

Creating Health Schools and Communities
Wyandanch Union Free School District
Board of Education Meeting
November 18, 2020, 7:00 pm



Creating Healthy Schools and Communities (CHSC)



Goal: To increase demand for and access to healthy, affordable foods and opportunities for daily physical activity for all New Yorkers:

4 School Strategies

1. Revise, implement, and assess **local wellness policies** to improve the school environment.
2. Increase access to **healthy, affordable foods** and increase school districts' ability to meet federal **Healthy, Hunger-Free Kids Act of 2010 nutrition standards** for foods sold outside of school meals.
3. **Restrict** food marketing to children.
4. Establish **Comprehensive School Physical Activity Programs (CSPAP)**.

3 Community Strategies

5. Increase access to **healthy, affordable foods** in communities.
6. Increase adoption and use of **food standards and procurement policies that increase healthy foods** in community sites and settings.
7. Adopt and implement Complete Streets policies, plans, and practices to increase access to **opportunities to walk, bike, and roll**.



Some Wellness Committee Members

- WUFSD
- School Lunch Manager
- CHSC School Health Policy Coordinator, WSBOCES
- Educators & Counselors
- Earth Rangers & Advisor
- PTA Leaders
- Cornell Cooperative Extension
- Hudson River Health Center
- Community Resource Center
- Students
- Stony Brook Medicine
- Wyandanch Plaza Association
- Long Island Health Collaborative
- Suffolk Care Collaborative
- Asthma Coalition
- Cohen Children's Medical Center
- Island Harvest
- Vision Long Island
- Leaders of the Future
- CCWCA, Inc
- Ryan Outreach Center
- Assemblywoman Jean-Pierre
- Senators Brooks and Boyle
- Town of Babylon
- Community Church of Nazarene
- Witness Project
- Senior Nutrition Center
- Suffolk County Department of Health
- And Others!!

CERTIFICATE OF RECOGNITION

Awarded to:

Wyandanch Union Free School District

Awarded by:

Western Suffolk BOCES

in recognition of your contribution and dedication to creating a culture of health and wellness for the Scholars of Wyandanch. We are grateful for your collaboration and partnership on the Creating Healthy Schools and Communities initiative.

October 2020



Karyn Kirschbaum, Ph D
School Coordinator , WSBOCES
Vision Long Island and
Stony Brook Medicine



Creating Healthy Schools
and Communities

Monthly Wellness Newsletters Keep All Informed



Creating Healthy Schools
and Communities
in Suffolk County



Monthly Wellness Newsletters Keep Schools and Community Informed

Three years ago, the Wyandanch Wellness Committee decided to launch a monthly newsletter. Its initial purpose was to inform school staff, students and families about the District Wellness Policy and how specific elements were being implemented. It has since evolved into a much broader and more comprehensive overview and celebration of local wellness initiatives and accomplishments that promote health and wellness in the schools and community. Through widespread distribution at the school level and throughout Wyandanch, the newsletter has gained a degree of recognition.

Wyandanch Wellness Warriors Newsletter Gains Traction

The early issues of the newsletter featured specific topics that related to the District Wellness Policy such as: announcements, celebrations, fundraisers, and physical activity events. Each edition of the newsletter was translated into Spanish and Haitian Creole and was e-mailed, was sent electronically to school staff and Wellness Committee members, and posted on the District website. As the year went on, the content of the last stories evolved to highlight a specific best practice, success and/or monthly theme. For example, during National Nutrition Month in March, a Martin Luther King Jr. Elementary School (MLK) teacher wrote about how she used a Tiramisu Garden to teach 1st grade students science and nutrition through growing, harvesting and tasting. In the April issue, Every Kid Healthy Week, an annual campaign created by Action for Healthy Kids, was acknowledged with a list of scheduled events and programs. The

resulting spring issue is the first year of publication featured a walking initiative launch led at Wilson L. Oline Middle School (WLS) and several indoor and outdoor garden initiatives, with special attention to the successful MLK garden. To close out Year 1, two positive steps were taken: (1) assignment of a district clerk at staff person to design and distribute the newsletter, and (2) dissemination of a newsletter survey to district staff to gauge readership and usefulness.



