

Bayard Public Schools



Whole Child Element- Health Education

Coordinated School Health Program

Focusing on the health and wellbeing of our staff and students is a priority at Bayard Public Schools. While there is a 24-hour fitness facility in our community, the school staff members also have the opportunity to utilize the weight room, track, gym, and walking workstation at their convenience and free of charge. To further assist the staff, the school nurse promotes participation in the Educator's Health Alliance (EHA) "Elevate" wellness program, partners with outside entities to provide training pertaining to First-Aid/CPR, diabetes, and blood pressure, and organizes stress-reduction training, health screening events, and an annual flu shot clinic. The school system also offers all staff access to an Employee Assistance Program (EPA), providing mental health services to anyone who may need their support. Because we understand that students may also need additional support pertaining to their health and well-being, elementary students participate in 30 minutes of physical education two to three times per week and have at least 20 minutes of recess once or twice a day. Younger grades receive additional recess. Recess is scheduled before lunch to promote healthy eating habits. To provide for students' emotional well-being, the district employs a counselor in each building as well as a psychology intern, contracts for two part-time psychologists, a behavior para-educator, and a family liaison. To assist in the nutritional needs of the staff and students, Bayard provides a "grab and go" breakfast, salad bar during lunch, and after school snacks for students K-12. Because 56% of our student population qualifies for free and reduced lunch, our school is dedicated to providing nutritional food multiple times a day to ensure students have what they need to be successful. The dedication to the health and well-being of Bayard Public Schools has been acknowledged by outside entities. The school system has been the recipient of grant funds for Project Fit America Equipment, has twice been awarded the Governor's Award for Workplace Wellness, been placed on the ALICAP Safety Honor Roll, and was one of 12 school districts selected to pilot the "Elevate" wellness project through EHA Wellness/Blue Cross/Blue Shield. Provides a "grab and go" breakfast, salad bar during lunch, and after school snacks for students K-12. Because 56% of our student population qualifies for free and reduced lunch, our school is dedicated to providing nutritional food multiple times a day to ensure students have what they need to be successful. The dedication to the health and well-being of Bayard Public Schools has been acknowledged by outside entities. The school system has been the recipient of grant funds for Project Fit America Equipment, has twice been awarded the Governor's Award for Workplace Wellness, been placed on the ALICAP Safety Honor Roll, and was one of 12 school districts selected to pilot the "Elevate" wellness project through EHA Wellness/Blue Cross/Blue Shield.

Positive Program Outcomes

Student behavior has improved as a result of serving breakfast to more students. Staff are working to serve as healthy role models to students and community members.



**Number of Students
Impacted: 194**

Cost of Program: No cost

Wellness Champion Contact:
Cheri.scott@bayardtigers.org