



NEW HAVEN PUBLIC SCHOOLS

Health and Wellness

Serving the Whole Child, Whole School & Whole Community



School Year 2017-2018

Impact Report

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**New Haven Public Schools
Coordinated School Health Report
SY 17-18**

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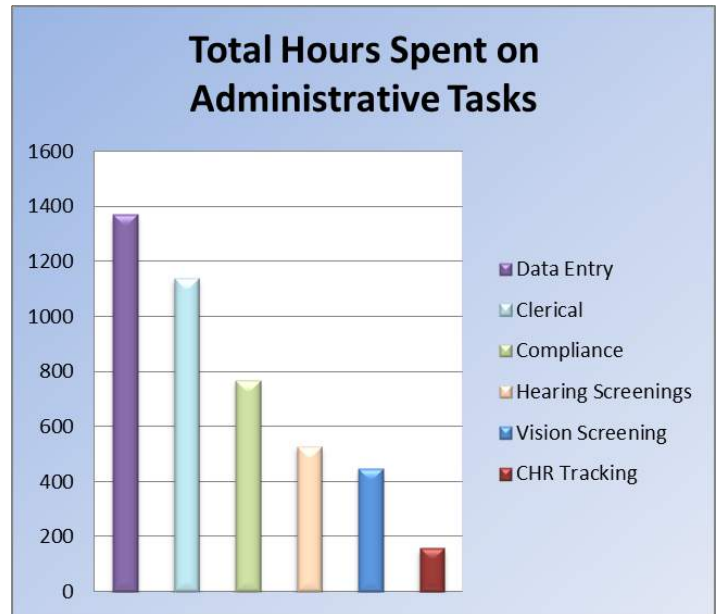
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SCHOOL HEALTH ASSISTANTS

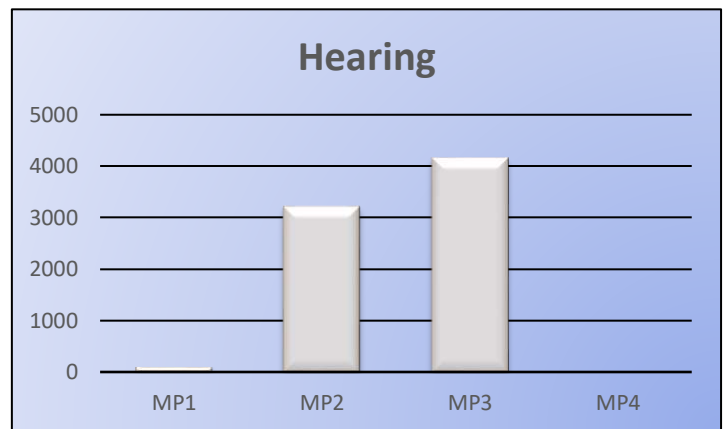
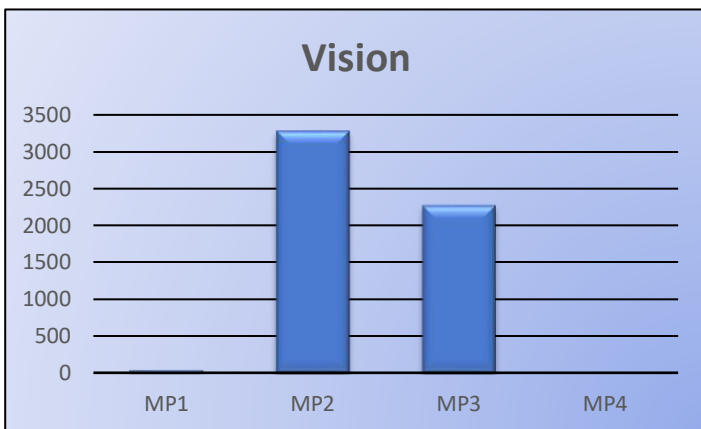
Continuing our partnership with the New Haven Health Department (NHHD) to ensure that children entering school were compliant and up to date with the mandatory immunizations and physicals, the School Health Assistants (SHAs), along with the school nurses reviewed records and were in charge of tracking noncompliance in their schools. Using chase lists compiled from the end of the SY 16-17 a total of 3,365 students were non compliant at the beginning of SY 17-18. To reduce these numbers quickly SHAs and nurses engaged parents, assisted in making appointments with the NHHD Children’s Clinic and School Based Health Centers which decreased the total noncompliance by 90% in November.

