

**WE
LIVE
STRONG**

**WELLNESS AT A GLANCE
2015-2016**



**Tina Dake
District Wellness Coordinator 2008-2016
Health & PE Department Chair K-12**

Staff Wellness at Washington Local

We had another exciting year of wellness in Washington Local!



CONGRATULATIONS TO WASHINGTON LOCAL!

THE AMERICAN HEART ASSOCIATION
AWARDED OUR SCHOOL DISTRICT AS A

GOLD FIT-FRIENDLY WORKSITE



American
Heart
Association®

District Wellness Committee

The People Who Make it all Possible!



**Rachel Geha- New DWC
Coordinator for 2016-2017!**

DWC 2015-2016

Building	Representative
Whitmer	Tina Dake DWC Coordinator
CTC	Teresa Crozier
Jefferson	Marie Kraus
Washington	Karen Campbell
Greenwood	Chrisy Rupp
Hiawatha	Sarah Osborn
Jackman	Amy Win-Szafarowicz
McGregor	Laurie Crisp
Meadowvale	Roxanne Ward Allison Robertson
Monac	Kristy Scoble
Shoreland	Rachel Geha
Wernert	Sandy Graver
Central Office	Wendy Krouse Brian Davis
Transportation/Maintenance	Sue Futey Julie Adams
Savage & Associates	Brittany Roth

Steps2Health is Growing Strong!

- ▶ Steps2Health is an online portal that allows staff to personalize their wellness challenges and accrue wellness points for incentives.

Here Are Some Highlights!

Staff Participation	2014-2015	2015-2016
Average Points	340	454
HRA Completions	114	127
Preventatives	785	1,213
Wellness Tracker	25	136
Runs & Walks	51	75
District Challenges	14	73

Steps2Health Summary



Overall Summary

WLS Employee Participation

Total Number of Participants for all <i>Steps2Health</i> activities	455
Total Touches	1,526
Highest Point Total	2,662
Lowest Point Total	50
Average Points	454

Steps2 Health Summary (cont.)

HRA Completions	127
Preventives	1,213
Action Plans	210
Weekly Wellness Tracker	136
Building Challenges	143
Border Battle Challenge	9
Maintain, Don't Gain Challenge	20
Sleep Smart Challenge	44
Hydrate for Life Challenge	15
Weekly Wellness Trackers (Q1, Q2, Q3)	243
Building Challenges	109
Runs & Walks	75
Seminars	11

District Wide Challenges 2015-2016

- ▶ District Wide 6 Week Challenges (uploaded to Steps2Health portal)
 - ▶ Q1- OSU vs. Michigan- activity minutes challenge
 - ▶ October 16-November 27, 2015
 - ▶ Q2- *Maintain Not Gain* -Holiday Challenge
 - ▶ December 7, 2015-January 17, 2016
 - ▶ Q3- Sleep Challenge
 - ▶ April 11-May 22, 2016
 - ▶ Q4- Hydration Challenge
 - ▶ June 13-July 24, 2016



District Wellness Opportunities

- ▶ Flu Shot
- ▶ District Exercise Classes: Yoga, C Urself Fit, Zumba



Zumba Testimonial

Tina – I would like to communicate to you how I feel about the Zumba class with Sarah Adams that WLS offers to staff. Sarah is a terrific Zumba instructor who not only provides a quality workout, but combines inspiration along with it. I find her style and workouts to be beneficial to multiple age groups. Younger class participants can get a good strong workout, while older age groups can do the same with minor adjustments, which Sarah models. I am 56 years old, and I can feel the Zumba workouts with Sarah helping my joints as well as strengthening muscles and helping with balance. This is a well-rounded physical work out. I hope WLS will continue our relationship with Sarah Adams, and even offer more opportunities for her excellent Zumba classes.

Thank you for including the Zumba classes as part of the WLS wellness program. I feel healthier as a result !!

Sincerely, Tina Harmon

- ▶ DWC Representatives:
 - ▶ Tina Dake & Teresa Crozier

Whitmer/CTC



Mini Grant Programs:

- **Healthy Life Screening**- 38 participants
 - 7 staff were alerted to follow up with a doctor
 - 45% Mild BP; 31% Moderate-Severe BP
- **Pedometer Challenge**- 44 participants
- **Weight Challenges**
 - 23 of 36 people maintained or lost weight over the holidays
 - *Get the Weight Off* challenge:
 - ▶ Winner lost 7.9% of their weight
- **Stress Break Massage**
 - Dr. Buck gave *10 minute* stress relieving messages



Jefferson Junior High

▶ DWC Representative:

