

Alcoa City Schools' District Progress Report

Year	Goal	Progress	Date	
2013-14	Goal 1: CSH & Alcoa City Schools will reduce childhood obesity by 0.25% as measured by the 0809 system-wide baseline data.	* Before/after-school physical fitness and nutrition group for students and teachers. Group has faculty sponsors.		
		* Community garden housed at the boys & Girls Club for after-school students is providing gardening and nutrition education opportunities for Alcoa and other Blount County students.	Mid-Year '1314	
		* Partnered with Nutrition Services to expand high school herb garden and create new herb garden at the elementary school (elementary school also includes seasonal vegetables). Herbs and vegetables are being used in the creation of meals in the cafeterias to help reduce the sodium used in their meals and increase flavor.		
		* Partnered with English, Economics, Marketing and Health Occupation classes to include various elements of CHE (substance abuse prevention, health relationships, nutrition education, etc.)		
		* Elementary school participating in BCBS Walking Works for Schools.	Yr. End '1314	
		* Elementary and middle schools participate in morning "Dance Party" for 10- minutes with students, teachers, principals and some parents.		
		* Kindergarten students and Pre-K students participated in a 2-week nutrition education lesson on "eating the rainbow" of fruits and vegetables.		
		* Blessings in a Backpack program and Second Harvest's Backpack Program provided weekend meals for needy students at the elementary, middle, and high schools.		

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	<p><i>Continue Goal 1: CSH & Alcoa City Schools will reduce childhood obesity by 0.25% as measured by the 0809 system-wide baseline data.</i></p>	<p>* Elementary school held "Ag Week" to highlight nutrition education and farm-to-table, sustainability, and water conservation for students.</p> <p>* Partnered with all 5th grade math teachers to provide nutrition education classes during the month of September.</p> <p>* Partnership with local registered dietitian to provide nutritional counseling for students.</p> <p>* Applied for and received a Fuel Up to Play 60 grant to provide a smoothie machine, supplies, and a complete-class sized Wii Fit.</p> <p>* Partnered with the Nutrition Services director and the UT Master Gardeners to provide herb garden at the high school to be used to season dishes at both the high school and the middle school.</p>	<p style="text-align: center;">Yr. End '1314</p>
<p>2013-14</p>	<p>Goal 2: Alcoa High School reduce the rate of aggression among high school student by .25% during the 2013-14 school year as measured against the rate of incidents of aggression among high school students.</p>	<p>* CSH has partnered with Student Council sponsors, high school principals, and HOSA instructor to identify students to serve on a county-wide youth health council (ABCs= Association of Blount County students). Three representatives were chosen and planning has begun for various system and community campaigns that focus on stress management/behavioral health education, teen dating violence prevention, and prom and graduation substance abuse prevention campaigns.</p> <p>* Increased behavioral health services to include a full-time therapist for all schools.</p>	<p style="text-align: center;">Mid-Year '1314</p>

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	<p><i>Continue Goal 2: Alcoa High School reduce the rate of aggression among high school student by .25% during the 2013-14 school year as measured against the rate of incidents of aggression among high school students.</i></p>	<p>* Placed Michigan Model materials in 9th grade Wellness class for use with Family Life Curriculum, including healthy relationship education to be taught by the school nurse.</p>	<p>Mid-Year '1314</p>
		<p>* Text-a-tip programming was expanded to include the middle and high school.</p>	<p>Yr. End '1314</p>
		<p>* Partnered with other Blount County CSH Coordinators to create a county-wide youth health council.</p>	
<p>2014-15</p>	<p>Goal 1: Coordinated School Health and Alcoa City Schools will reduce childhood obesity by 0.25% as measured by the 2008-09 baseline dates and compared to 2012-13 data.</p>	<p>* Partnered with community volunteers and agencies to provide programs and services that addressed: substance abuse prevention through Red Ribbon Week, teen dating violence prevention, Take a Stance substance abuse prevention event, Got Stress? campaign to provide teens and staff positive tools and tips to reduce stress, as well as safe prom and graduation ideas.</p>	<p>* Before/after-school physical fitness and nutrition group for students and teachers. Group has faculty sponsors.</p>
			<p>Mid-Year '1415</p>

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		<p>* School gardens at both the high school and the elementary school that serve all three schools' nutrition education programs. Partnerships with ACS Nutrition Services, UT Master Gardeners, and other community agencies are providing gardening and nutrition education opportunities.</p>	
	<p>Goal 2: Alcoa City Schools and CSH will reduce the rate of violence/aggression incidents among students by 0.25% when compared to the data from 2013-14 school year.</p>	<p>* Partnered with Family Resource Center, high school counselors, high school principals to expand Comprehensive Health Education to students in 10th through 12th grades.</p> <p>* Partnered with UT Extension's TNCEP program to conduct a month-long nutrition education classes with fifth grade math students through the "Fruit and Veggie Challenge", designed to couple graphing/charting and multiplication/division skills with nutrition education.</p> <p>* Partnership with local registered dietician to provide nutrition education to faculty and cafeteria staff. Additionally, organizing opportunity to purchase locally farmed, grass-fed beef, chicken and eggs.</p> <p>* CSH coordinator has partnered with Student Council, DECA, high school principals, and HOOSA to identify students to serve on the county-wide student health council. Representatives participate in various community and school-based campaigns targeting substance abuse prevention, stress management, teen dating violence prevention, and prom and graduation campaigns.</p>	<p>Mid-Year '1415</p>

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2014-15	<p><i>Continue Goal 2: Alcoa City Schools and CSH will reduce the rate of violence/aggression incidents among students by 0.25% when compared to the data from 2013-14 school year.</i></p> <p>Goal 3: Alcoa City Schools' students who fail vision screenings and are referred for further evaluation will be monitored through school personnel until a resolution is complete.</p>	<p>* Partnered with high school counselors, principals, and Family Resource to expand health education to include all students in K-12.</p> <p>* Partnered with Cherokee Health Systems to provide full-time behavioral health therapist for students in grades Prek through 12 without regard to insurance or ability to pay. Services also include the alternative school.</p> <p>* Partnered with the Blount County Community Health Initiative and the county-wide CSH coordinators to provide "Spencer's Own", a message-driven musical group focusing on bullying prevention and substance-abuse prevention, to students in 4th through 8th grades.</p> <p>* CSH coordinator working closely with Family Resource Center and nursing staff to provide follow-up and assistance with vision screening after-care for students who failed their initial vision screening. This follow-up has included additional screenings (where necessary), eye doctor visits, and VPS vouchers for glasses for students in need.</p>	Mid-Year '1415