



WELLNESS PRIORITIES

INTRODUCTION: The WeTHRIVE! Wellness Priorities Document outlines what your team hopes to achieve over the next two years. Your team will work together to identify priorities and key action steps. As you make progress, you will share your updates and successes with Hamilton County Public Health (HCPH) for recognition.

SCHOOL DISTRICT	Winton Woods City Schools
TIMEFRAME	July 1, 2019 – June 30, 2022
DATE APPROVED BY WELLNESS! TEAM	November 19, 2019
DATE OF LAST UPDATE	November 19, 2019

PRIORITY 1:	Implement Safe Routes to School (SRTS) Active Transportation	Action for Healthy Kids Standards Alignment: Physical Activity – #38	<input type="checkbox"/>
PRIORITY 2:	Operate “Nutrition Is The Mission” Wellness Bus	Action for Healthy Kids Standards Alignment: Other School Food – #19	<input type="checkbox"/>
PRIORITY 3:	Build School Staff Programs for Wellness & Physical Activity/Fitness	Action for Healthy Kids Standards Alignment: Staff Involvement – #46	<input type="checkbox"/>
PRIORITY 4:	Implement the NFL’s Play 60 Physical Activity Program	Action for Healthy Kids Standards Alignment: Physical Activity – #39	<input type="checkbox"/>



is an initiative of



PREVENT. PROMOTE. PROTECT.



- **TIMEFRAME:** The three-year span in which your team hopes to achieve the identified priorities.
- **DATE APPROVED BY WELLNESS! TEAM:** The date in which the document was agreed upon by your local Wellness team.
- **DATE OF LAST UPDATE:** The date you last provided updates and successes to your HCPH Health Educator.
- **PRIORITY:** A statement of what your team hopes to achieve.
- **MEASURES OF SUCCESS:** Identify ways your team will know that the priority has been achieved.
- **KEY ACTION STEPS:** List and briefly describe 3-6 key action steps. Key action steps are the activities that are needed to achieve the priority.
- **PERSON'S RESPONSIBLE:** Include the name and title of the person or person(s) responsible for making sure the key action step is completed.
- **TARGET DATE FOR COMPLETION:** Set a realistic date for completion for each key action step.
- **SHARE YOUR UPDATES, BARRIERS & SUCCESSES:** Inform your health educator about the updates, barriers and successes that your Wellness team has experienced.

PRIORITY 1: Implement Safe Routes to School (SRTS) Active Transportation

MEASURE(S) OF SUCCESS: SEE ODOT – APPROVED SAFE ROUTES TO SCHOOL TRAVEL PLAN

COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
<input type="checkbox"/>	Participate in Walk and Bike to School Days	Corina Denny & SRTS Planning Team	9/30/19
<input type="checkbox"/>	Develop K-6 mileage clubs to create competition between classes, grade levels, and/or schools based on how far they have walked or bicycled	SRTS Facilitator	10/30/19
<input type="checkbox"/>	Plan and implement the Girls in Gear bike education and empowerment program for a group of middle school girls	SRTS Facilitator	10/30/19
<input type="checkbox"/>	Encourage parents and high school students to sign a pledge that they will avoid distracted driving, drive at a safe speed and abide by traffic laws, especially during school arrival and dismissal times	SRTS Facilitator	10/30/19
<input type="checkbox"/>			

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSSES:

SRTS Facilitator applied and selected October 2019. Position is grant-funded through a grant from the Ohio Department of Transportation until 12-31-2019. Had difficulty recruiting a SRTS facilitator. Re-posted several times and eventually recruited someone October 2019. Will not be able to expend all grant funds by 12-31-19. Already have advised Tommy Arnold with ODOT Region 8.

PRIORITY 2: Operate “Nutrition Is The Mission” Wellness Bus

MEASURE(S) OF SUCCESS: SERVE 25,000 MEALS OR MORE EACH SUMMER

COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
DONE	Install HVAC systems	Mark Docter & Child Nutrition Department	7/1/19
DONE	Evaluate Saturday Operations	Mr. Smith, Mark Docter & Steve Denny	9/1/19
<input type="checkbox"/>	Utilize Wellness Bus for Outreach operations for community families from Free Store Food Bank	Mark Docter, Child Nutrition Staff, Steve Denny, Corina Denny	10/15/19
<input type="checkbox"/>	Strengthen Summer Operations, serve more meals from bus 2020	Mark Docter & Child Nutrition Department	6/1/20
<input type="checkbox"/>			

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSSES:

PRIORITY 3: Build School Staff Programs for Wellness & Physical Activity/Fitness

MEASURE(S) OF SUCCESS: 1.) IN 2018-2019, 146 VOLUNTARY EMPLOYEE BIOMETRIC SCREENINGS WERE COMPLETED – INCREASE TO 180 OR MORE FOR 2019-2020; 2.) 80% OR MORE OF EMPLOYEES WILL PARTICIPATE IN VOLUNTARY PHYSICAL EXAM PROGRAM.

COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
DONE	Continue Health Fair at beginning of year & exercise opportunity	Nancy Starkey & Brooke Starkey	8/15/19 & annually
<input type="checkbox"/>	Research employee exercise center & programs; including employee Walking Club	Mr. Smith, Courtney Wilson, Steve Denny, Nancy Starkey	Ongoing
DONE	Continue Wellness Champion initiative & incentives at all WWCS buildings (incl. CB/BG)	Courtney Wilson & Nancy Starkey	Ongoing
DONE	Implement annual voluntary employee physical exam program (90% FY20)	Nancy Starkey	8/1/19 & annually
<input type="checkbox"/>	Continue to increase number of staff members participating in Biometric screenings	Nancy Starkey & Brooke Starkey	8/1/19 & annually
<input type="checkbox"/>	Research Mental Health and Mindfulness for staff & eventually students	Nancy Starkey & Subcommittee	January 2020

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSSES:

PRIORITY 4: Explore The NFL's Play 60 Physical Activity Program

MEASURE(S) OF SUCCESS: PERCENTAGE OF STUDENTS EXERCISING 60 OR MORE MINUTES PER DAY

COMPLETED	KEY ACTION STEPS	PERSON(S) RESPONSIBLE	TARGET DATE
DONE	Research Play 60 and report out on findings	Mark Docter & Jermaine Hill	October 2019
DONE	Contact Ms. Mitzi Gerber of the American Dairy Association for grant opportunities & support	Mark Docter & Jermaine Hill	August 2019
DONE	Gather other volunteers to join the program	Mark Docter & Jermaine Hill	Ongoing
<input type="checkbox"/>	Monitor & continue discussions on student progress with Play 60	Mark Docter & Jermaine Hill	Ongoing
DONE	Network and gain funding for possible NFL style fitness park	Mark Docter & Jermaine Hill	October 2019
<input type="checkbox"/>	Network and gain funding for possible NFL-style fitness park	Mark Docter & Jermaine Hill	January 2020

SHARE YOUR UPDATES, CHALLENGES, AND SUCCESSSES:

ADDITIONAL UPDATES IN YOUR DISTRICT:

These are additional events going on in your community that may not be part of your Wellness team's action plan, but are related to WeTHRIVE! pathways (Chronic Disease, Emergency Preparedness, Environmental Health, Injury Prevention, Substance Use, Social Health).

WHAT ELSE IS GOING ON IN YOUR COMMUNITY (EVENTS, ACTIVITIES, ETC.)?	WHO IS WORKING ON THIS?
Secured Grant from the Ohio Bureau of Workers Compensation for \$13,000 to provide Active Shooter Medical Trauma Response Kits (A.R.K.'s) for all schools and Trauma Kits for all school administrators' offices and school buses (Emergency Preparedness, May 2019).	Steve Denny
All Winton Woods City School District staff trained in the "Stop The Bleed!" Program (Emergency Preparedness, August 2019).	Steve Denny, Officer Phil Crowley (FPPD) and Asst. Chief Jermaine Hill (FPPD)
Working with the Ohio State Extension Program to bring Nutrition and Health Education opportunities to potentially all students in grades 4 and 5 during the 2019-2020 school year at Winton Woods Elementary School and Winton Woods Intermediate School (Health Education).	Andrea Liptak, Adrienne Martin, Steve Denny, OSU Extension Staff
Participating in the federal Fresh Fruits and Vegetables Program (FFVP) through the ODE that provides funding to purchase fresh fruits and vegetables for students to expand their choices about healthier options and increase their consumption of healthier foods. Winton Woods Primary North and South are the two schools participating in this \$100,000 grant opportunity (Nutrition & Health Education, September 2019).	Mark Docter and Child Nutrition Department