During the school year, the SHAs spent a total of 4,405 hours providing administrative support to the school nurses. The majority of the work was:

- Data Entry (1,369 hours)
- Clerical (1,138 hours)
- Compliance (768 hours)



Mandatory vision and hearing screenings were conducted by the SHAs and school nurses in grades K, 1st, 3rd, 4th, and 5th. School health assistants conducted 5,594 vision screenings and 7,441 hearing screenings this year impacting a total of 13,035 students. This was an increase of 1,985 vision screenings and 504 hearing screenings compared to SY 16-17. Over 85% of students passed vision and 94% passed the hearing screening.



The graphs above provide a breakdown of the number of screenings conducted for vision and hearing by marking period. Screenings began in November and were completed by the end of March.

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SCHOOL WELLNESS COMMITTEES

School Wellness Facilitators (SWFs) are in charge of running health campaigns, competitions, and promote the District's health initiatives in their schools for both students and staff. For the past four years, all 32 K-8 schools have been participating in a wellness study conducted by the Alliance for a Healthier Generation and the Rockville Institute. All schools signed a MOU and are responsible for updating their school's health and wellness assessment. Each year schools have received \$500 to be used for health initiatives, incentives, equipment, campaign materials, or for field day festivities. This was the final year of the four-year study, but schools will continue to participate in the Healthy Schools Program (HSP) where they will have opportunities to get funding for programs and equipment if they apply for medal level recognition.

Student health campaigns and competitions included:

- Middle School and High School Walk-a-thons – Students incorporated a walkathon and field activities to raise money to support school initiatives.
- Rethink Your Drink – Each participant (students and staff) completed a thirty-day pledge to drink more water compared to other sugary drinks. Students in each class tracked each time they decided to drink water instead of a sugary drink. As an incentive students and staff were supplied with water bottles to encourage drinking water more often.
- Sprout Scouts – A program which introduces and explores healthy foods and how to cook healthy recipes.
- Super Foods – Each month the wellness committee highlights a different “Super Food” and the mission of the program is to educate students about the benefits of each food.
- Cycling Club – CCAP team cycles after school and competes in races against other CCAP middle school cycling teams during the fall and spring.
- Green Days – Students are rewarded 1 point for each green vegetable on their tray at lunch. The class with the most points at the end of the month received an extra physical education period.
- Wellness Wake Up Call – During the morning announcements staff remind students “When we eat healthy foods, our bodies stay healthy, we feel good and we do our best thinking. Enjoy your day the healthy way!” and students are encouraged to stand up and do 30 seconds to 1 minutes of exercise.
- SCSU Health Fair – Topics consisted of exercise, anti-bullying, hygiene and healthy choices.

Staff health campaigns included:

- Biggest Loser Challenge – Encourage staff to live a healthy lifestyle. Each participant weighed in each week and recipes and health tips were emailed weekly by the SWF. Staff paid \$5 to enter the challenge and the winner received all the money that was collected.
- Yoga and Mindfulness Meditation – Teachers participated in an hour-long session. The goal of the program was to stretch, strengthen, and relax the mind and body.
- Flu Clinic – Flu shots were provided by the NHHD for the community (staff, parents, and students)
- Health and Nutrition Coaching, Biometric Screening, Stress Breaks - provided by the City of New Haven Employee Wellness Program

