

# **SAFETY, HEALTH AND WELLNESS PROGRAM: PREK-12**

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Webster Groves School District

2015-2016

John M. Thomas

Director of Student Services

# Strategic Plan Defining Objective

Develop programs to allow all to  
pursue healthy lifestyles

## 2015-2016 Highlights

- Counselors and Social Workers study of Joy
- Chartwells' Breakfast and Courtyard Cart at WGHS
- New AED's through grant from Missouri Baptist
- WGSD Wellness Program—Linda Neumann
- Eye Care Charity of Mid-America Mobile Van
- Staff Movement Challenges
- Digital Citizenship—Tim Brown

Presented by Tim  
Brown

*The Umbrella of*

*Digital Citizenship*



*Internet Safety*

*Cyberbullying*

*Digital Footprint*



# Digital Toolkit



## Upcoming Event

- February 17<sup>th</sup> district-wide parent forum hosted by Hixson focusing on “Adolescent Drug Use, New Trends, Prevention and How to Test your Teen”

# 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
- PE classes teaching safe and healthy lifestyle choices
- Red Ribbon Week
- Caring Communities anti-bullying program
- Health Education Lessons
- Information through newsletters
- Brain Breaks
- Girls on the Run
- Various other activities conducted in individual buildings.

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

- NCADA lessons on resistance to tobacco, alcohol, marijuana
- Preferred Family Health referrals for 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 and Cyberbullying

# Hixson Middle School

- 27 after school clubs and activities
- Rachel's Challenge
- Hixson Health Fair
- Parent Drug Awareness evening in collaboration w/ Preferred Family Health and SSM MO Regional Poison Control
- Health Classes focused on responsible decision making, healthy relationships, abstinence, sexually transmitted diseases, stress and depression, and suicide prevention.

# Hixson Middle School

- Parent workshop on cyber bullying
- Red Ribbon Week activities – (Counselors and WGPD)
- Mix It Up lessons with focus on anti-bullying
- 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. 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

## WGHS: 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
- 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
- Healthy choices vending machine

# WGHS: 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

# WGHS: 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.
- Restorative Justice

# WGHS: 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?

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