



Supported by the Statewide Health Improvement Program, Minnesota Department of Health, and the Dakota County Public Health Department

ISD # 200 Staff Survey

ISD #200 staff were surveyed in April 2017 to get feedback on changes made within the district to improve student wellness. Three questions were asked of staff.

1. This year, what changes have you made to promote healthy habits with the students you serve in our district?
2. From your perspective, how are students being left out?
3. What social/economic gaps or disparities do you see that prevent students in our district from being healthy?

Sixty five staff responded to the survey. 92% (60) reported that they have made changes to promote healthy habits for students. Examples given include being more active in the classroom and having healthy foods offered in the classroom. Thirty three staff identified ways that students are being left out (inability to access programs due to lack of transportation, funding, knowledge of programs were listed. There was a wide variety of topics mentioned.). Situations involving economic disparities (working poor/poverty) were the most frequently identified barrier that keeps students from being healthy.

Go to [Smart Choices Website](#) to read the full report.



STAY HEALTHY THIS YEAR!

The [Minnesota Department of Health](#) recommends everyone 6 months of age and older get a flu shot.

What is Influenza (FLU)?

Flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. It can be mild, but is sometimes severe and at times can lead to death. It is not the same as the "stomach flu."

What are the symptoms?

Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms come on quickly and can be bad enough to keep you in bed for several days.

Should my child get a flu vaccination?

Yes. Everyone 6 months of age and older should get a flu vaccine every year. Getting a flu vaccine helps protect your child from getting the flu and helps prevent them from passing it to people who can get very sick from flu—like babies, elderly, and people with compromised immune systems.

Active Recess at the Elementary Schools

Playground staff met with Active Recess Consultant again in September 2017 to improve the quality of recess for students. Key components include

- Universal participation – With Active Recess there are many activities available and students choose their activity. The intention is that all students will eventually connect with one opportunity on the playground.
- Mapping the playground – identifying areas for using game equipment, an area for group games and the jungle gym area. This is meant to ensure that students have a safe place to play and that high-energy games do not dominate the entire playground.
- Game equipment available daily – This encourages active play and also decreases congestion on the play structures. Equipment may include jump ropes, hula hoops and playground balls.
- Active supervision is encouraged – Supervising staff moving and scanning throughout the playground, positive interactions and quickly redirecting and correcting problems are key to the success of Active Recess for staff and students.