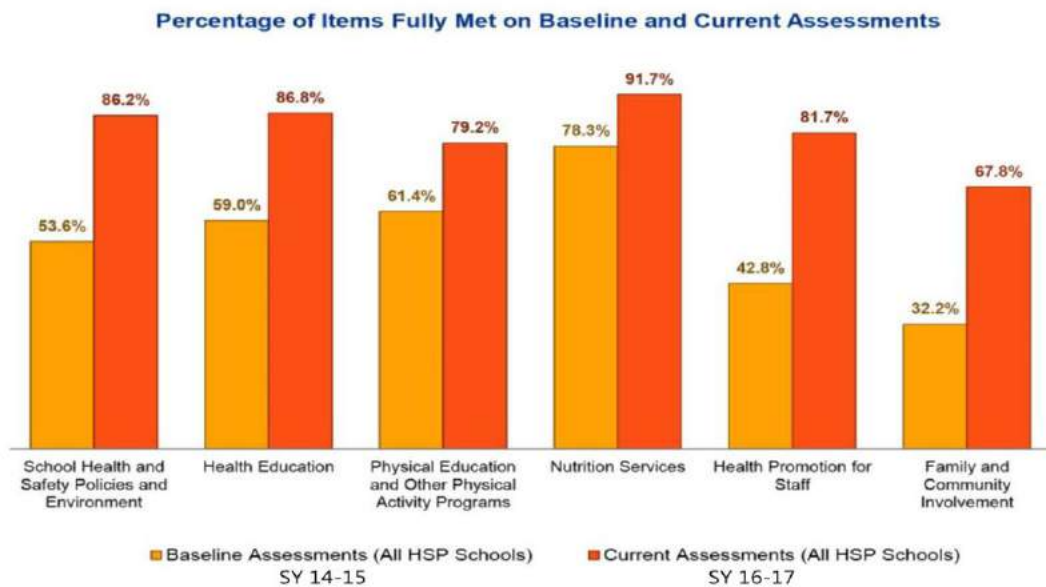
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NHPS HEALTHY SCHOOLS PROGRAM

The Healthy Schools Program, an initiative of the Alliance for a Healthier Generation takes a comprehensive approach to building healthier learning environments for students and staff. The Alliance believes healthier school environments are essential to equipping students with the knowledge and skills necessary to make healthy choices throughout their lifetime.

The graph below compares the baseline assessments for NHPS K-8 schools from 2014 with the current assessment completed in SY 16-17. The participating K-8 schools had significant increases in all six areas.

- School Health and Safety, Health Education, Health Promotion for Staff, and Family and Community Involvement (~27% or more)
- Physical Education and Physical Activity (~17%)
- Nutrition Services (~13%)



The Alliance for a Healthier Generation showcases and acknowledges schools that have implemented changes to create healthier school environments through its National Healthy Schools Awards. The following schools received medal level recognition:

SY 17-18 Medal Level Winners

Bronze: Lincoln Bassett & John C. Daniels Silver: Columbus & East Rock

SY 16-17 Medal Level Winners

Bronze: Quinnipiac Silver: Mauro-Sheridan

SY 15-16 Medal Level Winners

Bronze: Jepson Silver: East Rock & King Robinson

SY 14-15 Medal Level Winners

Bronze: Columbus, East Rock, Nathan Hale, & King Robinson

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HEALTH EDUCATION

K-6 Progress:

- All schools utilized the health education tracker.
- The number of mandated lessons increased; each grade was responsible for teaching the social emotional unit in its entirety.

7-8 Grade Progress:

- 37.29% increase in knowledge from pre to post assessment for 7th grade
- 35.28% increase in knowledge from pre to post assessment for 8th grade
- Average of 36.28% increase from pre to post assessment

High School Rollout:

