minds, healthy bodies, and healthy relationships.
- 2) Support the implementation of a K-12 Health/Wellness curriculum and procurement of resources that reflect the National Health Education Standards and meet Grades K-12 Ohio legislated requirements for health education curriculum. This includes topics related to nutrition for life-long healthy eating habits, encouraging physical exercise during and after school, handling stress with positive coping strategies, bullying, harassment, and suicide prevention, abstaining from sex, drugs, alcohol and other risky behaviors, and other social, emotional, and physical skills. This school year, we will include an emphasis on technology safety and the importance of sleep to healthy living.
- 3) Provide mental health supports and programming that foster hope and build a positive and safe school culture.
- 4) Make available healthy and positive summer activities to promote healthy lifestyles and reduce the potential of risky behaviors.
- 5) Provide family educational programming throughout the school year related to wellness topics.
- 6) Maintain community partnerships with local and county agencies to provide wellness services to students.
- 7) Offer a staff wellness activity at least once per nine-weeks in addition to providing information related to well-being.
- 8) Ensure students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards

This document and any attachments serve as Fort Frye’s Wellness Plan, which is referenced in Board Policy EFG and EFG-R. The plan will be annually reviewed by the District Wellness Committee, Administration, and Board of Education members with input from the students, staff, and community. **The Superintendent or designee(s) will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. This policy and other wellness materials are available on the District Website. www.fortfrye.k12.oh.us.**

The District will retain records to document compliance with the requirements of the wellness policy at the Superintendent’s office. The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The wellness policy will be assessed and updated at least every three years.

Wellness/Special Programming Curriculum:

Fort Frye Local Schools continues to offer Health Grade 8 nine-week rotation classes and Health Grade 10 as a semester course. The District Wellness Committee will share information and resources that align to the National Health Education Standards with the course instructors as well as the administrative staff. In grades K-6, the district utilizes *The Great Body Shop* wellness/healthy curriculum resources. This resource includes monthly student magazines and suggested instructional strategies.

In addition to the targeted K-6 curriculum resource, the food service staff will be educating our students on the importance of a healthy diet to overall well-being by presenting some additional nutrition education information **each month**. The district also will sustain two tower gardens for growing food as well as a community garden that the Future Farmers of America sustains with Luminant, a local power plant. **Intermediate age students will participate in the OSU Extension Office’s Farmer’s Market program as well.**

The District will also continue to offer/promote special family/parent programming. For example, this year, families are invited to participate in the Strengthening Families program offered through the Washington County.

This programming is outlined in the chart provided.

**2019-2020 Wellness Themes and Activities
Fort Frye Local School District**

Month	Theme	Great Body Shop Month
August/ September	<p align="center">Staying Safe/Understanding your Body</p> <ul style="list-style-type: none"> • Great Body Shop Month 1 and 2 • National Suicide Prevention Week September 8-14 (Washington County Suicide Alliance Visit FFHS Lunch Period) • Social Media campaign on Suicide Prevention • Start with Hello Week September 23 - 27, 2019 SAVE Club Activities and K-6 Pilot Resources • See It, Say It, Stop It (Say Something) Kick Off Pledge from SAVE club and Elementary Principals • Repeated announcement for the month focusing on safety, suicide and bullying prevention, Start With Hello) 	1 and 2