▶ Marie Kraus



Mini Grant Program:

- **Individual Fitness Challenge-**

Move It and Lose It for the Holidays:

- ▶ 11/3-12/15; 33 participants

Get In Shape for Spring Break:

- ▶ 2/16-3/22; 34 participants

- Weekly exercise logs
- Staff liked the individual focus
- Staff had an incentive to participate in both challenges for a total of 12 weeks



Winner: Diane Boggs



Washington Junior High

- ▶ **DWC Representative:**
 - ▶ **Karen Campbell**

FITNESS CHALLENGE

Mini Grant Program:

- **2016 Fitness Challenge**
 - **28 participants**

Participants were divided into teams. Each participant earned points for every 15 minutes of daily exercise and then reported weekly totals to the team captains. Teams competed to have the most overall points at the end of the 5 week period.

- **Water Challenge Through the Holidays**
 - *Staff were encouraged to drink 48 ounces of water a day.*

Staff Testimonial

It was wonderful to have the opportunity for staff to participate in a friendly competition during the March Madness Fitness Challenge. A couple co-workers and I have Fitbits and decided to continue the momentum from that challenge and have our own challenge called Workweek Hustle! It's fun to cheer each other on to a more active lifestyle and creates a way to have accountability which helps keep us motivated. Thank you Karen Campbell for hosting March Madness at Washington! The prizes were an added bonus at the end! Thank you!



Here are some of the Fitness Challenge Participants!



Greenwood

- ▶ DWC Representative:
- ▶ Chrisy Rupp



Mini Grant Program:

Healthy Heart Breakfast and Trivia

- 24 Participants
- Oatmeal with healthy heart toppings was served
- Staff participated in a fun trivia game that taught them heart disease prevention strategies
- Staff had fun and shared positive feedback about the program

Healthy Foods Potluck

- All staff were encouraged to bring in healthy food items for the June 6th staff potluck; recipes were shared too!

Greenwood

▶ Kick Start Your Day!

- ▶ Staff received healthy smoothies and breakfast bars to start their day
- ▶ Staff also learned about cardio drumming and was offered a free class!
- ▶ 25 Participants

▶ Walk Your Way to Good Health!

- ▶ Staff walked with their students for the Greenwood Walk-a-Thon. Every 4 laps they earned a raffle ticket for a chance to win a gift card.
- ▶ Staff learned the benefits of walking and made a fitness plan to walk in the summer.



Hiawatha

- ▶ DWC Representative:
- ▶ Sarah Osborn

Mini Grant Program: **Wellness Challenge Bingo**

- Seven Week Wellness Challenge
- 20 Participants
- Staff who participated chose 3 out of 9 different health challenges that best suited them (ex. sleep, nutrition, H2O, etc.)
- After completion of the activity, they wrote their name on a sticky note and placed it in the appropriate box
- When 3 challenges in a week were completed, staff earned a raffle ticket
- Sticky notes were cleared each week



Jackman

- ▶ **DWC Representative:**
 - ▶ **Amy Win-Szafarowicz**



Mini Grant Program:

C Urself Fit- 15 Participants

- This group exercise class offers a variety of exercises done in timed intervals; participants can work at their skill level
- A committed group was established at Jackman

Wellness Challenge: February – May, 2016

- 58 Participants
- Staff chose 3 out of 9 different health challenges to complete each week
- The goal is to challenge oneself to complete an activity that is not a part of their current activities

▶ **DWC Representatives:**

▶ **Laurie Crisp & Amy Win-Szafarowicz**

Mini Grant Program:

- **Wellness Challenge:** February – May, 2016

- 46 Participants
- Staff chose 3 out of 9 different health challenges to complete each week
- The goal is to challenge oneself to complete activities that are not a part of their current activities