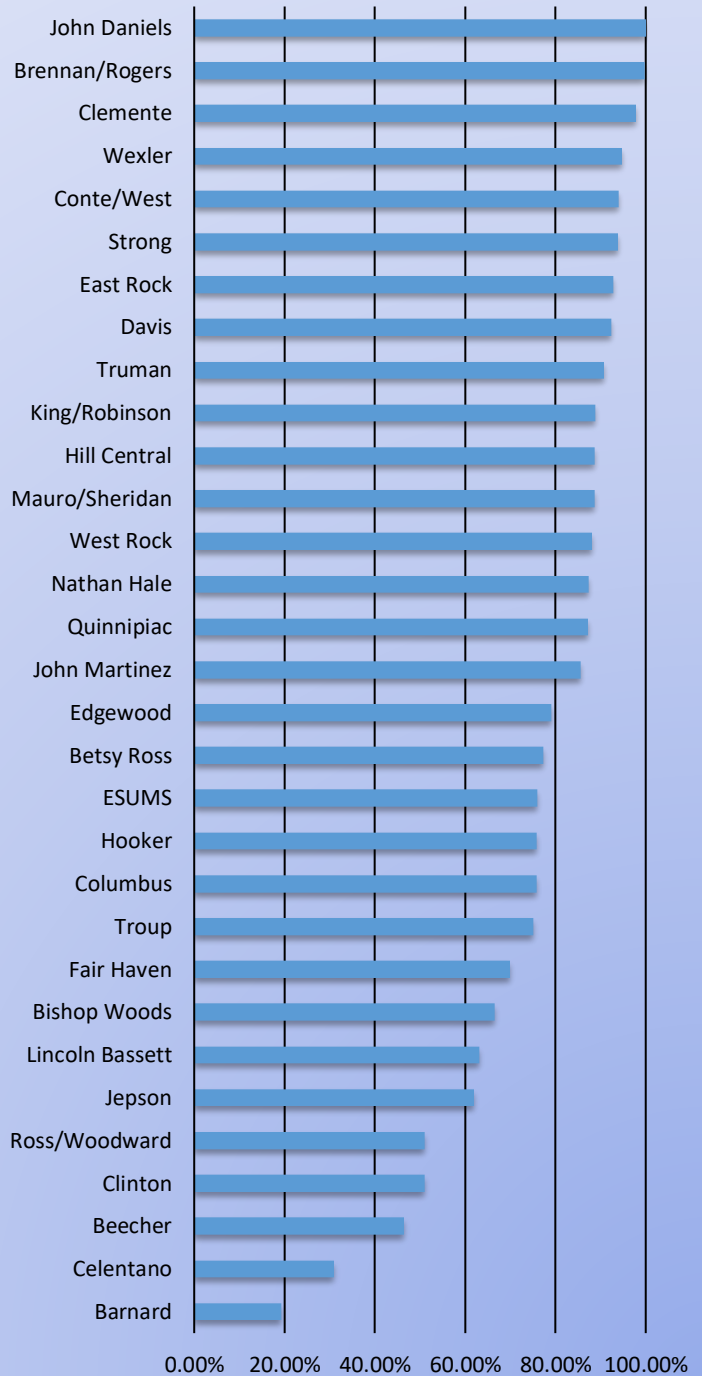
Health education a state requirement for students graduating in 2023. New Haven is currently teaching health in the schools listed below:

- Creed – all students
- Career, Hillhouse & Wilbur Cross – selected students

CPR Senior Mandate:

All seniors are required to receive hands only CPR instruction before graduation. The district provided training to those responsible for implementing the state mandate. Schools collaborated with their PE teachers, health certified staff, the New Haven Fire Department and AMR to complete instruction. If seniors were already CPR certified or received instruction during previous years they were excused. In total 1226 seniors received hands only instruction.

Michigan Model Health Education K-6 Mandated Lessons Final Progress Report



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HEALTH EDUCATION

Each school is responsible for implementing the mandated lesson. Classroom teachers are required to fill out their health tracker to monitor progress. Below is a breakdown of each school's progress by grade.