First issue, Year 1, September 2013

Positive Feedback is Encouraging

Overall, results of the staff survey were extremely positive, and allowed for open-ended suggestions

CHSC | Success Story

for future topics. One challenge that was revealed was that not everyone was using or reading the newsletter. In response to the statement "I read this newsletter", 1/3 responded "always", 1/3 "sometimes", and 1/3 "never". Upon further inquiry, it was found that unless one knew about it and looked for it, the newsletter could easily get lost in an already full inbox. A majority of responses suggested that the newsletter was informative, that readers learned something new, and found the list of upcoming events and resources to be helpful. Open-ended responses from recipients provided additional feedback. One such reply came from a high school teacher, "The newsletter looks great and conveys a poignant message in a friendly manner." Survey results and suggestions were considered to provide ideas for new themes and topics to explore in Year 2.



First issue, Year 1, September 2013

Year 2 began with positive news that all four school buildings had received Bronze Awards from the United States Department of

Agriculture's HealthierUS School Challenge Smarter Lunchboxes (SLC) 50. This uplifting news was appropriately covered in the first newsletter edition of the new school year. As more Comprehensive School Physical Activity Program (CSPAP) dialogues were implemented in the district, their stories were highlighted. MLK's morning walking initiative and Popsicle Ice Creams, monthly theme challenges at L of each Hardman Elementary School (LES), Math and Movement at MLK, and High School Leaders of the Future members' creation of Skip-to-Fitness. There was no lack of topics and success to broadcast to the district and the larger community. As district feedback continued to be positive and consistent at the District Wellness Committee determined that the newsletter should continue through the summer months. In addition to social media, the newsletter provided a wonderful platform to publicize the physical activity and nutrition opportunities taking place in July and August, such as the Summer Saturdays at DeLano Stewart Plaza featuring live jazz, dance and dance classes, and a farmers' market where summer meals were provided.

Celebrating and Communicating Accomplishments

At the beginning of Year 2 of publication, a resident questionnaire was distributed with an additional question about behavior change. Seventy-three percent of respondents indicated that they were either walking more, choosing more healthy snacks or drinking more water. Similar to the first survey, 1/3 believed that they had learned something new from the newsletter. One individual commented, "I like seeing what other schools are doing." The newsletter has served as a venue for celebrating health promotion strategies and informing those from different classrooms, hallways, buildings, and throughout the community of positive efforts underway.

"The Wellness Warriors Newsletter is an important chronicle of what we're doing and how we're doing it. Newsletters can be a read-along, archive and a message board. Through the newsletter we celebrate achievement, communicate accomplishments and establish recognition for all things wellness in Wyandanch. To most people, the newsletter is the Wellness Committee. Photos and personal stories enhance the attractiveness and value of the newsletter. We hope to always bring what's going on to a broader audience, but we want to do so in a way that people can say we brought some value to their lives." Marly Granger, Assistant Administrator for Operations & Physical Education and Wellness Committee Co-Chair

Looking Forward



January 2014 issue featuring Tiramisu Garden at MLK Middle School

The Wyandanch Wellness Committee will continue to expand its readership and value. Western Suffolk BOCES will provide the necessary technical assistance to sustain it, and, hopefully, find a permanent place for it at the district level.



November 2013 issue featuring Tiramisu Garden at the Garden

There are many school and community wellness champions who have emerged who can contribute their stories. Western Suffolk BOCES will continue to support these leaders, engage new ones, strengthen the District Wellness Committee and building-level Wellness Teams, and maintain resources and partnerships to sustain the newsletter.

To learn more about our work:
Visit:

www.facebook.com/HSNYWSB-OCES

Email: Karyn.Kirschbaum@wsbores.org



Fall 2019 Butternut Squash Tasting - MLO



Tower Gardens at MLO

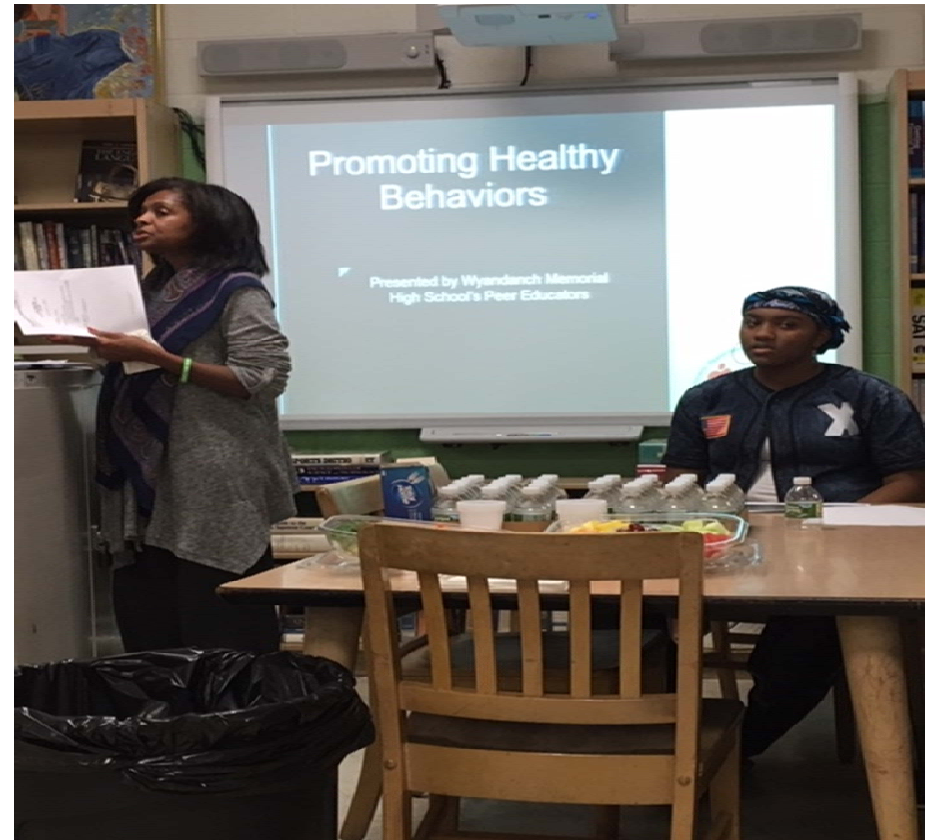


Girl Scouts practicing Yoga

LFH Scholars learning about My Plate



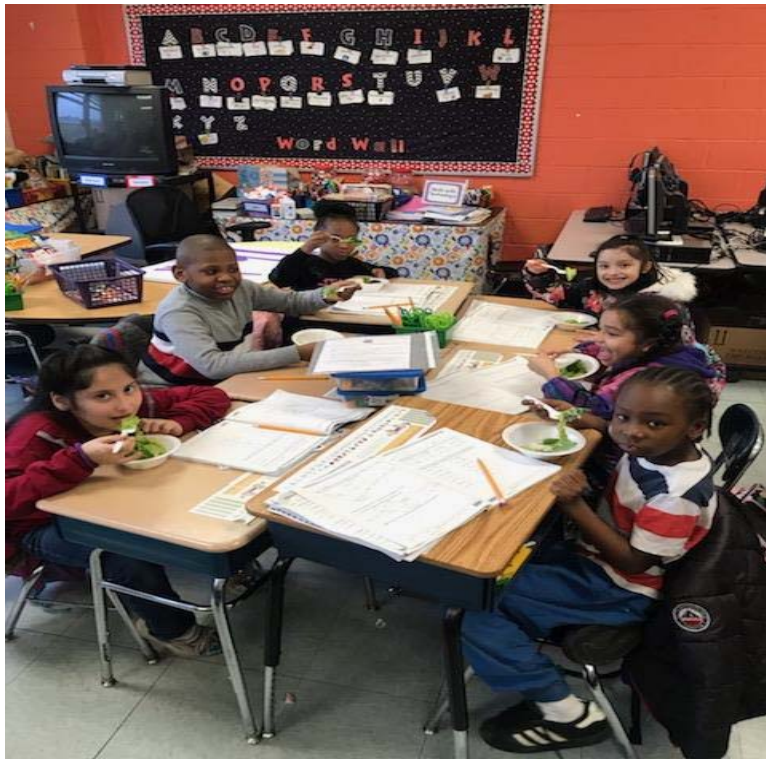
HS Leaders of the Future (LOTF) present at a PTSA meeting – Nov 2018



