

PUEBLO DISTRICT 70

2022-23 ANNUAL WELLNESS REPORT

DISTRICT 70 WELLNESS PROGRAM

We work to include wellness education, promote physical activity in the classrooms, and offer social, mental, and emotional improvement opportunities for students and staff. For more information visit www.d70nutrition.org.



ASSESSMENTS & DATA

Through support from the partnership with Healthier Generation, school wellness teams worked through the 6-step process to help strengthen policies and practices within their school environments, improving the health and well-being of students and staff.

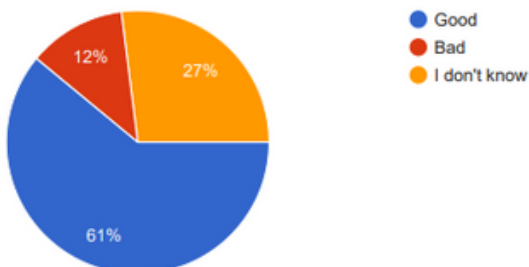


STUDENT CLIMATE SURVEYS

Schools in District 70 administered student climate surveys, for the second year in a row, to gain a better understanding for the social emotional well-being of students--further guiding wellness interventions and programming.

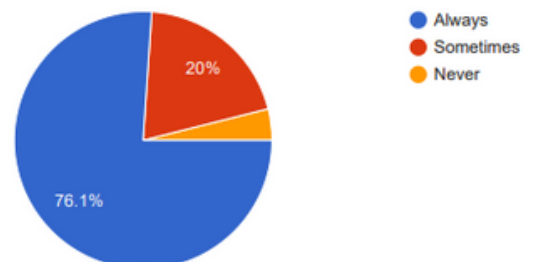
On most days, how do you feel when you're at school?

3,242 responses



Do you have an adult or relative at home that will help you no matter what?

1,755 responses



AWARDS & GRANTS

AMERICA'S HEALTHIEST SCHOOLS

The Healthier Generation Award is a prestigious, annual distinction presented to schools that have demonstrated remarkable efforts to prioritize the essential health needs of students, staff, and families. Two schools were awarded in Pueblo 70 during the 2021-22 school year, including Swallows Charter and Liberty Point International. This year 13 schools in Pueblo 70 applied for awards.



RISE GRANT

With a 3-year grant provided by Kaiser Permanente Thriving Schools, D70 worked in partnership with Colorado Education Initiative and Healthier Generation to implement the RISE framework in 20 schools across the district. The resources and training are designed to increase staff job satisfaction and reduce stress; improve safety, connectedness, and relationships among students and staff; and boost student and staff social-emotional learning.

COMMUNITY PARTNERSHIPS



LOCAL WELLNESS POLICY

Aside from reviewing and updating the District's Local Wellness Policy this school year, individual schools in the district worked with their wellness teams to develop school-level policies to support specific wellness goals. You can find the District's Wellness Policy as well as the individual school policies at www.d70nutrition.org/d70-wellness-policy.



STAFF & STUDENT WELLNESS ACTIVITIES

STAFF PROFESSIONAL DEVELOPMENT - MOTIVATIONAL SPEAKER, CHASE MIELKE

Staff from across the district were officially welcomed back for the 2022-23 school year! With the support of the District 70 Wellness Committee, award winning teacher, speaker and author of "The Burnout Cure: Learning to Love Teaching Again", Chase Mielke, delivered a powerful and inspirational message for staff. District staff filled the gymnasiums and auditorium at County High, Pueblo West High and Rye High.

"Wonderful way to start the year!"

"He was amazing! We laughed, we cried, and we were inspired."

"His words were inspirational and much needed."



BREATHE FOR CHANGE

Breathe for Change is mindfulness, social-emotional learning, and yoga training for educators, positively impacting the lives, learning, and well-being of students. 4 wellness leads in the district completed this training.

STAFF WELLNESS ACTIVITIES

- Step challenge
- Yogurt bar
- Staff lounge makeover
- Monthly challenges
- Coffee chats
- Staff luncheons
- Secret Santa
- Teacher Appreciation Week activities
- Weight loss challenges
- Bowling nights
- Escape room
- Acupuncture
- Birthday celebrations
- Staff BINGO
- Virtual calming corner
- Chair massages



Training at Swallows Charter Academy

TOBACCO/VAPING PREVENTION



KYLE SCHEELE- THE POWER OF ONE

District 70 welcomed motivational speaker Kyle Scheele to each of the district middle and high schools. Kyle balances his presentation with humor and inspiration and shows students that not only can one person make a difference, but massive movements can happen when individuals team together. It only takes one person to change the world, and each of us has the power to be that person.



SOURCES OF STRENGTH

The Sources of Strength program is a universal, school-based program that is designed to change the norms and behaviors surrounding suicide within a school community and increase social support and connectedness among students, including suicidal students.



Talking Circle at Vineland Middle School

STUDENT WELLNESS ACTIVITIES

- Step challenge
- Intellectual wellness
- Happy notes
- Hornet of the Week
- Art contest
- Be Well cards
- Water challenges
- Red Ribbon Week
- Field day
- Exercise challenge
- Food boxes for families
- Color Run
- Gratitude challenge
- Morning wellness in the gym