	<ul style="list-style-type: none"> • Food service focus - Trying New Things 	
October	<p style="text-align: center;">Bully Free</p> <ul style="list-style-type: none"> • Great Body Shop Month 5 • SOS Training grades 7 and 10 (October 29 & 30)/coping strategies • Repeated announcement for the month (repeat August themes) • Tim Lester Speaker Grade 5-12 (Sportsworld - OVAC) at FFHS (10/15/19) - Bully prevention, choices technology, being inclusiveness • Community Safety Days at Elementary Schools • Blue Shirt Day 10/07/19 • Tobacco resources will be shared with parents during conferences (10/10/19) • Suicide resources will be shared with parents during conferences (10/10/19) • Food service focus - The Importance of Breakfast 	5
November	<p style="text-align: center;">Making Good Personal Choices: Don't Smoke</p> <ul style="list-style-type: none"> • Great Body Shop Month 4 • November Door Contest • Repeated announcement for the month (Good personal choices and tobacco prevention as well as repeat some from first-nine weeks) • Washington Health Department Resources/Presentations • Tobacco resources will be shared with parents during conferences (11/07/19) • Suicide resources will be shared with parents during conferences (11/07/19) • Tobacco violations include online treatment course • Food service focus - Manners and Water Check 	4
December	<p style="text-align: center;">Using Good Hygiene to Prevent Disease</p> <ul style="list-style-type: none"> • Great Body Shop Month 8 • Repeated announcement for the month (same as November) • Hygiene talk by School Nurse • Food service focus - My Plate, Healthy Plate 	8
January	<p style="text-align: center;">The Best Me is Drug and Alcohol Free</p> <ul style="list-style-type: none"> • Great Body Shop Month 7 • Repeated announcement for the month (Drug/alcohol prevention, healthy diet, healthy sleep habits, and technology safety) • Marc Warden Cross Roads Program • Food service focus - White Out Challenge 	7
February	<p style="text-align: center;">Technology Safety</p> <ul style="list-style-type: none"> • Great Body Shop Month 9 • Repeated announcement for the month (same as January) • Door competition technology safety • Random Act of Kindness Week (Feb. 10 - 14, 2020), Random Act of Kindness Day (2/11/20) (how kids are unkind via technology) • Say Something Week Feb. 25 - March 1, 2020 • Technology safety education (safety online) • Food service focus - Vegetables and Fruits 	9
March	<p style="text-align: center;">The Importance of a Healthy Diet and Sleep</p> <ul style="list-style-type: none"> • Great Body Shop Month 3 • Repeated announcement for the month (same as January) 	3

	<ul style="list-style-type: none"> • FFHS - No More Week is March 3 - 9, 2020 (Violence & Assault) • March 4 - 8, 2020 is National School Breakfast Week so food service would promote breakfast with special programming and do educational component for nutrition month 	
April	<p style="text-align: center;">Growing Up Healthy/Choosing Abstinence</p> <ul style="list-style-type: none"> • Great Body Shop Month 6 • Repeated announcement for the month (Abstinence and the importance of physical exercise) • Classrooms with gardens will share foods with selected classes in district • Prom Promise will be done in May • Activity with Women’s Care on abstinence • Food service focus - Protein 	6
May	<p style="text-align: center;">Let’s Get Physical</p> <ul style="list-style-type: none"> • Great Body Shop Month 10 • Repeated announcement for the month (same as April) • Community Day • Field Days and Jump Rope for Heart • Wearing sunscreen outdoors • Food service focus - Importance of Water/Healthy Beverages 	10

Medical Wrap-Around Services:

Fort Frye will increase its availability of medical personnel with the additional services from a certified nurse. The nurse will assist with coordination of wellness programming for both staff and students as well as provide more on-site medical services to the schools given the growing number of students with specific medical needs. The nurse will research and present to the Wellness Committee and Administrative Team possibilities related to onsite urgent/pediatric care as well as health services for vision and dental. The District will study community data related to medical health impact in an effort to possibly pursue establishing a medical health clinic on site with Hopewell Heath Centers, Inc., as a community health partner.

There is also a need for student hygiene kits at each school site for students.

Mental/Behavioral Health Programming:

Mental/behavioral health impacts many areas of overall well-being, including school performance, relationships with others, sleep, appetite, energy levels, and physical health. Our health education programming cited above includes topics related to mental health.

*PAX GOOD Behavior Game: All K-6 staff is trained in and expected to implement the research-based PAX Good Behavior Game to reduce off-task behaviors and promote self-regulation skills. The Positive Behavior Intervention System (PBIS) for grades K-6 has been intertwined with the PAX program. Fort Frye High School has a PBIS, but staff will need further training. A district-wide team is required by law to participate in state-sponsored training related to PBIS by November 2021.

*Trauma Informed Schools Training: All new district staff will participate in a one-day training presented by Life and Purposes Behavioral Health on trauma informed schools that help staff understand the neurological and learning implications of students experiencing adverse life circumstances. The district will also participate in the county's Handle With Care program that alerts the school system to students who have experienced recent trauma so that these students can be provided the supports staff members have been trained to deliver.

*Resetting for Resilience: All administrators, teachers, and paraprofessionals will be trained in this second year of county-wide training on helping traumatized students cope and build resiliency.

*Life and Purposes Behavioral Health Therapist: Effective the 2019-2020 school year, two full-time mental health therapists and three full-time therapeutic behavior support specialists are staffed in the district to provide individual and small group therapies as well as home-school supports in the areas of school attendance, academics, medical needs, social supports, and overall student and family well-being. Fort Frye Local Schools is part of the Ohio Department of Education's School-Based Healthcare Network in providing such health services on site. Summer services will be provided through this contract as well.

