

SCHOOL WELLNESS POLICY

CARBONDALE COMMUNITY HIGH SCHOOL

Annual Evaluation

2023-2024 School Year

Submitted by: Stacey Massie and Kim Wheeler

After careful examination of the local wellness policy for Carbondale Community High School, we are happy to report that we are meeting the requirements set forth in the policy governed by the Illinois State Board of Education. CCHS has many programs in place that identify nutritional needs and physical activity needs of our student population. Our district is in compliance with state guidelines for managing diabetes, food allergies, and asthma. Mental health goals are not required through the Illinois State Board of Education; attached are awareness goals that have been previously approved which follow our local wellness policy. CCHS collaborates with Terrier Care, **Shawnee Health** and Center Stone for Mental Health services.

A continued strength of CCHS is the active membership of our wellness committee. We are happy to report that we have been meeting for over 20 years. This committee, with a variety of healthcare and educational agencies represented, meets monthly to assess areas of concern, provide support, and maintain a line of communication with the community. From this committee, we have in place a school-based health facility which continues to grow in staff and number of individuals serviced in both the areas of physical, mental, and nutritional health.

CCHS continues to offer the nutritional component educationally and through the food service program. The CCHS cafeteria is technologically networked with our school-based health center to identify and alert cafeteria staff of any student going through the food line with individual food allergies. In compliance with the Healthy Eating initiatives; CCHS provides milk, juice, and water to our students during breakfast and lunch. CCHS is also providing a gluten free diet for students in need. The school nurse currently uses BluLoop App which is a communications tool for diabetic students to assist with identifying the number of carbohydrates in the lunch menu. This app allows diabetic students to adjust their diabetic medication and parents can also be aware of their possible lunch intake.

Carbondale Community High School along with their healthcare care team has fully implemented a bullying, intimidation, and harassment policy. These behaviors diminish a student's ability to learn and a school's ability to educate. These behaviors will be taken seriously and are not acceptable in any form. Full implementation of these policies, include providing each student who violates one or more of them with appropriate consequences and a remediation action plan. Continued activities are implemented throughout the year highlighting anti-bullying through our student led organizations. Staff is trained on CPR as guidelines require. **Under Goals for Physical Activity -the 6th bulleted point needs to change from using the Teambuildr Application to PLT4M (platform).**

Members of our school wellness team continue to utilize the WellSAT assessment tool recommended by the Illinois State Board of Education to evaluate our school wellness policy each school year. This tool is

aligned with the same goals as our current school wellness policy, and it was determined that we are successfully implementing in all areas.

The continued examination of the wellness policy, application of grants, and implementation of programs will ensure the successful implementation of the local wellness policy. This policy will be carried out with the teamwork of administrators, faculty, staff, and committee members.

Added under attachment C:

Smart Snack Standards

Recommendations of the School Wellness Committee are that the policy be maintained in current form.

2023-2024 Mental Health Awareness Goals

Carbondale Community High School

1. To educate freshman students on mental health issues through the Health curriculum and social emotional learning lessons during Terrier Time provided by the counseling department.
2. To educate new teachers through the New Teacher Mentoring Program and provide continued education for school staff on mental health.
3. To maintain a system of referral for behavioral health and counseling needs students and staff with identified needs.