

# Safety, Health and Wellness Program PreK-12

Webster Groves School District  
2014-2015  
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# Safe and Healthy Students

## Goal

All students will be successful in the Webster Groves School District.

### Critical Issues:

- Create and monitor an environment that promotes student engagement and responsible learning behaviors
- Take actions to ensure that all students understand and demonstrate safe and healthy lifestyles and refrain from using harmful substances

# 2014-2015 Highlights



- Ronald McDonald Care Mobile Vision Eye Care Charity of Mid-Missouri
- Hixson Counselors Present at State Conference on Mindfulness Yoga
- Education Plus Trust Wellness Staff Opportunities
  - Best Body Nutrition Program
  - Flu Shots
  - Chair Massages
  - Walking Program
  - Mobile Mammography Van



# 2014-2015 Highlights



- New Track and Exercise Stations at Hudson
- BJC consults
- 2015 Niche Rankings Rate WGSD in the Top 10 in Missouri for Safest School Districts and in Sports and Fitness
- Intruder Training for all District Staff

# PreK-5 Activities to promote Safe and Healthy Lifestyles

- Dental lessons
- Monthly nutrition and wellness activities
- Dance parties
- Health Fairs
- Walk to School Events
- Walking School Bus
- Read, Right, Run Training
- PE classes teaching safe and healthy lifestyle choices
- NCADA speaking in classes
- Red Ribbon Week
- Caring Communities anti-bullying program
- “Hands Only” CPR training for staff
- TarWars (SLU Presentation)
- Dentist visits
- Power of Choice program
- 40 Assets brochure provided to Kindergartners and new families
- Jump Rope for Heart
- Team 5 activities
- Health Education Lessons
- Fitness Trail
- Jaguar 5K
- NCADA TATU program
- Information through newsletters
- Brain Breaks
- Girls on the Run
- Promotion of Healthy Snacks

# Steger 6<sup>th</sup> Grade Center

- NCADA lessons on resistance to tobacco, alcohol, marijuana
- Preferred Family Health referrals of students thought to be at-risk
- Metro Theatre residency on making good choices, friendships, and tolerance
- Human Growth and Development unit in science classes
- NCADA speaking to parent group
- *Girls in the Know* four-part speaker series for girls and their mothers

# Steger 6<sup>th</sup> Grade Center

- *Caring Communities* anti-bullying program
- Girls on the Run
- Monthly lessons given by school counselor
- Leadership boot camp
- Lessons on tolerance and appreciating differences
- Information to Parents on Social Media & Cyberbullying



# Hixson Middle School

- 27 after school clubs and activities
- Rachel's Challenge
- Hixson Health Fair Agencies: **NCADA** - tobacco **MO. Regional Poison Center** - inhalants **Safe Connections** – decision making **St. Louis ARC** – fetal alcohol syndrome **WGPD** – fatal vision goggles **St. Louis College of Pharmacy** – Rx drug abuse plus multiple other agencies to promote healthy lifestyles **BJC Community Outreach**– blood pressures and blood glucose level screenings, plus multiple other agencies to promote healthy lifestyles
- *Parent Drug Awareness* evening, (in collaboration w/ Preferred Family Health and SSM MO Regional Poison Control)
- Health Classes – “What is health” (PE teachers), Responsible decision making, Healthy vs. unhealthy relationships (Safe Connections), Abstinence, Sexually Transmitted Diseases (School Nurse), Stress and Depression (PE/Health teachers), Suicide prevention (CHAD)



# Hixson Middle School

- *PROJECT ALERT* (new this year – team teaching w/ PFH)
- Parent workshop on cyber bullying
- Red Ribbon Week activities – (Counselors and WGPD)
- *Mix It Up* lessons - includes lessons on bullying (Counselors)
- Parenting Workshop – The Adolescent Brain (Counselors)
- Dr. Miller, Leslie Bennett and Linda Neumann have been trained in Health Teacher, a Youth Health Literacy Collaborative through Mercy's foundation. The grant runs through 2015. Health Teacher is a resource for all curriculums. Other PE teachers, staff members and counselors will also be trained on how to use the web site as an additional resource.
- *Discovery classes*: Drug education and project

# Hixson Middle School

- Preferred Family Health and WGPD classroom presentations
- Fitness Club
- Campus Club garden to table activities
- “Report a Concern” link on Hixson website main page
- Bully awareness activities conducted by principals, counselors and staff
- Brain Breaks
- PE for Life



# Webster Groves High School

## Curriculum and Student Activities

- Presentations and assemblies at all grade levels by principals, outside agencies and counselors
- *TryPOD* - Try Putting Off Drugs - 11th and 12th graders teaching in Health class after training in impact of substances on the brain
- *HiSTEP* – High School Taught Education Program to teach younger WGSD students drug prevention
- *SADD* Students Against Destructive Decisions - plan various activities to promote healthy, drug-free lifestyle
- ABC/PBIS - Student group promoting Respect, *Responsibility*, Involvement, *Safety*, *Education*
- Students As Allies
- Athletics coaches meeting with parents and contract to refrain from drugs
- Anti-bullying action plan
- Webster Eats....Breakfast
- Healthy choices vending machine

## Response/Intervention

- Crisis Counselor and School Social Worker in addition to 6 guidance counselors. There is also a full-time school social worker assigned through Special School District
- Care Team follows up on referrals for possible drug use and makes recommendations to parents regarding resources in the community
- Preferred Family Health Care - Intense Drug Counseling available free at school or at one of their facilities
- Smoking Cessation Classes
- Cooperative relationship with CCM (Clinical Collection Management) for referral for drug testing. This is confidential and does not go in medical records
- Safe Schools Hotline and Textline
- Safe and Drug Free School Committee

## Discipline/Consequences

- Discipline policy includes 30-day suspension for first infraction, with a hearing and an incentive to get help. Students can go to NCADA, Webster U. or Preferred Family Health for drug counseling.
- Drug Dogs are used 2-3 times a year for parking lots and lockers
- Students are searched if they cut class or leave campus without permission
- Continued increased supervision during lunch periods around the building and grounds. 2 assistant principals in the cafeteria and 2 assistant principals walking the perimeter of the building each lunch period. This is in addition to permanent subs and other staff such as the Activity Directors.
- Breathalyzer available for suspected students at dances, athletic events and other activities

## Staff Training

- Professional Development Opportunities

## Parent Education

- Parent Forum in the fall
- Parent Teacher Conference – Table with handouts
- Parent Link – Information regarding alcohol and other drugs written by school social worker, school crisis counselor, and Preferred Family Health staff
- Process developed for informing parents when we hear rumors about their son or daughter using drugs outside of school



# Thoughts or Questions



***The Webster Groves School District community  
is committed to academic and personal success  
for every student.***