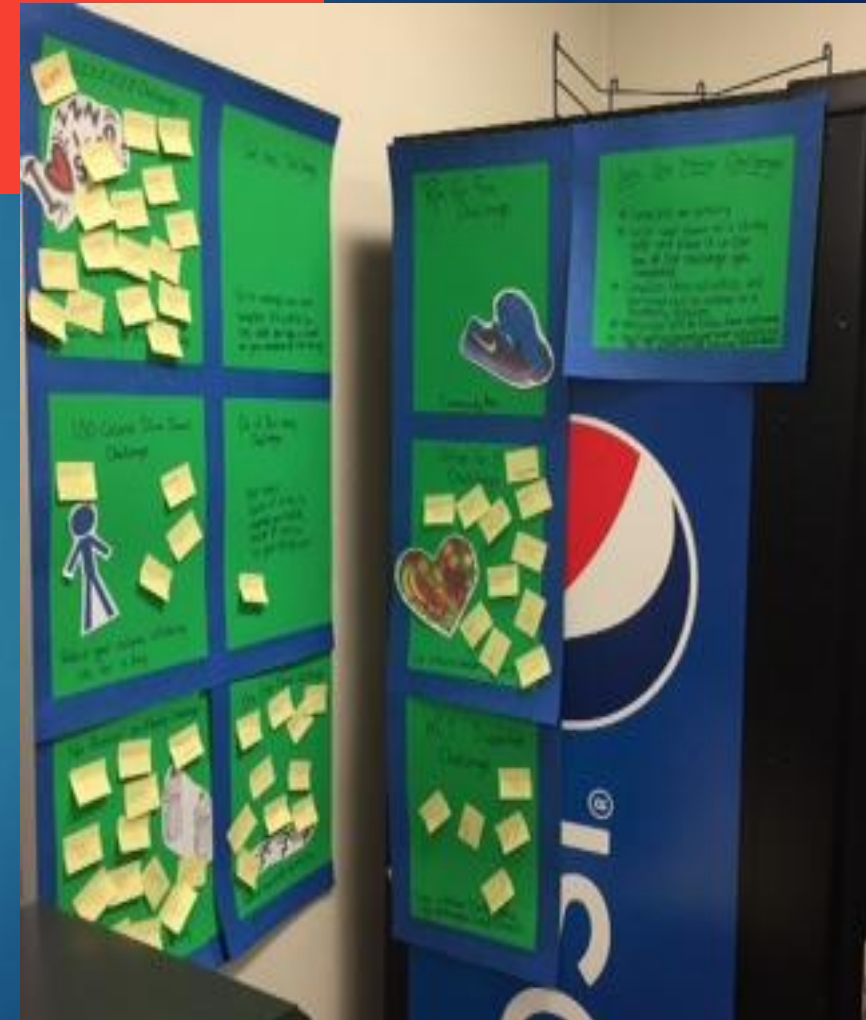
Meadowvale

▶ DWC Representatives:

▶ Roxanne Ward & Allison Robertson

Mini Grant Programs:

- **Be the Best YOU!**
 - Staff chose 3 out of 9 different health challenges to complete each week and displayed their success in the teachers lounge



Monac

► DWC Representative:

► Kristy Scoble

Mini Grant Programs:

- **Monac Water Challenge (2/1-4/1/16)**

- Staff were encouraged to drink plenty of water during the 8 week challenge
- They earned a raffle ticket for each day they achieved their goal and at the end of the week 4 tickets were drawn for \$10 gift cards to various vendors
- 14 Participants



WATER CHALLENGE



Shoreland

- ▶ **DWC Representative:**
 - ▶ **Rachel Geha**

Mini Grant Programs:

- ***Pedometer Challenge***
 - 9 Teams of 2 People
 - Weekly competition for the most steps; gift cards were earned
 - All challenge participants were rewarded with a healthy boxed lunch at the end of the 4 week challenge



Shoreland (continued)

- ▶ **Border Battle Challenge** – Shoreland encouraged staff to enroll in the **Steps2Health** district challenge by offering 50 Wellness Points toward the 250 points needed for the \$25 incentive

- ▶ 5 Participants

- ▶ **Weight Loss Challenge**

- ▶ 27 Participants
- ▶ Weighed in Weekly
- ▶ The winner had **6% weight loss!**



Wernert

▶ DWC Representative:

▶ Sandy Graver



Mini Grant Programs:

• **Happy Meetings**

- 15 Participants
- Social gatherings each month: corn hole, volleyball, etc.
- Silly raffle prizes were donated