Michigan Model for Health Year End Report

| School | Kindergarten | First | Second | Third | Fourth | Fifth | Sixth | Final Total |
|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Barnard | 0.00% | 59.52% | 56.25% | 27.08% | 19.57% | 0.00% | 0.00% | 19.23% |
| Beecher | 46.67% | 71.43% | 81.25% | 71.88% | 47.83% | 26.67% | 16.00% | 46.40% |
| Betsy Ross | | | | | | 78.33% | 76.00% | 77.27% |
| Bishop Woods | 100.00% | 42.86% | 62.50% | 84.38% | 78.26% | 56.67% | 52.00% | 66.55% |
| Brennan/Rogers | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% | 98.00% | 99.72% |
| Celentano | 50.00% | 39.29% | 81.25% | 56.25% | 34.78% | 0.00% | 0.00% | 30.94% |
| Clemente | 100.00% | 100.00% | 100.00% | 100.00% | 95.65% | 91.67% | 100.00% | 97.81% |
| Clinton | 66.67% | 57.14% | 60.42% | 58.33% | 39.13% | 36.67% | 56.00% | 51.08% |
| Columbus | 53.33% | 100.00% | 81.25% | 68.75% | 84.78% | 66.67% | 80.00% | 75.90% |
| Conte/West | 75.56% | 92.86% | 89.58% | 100.00% | 91.30% | 100.00% | 100.00% | 94.00% |
| Davis | 100.00% | 100.00% | 90.63% | 93.75% | 84.78% | 100.00% | 80.00% | 92.38% |
| East Rock | 100.00% | 78.57% | 100.00% | 100.00% | 69.57% | 100.00% | 100.00% | 92.81% |
| Edgewood | 100.00% | 89.29% | 100.00% | 100.00% | 93.48% | 66.67% | 28.00% | 79.03% |
| ESUMS | | | | | | | 76.00% | 76.00% |
| Fair Haven | 61.67% | 91.07% | 41.67% | 83.33% | 53.26% | 64.17% | 100.00% | 69.94% |
| Hill Central | 36.67% | 100.00% | 66.67% | 100.00% | 100.00% | 100.00% | 100.00% | 88.71% |
| Jepson | | 44.29% | | 70.00% | | 73.33% | 40.00% | 62.00% |
| John Daniels | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% | 100.00% |
| John Martinez | 70.00% | 100.00% | 100.00% | 96.88% | 100.00% | 66.67% | 90.57% | 85.53% |
| King/Robinson | 93.33% | 78.57% | 77.08% | 89.58% | 98.53% | 88.89% | 96.00% | 88.89% |
| Lincoln Bassett | 71.11% | 66.67% | 56.25% | 56.25% | 36.23% | 100.00% | 100.00% | 63.19% |
| Mauro/Sheridan | 96.67% | 92.86% | 68.75% | 95.83% | 91.30% | 75.00% | 100.00% | 88.64% |
| Nathan Hale | 93.33% | 64.29% | 62.50% | 75.00% | 100.00% | 100.00% | 100.00% | 87.33% |
| Quinnipiac | 100.00% | 100.00% | 100.00% | 93.75% | 94.20% | 66.67% | | 87.19% |
| Ross/Woodward | 100.00% | 66.67% | 62.50% | 43.75% | 52.17% | 58.89% | 0.00% | 51.08% |
| Strong | 100.00% | 95.24% | 100.00% | 73.44% | 100.00% | | | 93.81% |
| Troup | 86.67% | 100.00% | 87.50% | 100.00% | 100.00% | 35.00% | 38.00% | 75.08% |
| Truman | 100.00% | 100.00% | 81.25% | 100.00% | 72.46% | 91.11% | 100.00% | 90.73% |
| West Rock | 100.00% | 100.00% | 100.00% | 66.67% | 86.96% | | | 88.04% |
| Wexler | 96.67% | 100.00% | 96.88% | 100.00% | 76.09% | 100.00% | 100.00% | 94.76% |
| Hooker | 100.00% | 100.00% | 100.00% | 56.25% | 69.57% | 60.00% | 70.00% | 75.90% |
| Total | 81.48% | 81.09% | 80.96% | 80.20% | 77.11% | 68.70% | 70.17% | 75.99% |

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HEALTH EDUCATION

Middle school students participated in a district wide poster competition. The goal being to create awareness through messaging on topics taught in class. The 7th grade focused on drug prevention and 8th grade focused on bullying prevention. Each grade had one winner and their artwork will be printed and displayed in schools for the upcoming school year.

7th Grade

Seohae Jung – 1st Place Winner
“Get Rid of Them Before They Get Rid of You”

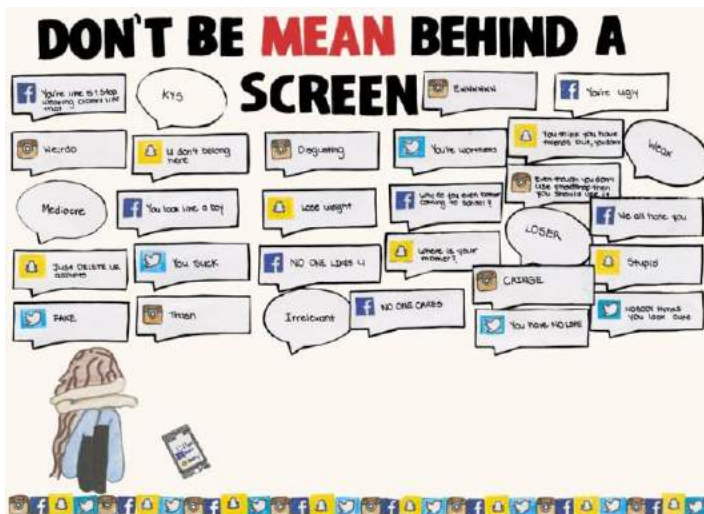


Jean Reynoso – Runner-up
“Bury Them or They Will Bury You! Choice is Yours”



8th Grade

Giselle Garcia – 1st Place Winner
“Don't Be Mean Behind a Screen”



Nelly Torres – Runner-up
“Sometimes Words Hurt More Than Just Feelings”

