

# Branson School Online Health and Wellness Initiative

During 2018-2019 teachers, staff, parents and student representatives met to determine the health needs of students and staff at Branson School Online. Here's what we found out:

## WHAT WE DO WELL:

Every student has a computer and internet connectivity to access school work

Teachers communicate one-on-one with students and parents weekly

We attract supportive families with strong parental involvement.



90% of elementary students have never experienced bullying.



98% of students have one-on-one conversations with teachers each week through phone calls, emails or other means.



51% of students in high school students report getting "mostly A's"



95% of students in middle and high school report that "working hard in school is important."

## NEEDS IDENTIFIED:



Students and Teachers Need More Physical Activity Each Day



Increase Accessibility and Education Around Quality Food Choices



Improve Health Education K-12



Improve Mental Health

## WHAT YOU'LL SEE THIS YEAR:

### More Prompts and Encouragement to Be Active During the Day:

Get Up and Move! Teachers will be encouraging students to make time for physical activity during the day!

### Access to Quality Food:

BSO gatherings will offer healthy snacks and families will be encouraged to make healthy food choices a regular part of their lives.

### Focus on Mental Health:

Students will have more opportunities to learn about Social-Emotional strategies in keeping themselves, their families and friends mentally healthy.

### Integrated Health Education in K-12 Classes:

All students will see health topics integrated into reading, writing and math.

### 2019-2020 Goals

- Create Wellness Team
- Improve Staff and Student Wellness
- Promote Social-Emotional Wellness
- Offer PE-based Field Trips at different locations around the state

## MAKING IT HAPPEN:



The Health Taskforce is already working diligently on behalf of the online students and teachers!

We have applied for another grant to fund improvements to Nutrition services, Physical Education and Staff and Employee wellness!

We look forward to sharing with you all that is in store for Branson School Online in the next year!

### Our Funding Source:

Branson School District received funding for this planning grant from the Colorado Health Foundation. The grant was administered by the Center for Rural School Health at the University of Denver. If you would like to read the complete report from this planning process, you can access it at [bransonsonline.org](http://bransonsonline.org) or a paper copy can be found in the School Office.