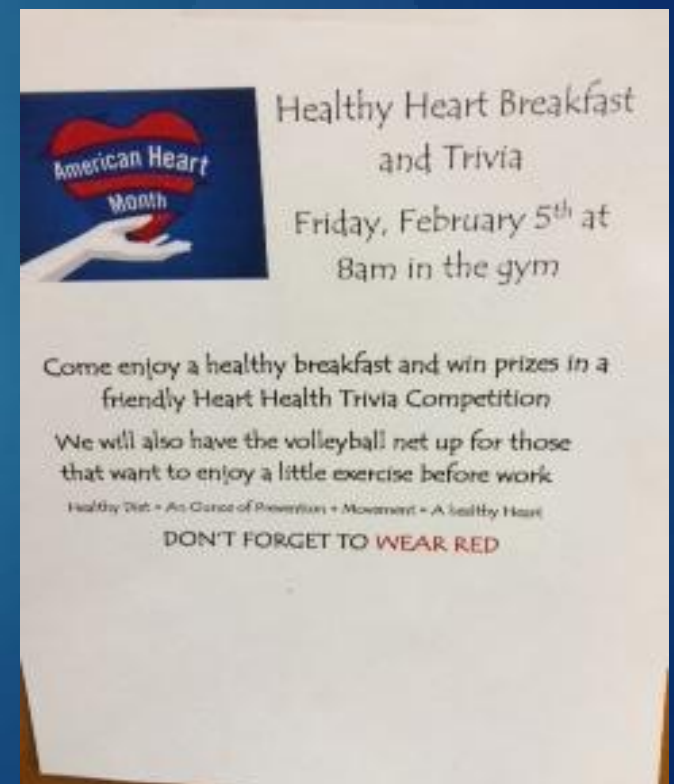
• **Maintain, Not Gain Holiday Challenge**

- 6 Week Challenge (Nov 24th – Jan 6th)
- 17 Participants
- Staff maintained their weight through the holiday season with motivation from DWC representative Sandy Graver!



Wernert (continued)

- **Healthy Heart Breakfast and Trivia**
 - 24 Participants
 - Oatmeal with healthy heart toppings was served
 - Staff participated in a fun trivia game that taught them heart disease prevention strategies
 - Staff had fun and shared positive feedback about the program



Transportation/Maintenance

- ▶ **DWC Representatives:**
- ▶ **Sue Futey & Julie Adams**



❖ **Hawaii Challenge**

- ❖ **Staff exercised to earn miles and travel to Hawaii**
- ❖ **11 Participants; 9 made it to Hawaii**

Transportation/ Maintenance



- ▶ Sue and Julie encourage staff to be active throughout the day with the convenience of the exercise room they created at their building.
- ▶ Staff worked on their Hawaii challenge exercise minutes before and after their routes!
- ▶ Participants were rewarded with a fresh fruit tray to share and gift card

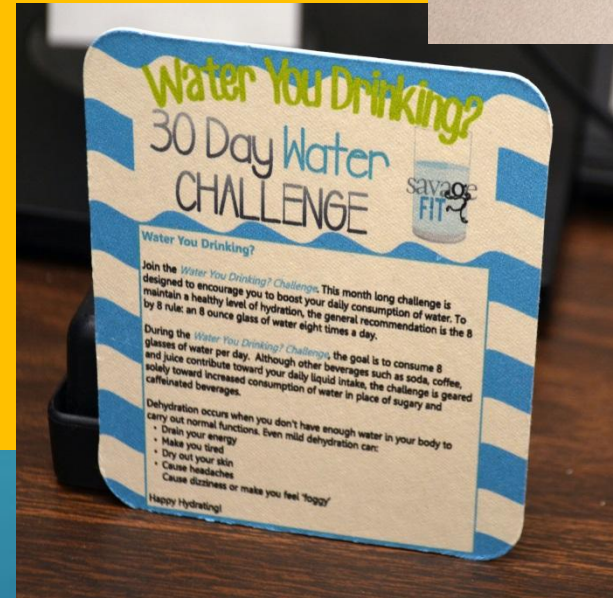


Central Office

- ▶ **DWC Representatives:**
 - ▶ **Wendy Krouse & Brian Davis**

Mini Grant Programs:

- **Fresh Fruit Fridays!**
- **30 Day Water Challenge**
- **Smooth Sailin' Smoothie Day**
- **Ergonomics Assessment**
 - 21 People Assessed



Student Health and Wellness in Washington Local



The Mission and Vision of Health & Physical Education K-12

- ▶ **Mission-** To implement a comprehensive health and PE curriculum that is based on best practice and aligned with state and national standards. Students will practice the knowledge and skills necessary for healthy living throughout their lifetime.

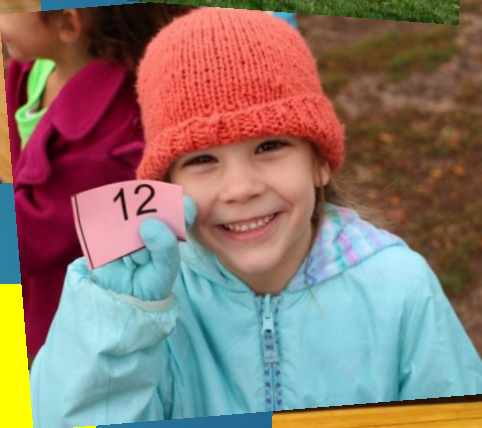


Mission and Vision Statement (continued)

- ▶ **Vision-** All K-12 students in Washington Local will have the opportunity to engage in health enhancing skills that will address various components of health. Students will learn the benefits of healthy living and the enjoyment it brings to life at an early age.