HS LOTF present at PTSA meeting (con't) – Nov 2018



MLK students eat salad from Tower Garden



MLO Wellness team utilizing Warrior Bucks to encourage morning walks



Teaching Math & Movement at MLK



HS Scholars, Kappa Members and Staff do morning stretches



Administrators displaying the Healthier US School Challenge Bronze School Award Banners



MLO Students walk before school and during Every Kid Healthy Week (EKHW)



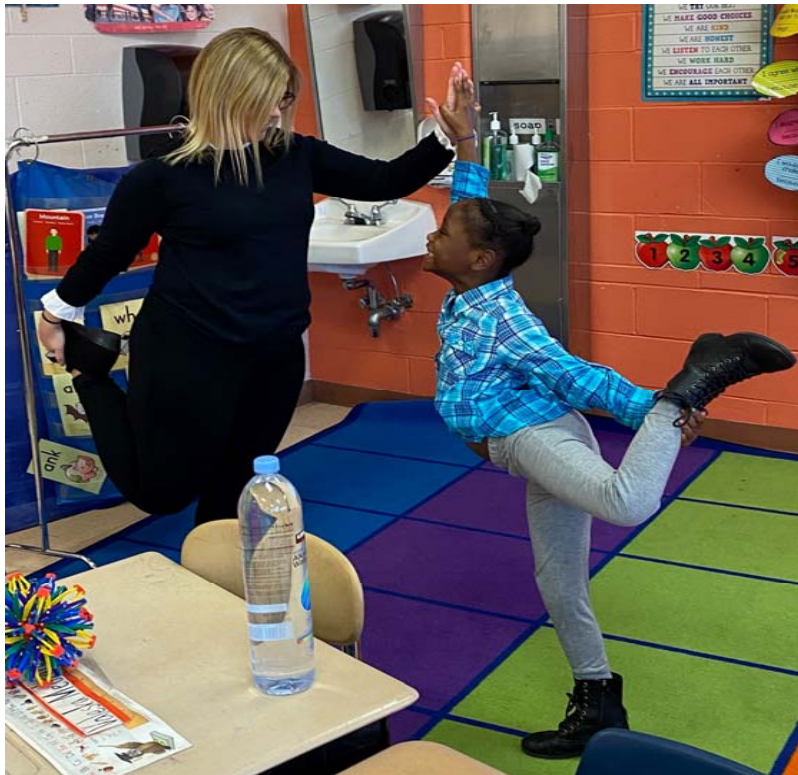
LFH Annex Scholars Walk and Run during EKHW



MLO Staff promote wellness (Sit Less Move More, Pedometers, Healthy Fruit)



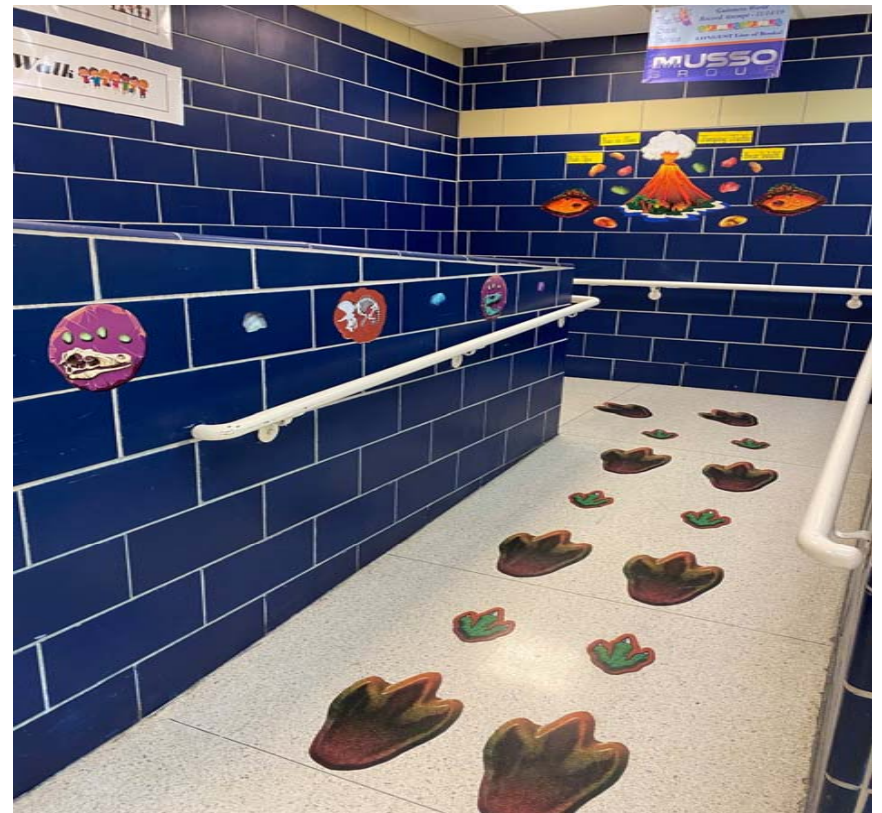
MLK teacher uses Yoga4Classrooms with Scholars