*Hopewell Health Centers, Inc.,: Hopewell, a local mental health provider, will be using district facilities to provide services to clients during the school day and after-hours.

*The district's speech pathologist and school psychologist will conduct small group sessions with identified students to booster social skills and teach self-coping and regulation to address behavioral health issues. The District will supplant funding of on-going mental and social health services provided by the high school counselor and school psychologist using Student Success funds.

*Suicide Prevention: Through repeated training by Nationwide Children's Hospital, the district will sponsor the Signs of Suicide (SOS) prevention program at Fort Frye High School, which includes educational lessons and prevention screening with follow-up to students identified as having multiple risk factors. All staff members are required to complete suicide prevention training annually.

*Student substance testing: All students participating in athletics, marching band, cheerleading, flag corp, glee club or parking their vehicle on school property will submit to mandatory substance testing at the beginning of the season then random sampling per the Board approved policy. Students will be provided with substance use mental health supports, including online courses for tobacco prevention. The District will continue to be a leader in the Washington County Opioid Hub prevention/education efforts that allows access to further student and staff wrap-around services.

It is important to note that in order to be able to access some of these mental health services, as well as other wrap-around services, many of our students will need district-provided transportation.

Promoting Nutrition:

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Free breakfast is offered daily at all schools.

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs. This year the district is using a farm to table program to provide students with fresh local produce. District-provided foods and beverage will meet or exceed the USDA Smart Snacks in School nutrition standards.

Promoting Physical Activity:

The *FITNESSGRAM*® for the Presidential Youth Fitness Program is an integral part of Fort Frye's physical education program. This includes an emphasis on aerobic/cardio-respiratory training, building muscular strength and endurance in the upper body and abdominals as well as overall flexibility in the body.

Building A Positive/Safe School Culture:

Student and staff well-being benefit from a feeling of happiness and the perception that one is safe and secure. Closely related is having a sense of hope. Fort Frye Local Schools' wellness programs seek to create a positive and safe school culture.

The district has a very thorough safety plan, which includes training and infrastructure that promote school safety, but there are an abundance of wellness services and programs that are ensuring staff and student safety.

*Start With Hello: Through the Sandy Hook Promise, Fort Frye Local Schools is incorporating the student program, Start With Hello, which is designed to create an inclusive school environment. Students are trained and encouraged to break down social barriers and reach out to disconnected students, in part to prevent harassment, depression, and bullying. This effort is being led by our Students Against Violence Everywhere (SAVE) organization. The grades K-6 will participate in two activities from a Start With Hello Pilot program.

*Students Against Violence Everywhere (SAVE): Fort Frye High School is sponsoring a SAVE club in an effort to promote well-being and safety. Students lead student activities to build awareness of the importance of a welcoming school atmosphere and how to notice warning signs of potential safety threats.

*See It, Say It, Stop It: In coordination with Sandy Hook Promise's Say It program, the district continues to operate a campaign to prevent harm to self and others, violations of our discipline code, specifically bullying and drug and alcohol use. The informational activities occur at the beginning of the school year, and are a predominant focus in October. The goal is to have SAVE club take over the year-long emphasis on reporting signs of danger, harassment, bullying, and/or risky behaviors that inhibit wellness.

The prevention of bullying will be addressed in our See It, Say It, Stop It efforts. The school community needs more support in differentiating between bullying and inappropriate behavior so that bullying can be more effectively prevented and addressed. The administration is implementing more specific steps for supports for both the victim and behavior modification for the bully with the help of the contracted therapeutic behavior support specialists.

Availability of Healthy and Positive Summer Activities:

With the help of community partners, the district may offer summer programming such as wellness-themed summer pool parties. Mental health services are also available during summer months.

Community Partnerships/Programs:

Revised 10-14-19

Fort Frye Local Schools is heavily dependent on local and county organizations to sustain its wellness initiatives. Partners include the Washington County Behavioral Health Board, Washington County Health Department, Hopewell Agency, Life and Purposes Behavioral Health, Inc., Washington County Jobs and Family Services, Washington County Sheriff's Office, The Right Path of Washington County, local churches, Washington-Morgan Community Action, and Sandy Hook Promise programs as well as area businesses to name a few. Community partners provide resources and volunteers for our wellness programming.

Currently, the district is an active participant in the Washington County Creating Healthy Communities Coalition in which we are promoting active forms of safe transportation like bicycling and healthy eating and drinking habits.