Opportunities for Students K-12



- ▶ Elementary
- ▶ Junior High
- ▶ High School



Elementary PE Teachers



Elementary Cross Country Race



October 28, 2016

Elementary Programs (continued)

- ▶ 5th and 6th Hot Shot Tournament
- ▶ 6th Grade Volleyball Tournament



Elementary Programs (continued)

▶ 6th Grade Junior Olympic Track Meet- May 15th

▶ Pumpkin Run



- ▶ Jump Rope & Hoops for Heart
 - ▶ Thousands of dollars donated to the *American Heart Association*
 - ▶ Intramurals at Each Elementary



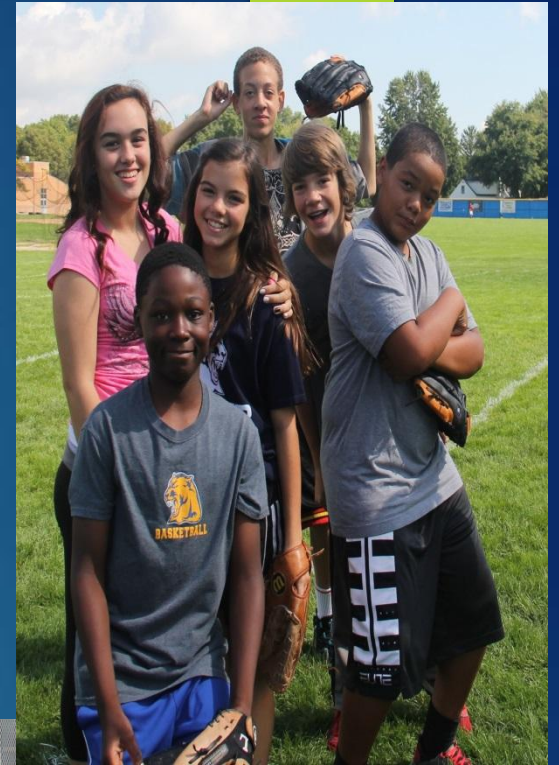
Junior High Highlights

- ▶ Health Behavior Change Project
- ▶ Health promotion topics and skills such as decision making, analysis of influences on health behavior, accessing valid health information, practice of interpersonal communication skills, goal setting, and advocating for healthy behaviors.



Junior High (continued)

- ▶ Staff & Student Basketball Game
- ▶ Develop skills for a variety of sport
 - ▶ The opportunities in the elementary and junior high develop the foundation for sport through learning strategies and developing skill
 - ▶ Students have more confidence and are more likely to be involved at Whitmer
- ▶ Monitor fitness through the Presidential Fitness Test conducted throughout the year to show individual growth
 - ▶ Example- 1 Mile Run



<i>Class Average Improvement per student</i>	<i>Percentage of students who improved their score</i>
1 minute, 46 seconds	87%



National Physical Fitness Award Winners



Junior High Pumpkin Run/Turkey Trot



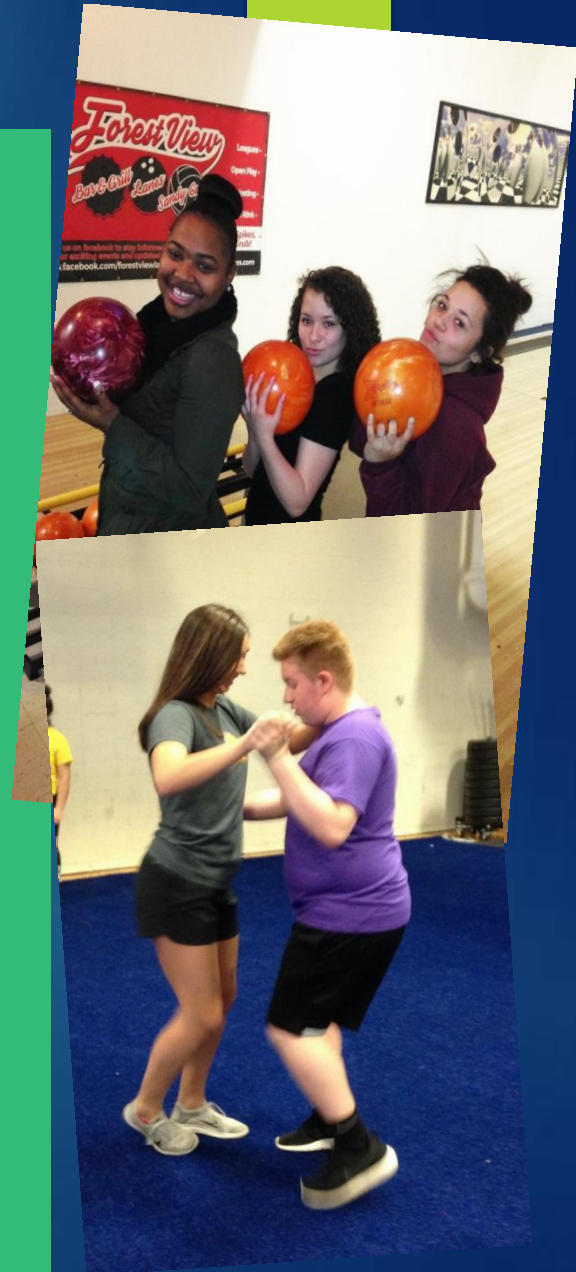
October 25th (Rain Date 10/26)