MLO Wellness Champions



MLK/LFH Staff Create a Sensory Path for Scholars



Youth and Adults come together to help create MLK Garden October 2020



Sensory Paths created for LFH-Annex Scholars



HS LOTF present 'Sit Less Move More' during Every Kid Healthy Week



LFH & Annex Activities During Every Kid Healthy Week



HS LOTF present and demonstrate Yoga at a Wyandanch Community Leadership Meeting



Ribbon Cutting at High School for 1st of two Lactation Rooms (2nd is being established at MLO)



MLO Administrators and Staff practice breathing exercises using Yoga4Classrooms



MLK Scholars do ZUMBA



MLO Scholars harvesting veggies – Fall 2020



LFH Annex Students learn nutrition with parachute and practice Zumba



Earth Rangers Cook with Ms. Donna from CCE



HS LOTF promote 'Sit Less Move More'



Wyandanch Community Walks



CHSC participates in 2019 Witness Project Walk



Summer Saturdays at Delano Stewart Plaza



Community Wellness Partners (Community Church of Nazarene & Senior Nutrition Center)



Wyandanch Community Walks



Witness Project Walkers



Wellness Meetings (with smoothies)



Vision Long Island presents at Wellness Meeting



School and Community Leaders participate in Free Summer Yoga at the Plaza



Concerned Citizens of Wyandanch Community Civic Association, Inc. Lead and Walk in a Peace March – 7/2020



Wyandanch Community Leaders at Walk



Wyandanch Wellness Champions attend WSBOCES Healthier Long Island Challenge



Vision Long Island Conducts a Walking Audit 11/2019



Parent Leaders and Educators at LOTF Wellness Presentation



Wyandanch Night Out 2019



CHSC supports sustainable wellness efforts



Day 1: Walk for 10 mins
Day 2: Try a new yoga pose
Day 3: Walk for 12 mins
Day 4: Eat only health snacks
(fruits and/or veggies)
Day 5: Walk for 14 mins
Day 6: Drink 8 cups of water
Day 7: Walk for 16 mins
Day 8: Spend an hour off your
phone and with family/friends
Day 9: Walk for 18 mins
Day 10: Meditate for 5 mins
Day 11: Walk for 20 mins
Day 12: Do 15 jumping jacks
Day 13: Walk for 22 mins

Day 14: No soda!
Day 15: Walk for 24 mins
Day 16: No candy/sweets!
Day 17: Walk for 26 mins
Day 18: Play a board game
with your friends/family
Day 19: Walk for 28 mins
Day 20: Give someone a
compliment
Day 21: Walk for 30 mins
Day 22: Meditate for 10 mins
Day 23: Walk for 32 mins
DAY 24: Random act of
Kindness
DAY 25: MERRY FITMAS!

*Merry &
Fitmas!*



- 25 Steps to Fitmas was created by the Leaders of the Future during the 2018/2019 school year
- It was recognized by many CHSC partners
- These types of tools and messages are replicable and can be integrated into the school and community calendar – virtually and in person

In Closing – 5:00 minutes are up!



- An extra special thank you to Mr. Monty Granger for his continued support and encouragement throughout the grant.
- Kkirschb@wsboces.org
- www.facebook.com/HSNYWSBOCES
- Thank you all!
- Questions?