High School

Physical Education

- Students have the opportunity for PE credit: Team Sport or Individual Fitness
- 5 Elective PE choices
- Bigger, Faster, Stronger program implemented in weight training course
- An average of 80 pounds lost in each PE course
- Community involvement- YMCA (water aerobics, TRX, Spinning), Forest View Lanes (bowling, sand volleyball), University of Toledo, Metroparks, Zumba, Turbo Kick - students have opportunities they never experienced before
- **Heart Chase-** Raised money for the *American Heart Association*
- **FITNESSGRAM-** Monitor student growth through fitness testing



Health Education

- Comprehensive health curriculum focusing on student skill development for a healthy lifestyle throughout their lives
- **Ohio Means Jobs- Career Exploration**
- Community partnerships with Sober Truth, DART, Victims Forum, & American Red Cross
- **Students in *First Aid* implement skills learned in the course by carrying out scenarios for a mock disaster**
- **Health Teachers-** presentations at The University of Toledo and Eastern Michigan about effective teaching strategies in health education.
- **Health Advocacy Campaigns-** Texting & Driving prevention, Fitness & Nutrition goals, Mental Health Awareness, Red Ribbon Week, Blood Drive, etc.
- Elementary Health K-6 implemented Fall 2014



What our students have to say!

I have enjoyed this course very much. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I have enjoyed this course very much. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I have enjoyed this course very much. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I have enjoyed this course very much. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

Individual fitness has improved my body greatly. My stamina has been building up over the term. I have also learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

My friend has taught me so many new things this semester. I have learned more ways to stay fit than I had learned before.

This class has helped me in many ways. By working out I have increased my confidence and endurance. I eat my body fat, and I have increased my mental strength.

I have enjoyed physical education because it's fun. I have gained muscle and learned a lot.

I have enjoyed physical education because it's fun. I have gained muscle and learned a lot.

My friend sports and I had to join them as well. My friend was also motivated me to participate as well.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I wish I was able to be better at school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

The class has impacted my life in a great way. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

The class has given me so many new ideas and ways to work out. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I would like to do more activities in school. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

This class has given me a lot of new ideas and ways to work out. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

This course has helped me develop many skills and has given me many things to keep it going even when it ended. It has allowed me to reconnect with old friends and meet my goal of losing weight.

My friend says physical education is fun. I know that physical education is important but it's a waste of time. I have learned a lot of things that I can use in my life. I have also met some great people who have helped me a lot.

I have enjoyed physical education because it's fun. I have gained muscle and learned a lot.

I have enjoyed physical education because it's fun. I have gained muscle and learned a lot.

“Physical education with Mrs. Dake has been one of the most memorable classes in my high school career. In this class, I have improved my fitness, my weight, flexibility, and my attitude. My happiness has also increased significantly and I couldn’t be more thankful for the positive environment and encouragement Mrs. Dake gives everyday to all of her students.”

“I wish I was able to take health class sooner. I’ve received so much useful information that I needed sooner in life. This course should be required everywhere. Not only did I learn stuff for general living, I was able to take a few life long lessons with me too. I’m glad I have the information from this class. Better late than never, right?”



Student Testimonials

Physical education with Mrs. Dake has been one of the most memorable classes in my high school career. In this class I have improved my fitness, my weight, flexibility, and attitude. My happiness has also increased significantly, and I couldn't be more thankful for the positive environment and encouragement Mrs. Dake gives everyday to all of her students.

Mrs. Dake is ~~one of~~ the most active teacher I have ever had the pleasure of meeting. Not just active physically, but active in her class and with her students. She cares about individuals health and is reasonable and personable. Really love this class.

The class has impacted my life in a positive way because I made a lot of new friends and learned a lot about fitness. I learned how to workout and work as a team. I learned how to bowl and about all the components of fitness. I learned about all the muscles in my body and how to make them stronger. I did a lot of beneficial activities and I'm glad I had the opportunity to participate in them through this class.

This class has given me more time to work out during the week between work & school. I've also learned many new techniques.

This course has helped me develop many skills and has given me many ways to keep it going even when it ended. Also it has allowed me to reconnect with old friends and meet my goal of losing weight.

Mrs. Dake makes physical education fun. ~~But~~ I know that physical education is important but if I wasn't in it, my fitness, I wouldn't participate as much.

In this class I have learned many skills.

Mrs. Dake is super cool and always cares about how I'm doing in her class along with my other classes. She does an excellent job teaching the only way you will not pass her class, is if you do not do your work. I have really enjoyed taking her class and learning so many new things.

Student Testimonials:

This class has motivated me to lose weight. Also, I have started to live more sports and I like to play them as well. Mrs. Pake has also motivated me to participate as well.

I learned a lot of valuable information in health class. I honestly liked the sexuality unit, and Mrs. Woland made everything I had learned in the past more clear. Overall health 9 was a good class and I am glad I took it early.

I wish I was able to take this class sooner. I've received so much useful & valuable information that I needed sooner in life. This course should be required ~~everywhere~~ everywhere. Not only did I learn stuff for general living, I was able to take a few lifelong lessons with me. I'm glad I have the information from this class. Better late than never, right?

Mrs. Pake has been one of

This class has helped me in many ways. By working out I have increased my cardiovascular endurance, I cut my body fat %, and I have increased my vertical jump.

Individual Fitness has improved my body greatly. ~~I've become a lot fitter~~, ~~and~~ My stamina has been ~~building~~ building ever since I've begun this class. Also, I've gained more muscle, ~~which is~~ useful for Physical education has made my life healthier, ~~and~~ happier, ~~and~~

Mrs. Woland has taught me so many new things this semester. I now know more ways to stay fit than I had learned before.

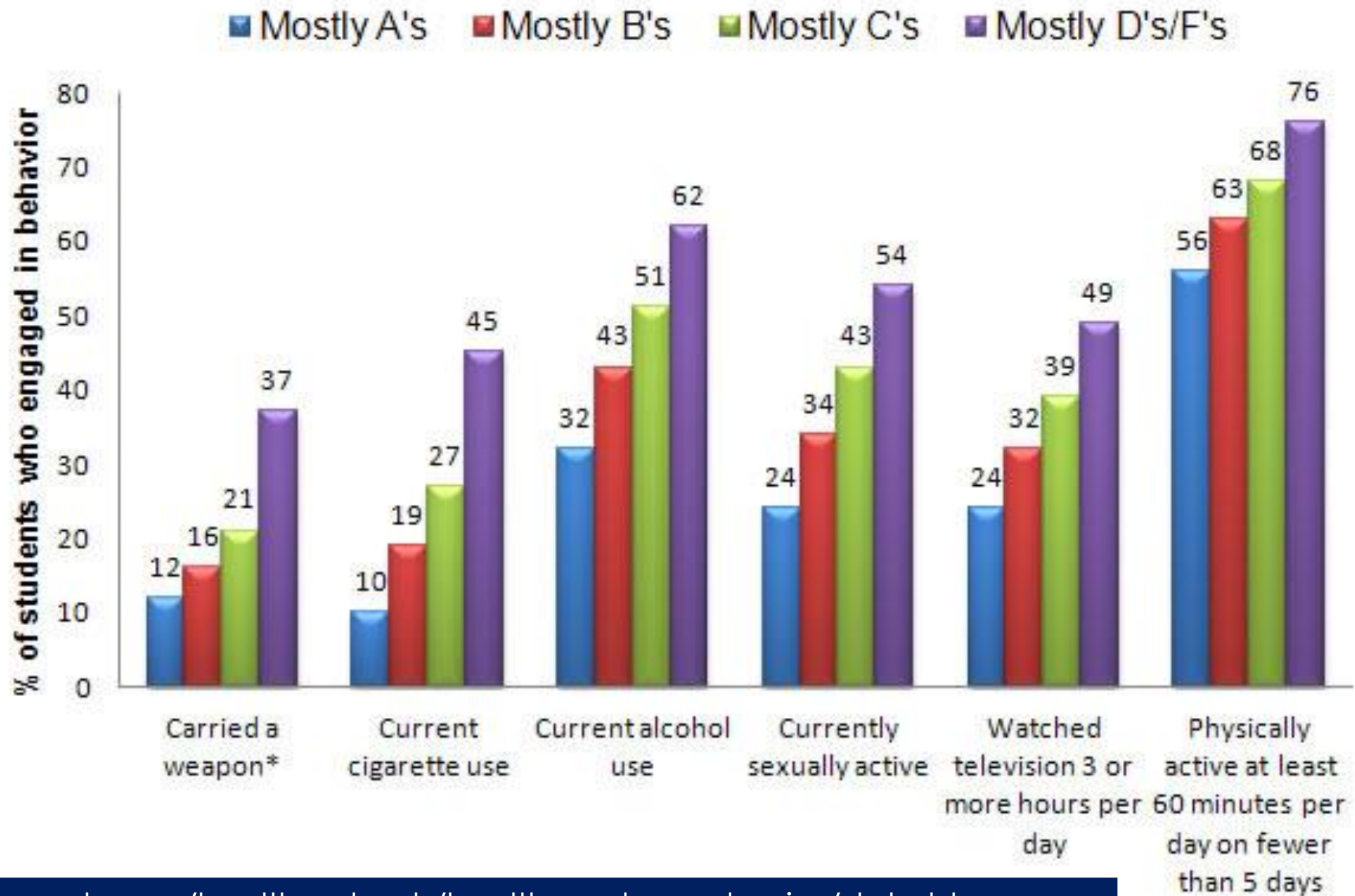
WLS Recognized Nationally

- **BLUE APPLE AWARD FOR HEALTH EDUCATION NATIONAL RECOGNITION WITH DISTINCTION IN 2008. CLARK, A., DAKE, T., KEHRES, A., NOLAND, H. & SCHOLL, J.**
- **HEALTH TEACHER OF THE YEAR RECOGNIZED NATIONALLY BY THE AMERICAN ASSOCIATION FOR HEALTH EDUCATION (AAHE) IN 2009. DAKE, T.**
- **HEALTH EDUCATOR SELECTED IN 2016 TO WORK ON NATIONAL HEALTH EDUCATION TEACHER PREPARATION STANDARDS. DAKE, T.**
- **PRESENTATIONS AT NATIONAL CONFERENCES (SOPHE & ASHA). CLARK, A., DAKE, T., KEHRES, A., NOLAND, H. & SCHOLL, J.**
- **5 YEAR LONGITUDINAL STUDY TO RESEARCH THE ASSOCIATION OF HEALTHY BEHAVIORS AND ACADEMIC PERFORMANCE WITH THE WASHINGTON LOCAL CLASS OF 2015; DATA PRESENTED AT A NATIONAL CONFERENCE IN MARCH 2015. DAKE, T.**
- **NATIONAL SLEEP STUDY RECOGNITION: ADOLESCENTS' SLEEP BEHAVIORS AND PERCEPTIONS OF SLEEP, JOURNAL OF SCHOOL HEALTH MAY 2009, NOLAND, H.**

We Believe as a Health & PE Department that:



- ▶ Physical activity and health literacy are essential to the whole child.
- ▶ Students who have the opportunity to engage in fitness and health activities create health enhancing habits and become advocates for healthy living throughout their lifetime.
- ▶ The skills and concepts taught in health and physical education are differentiated to meet the needs of all students in Washington Local.
- ▶ Healthier children are better learners (Basch, C. 2010; cdc.gov).



We Believe as a Health & PE Department that:



- ▶ Physical activity and the practice of life skills provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
- ▶ Diagnostic, formative, and summative assessments provide feedback that is vital to the growth of our student's skills in health and PE.
- ▶ Certified teachers need to deliver aligned health and PE curriculum comprised of best practices.
- ▶ Professional development is essential for continued growth.



A Great Year Ahead!

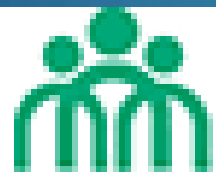
- ▶ We are looking forward to another wonderful year of student and staff wellness initiatives!

I believe that the greatest gift you can give your family and the world is a healthy you.

-Joyce Meyer

Thank you Paramount!

Washington Local Schools
appreciates your support in our
mission for a culture of health and
wellness in our district!



PARAMOUNT



Washington Local

Thank you WLS for loving your students and staff and giving us these opportunities to stay well!

