

Mountain View Whisman School District

Agenda Item for Board Meeting of November 17, 2022

Agenda Category: Review and Discussion

Agenda Item Title: 2022-23 Wellness Policy Annual Goals Progress Report Update

Estimated Time: 15 minutes

Person Responsible:

Brian White, Coordinator of Health and Wellness

Karin Jinbo, Director of Student Supports and Special Education

Background:

Summary of Health and Wellness Actions During the 2021-22 School Year

During the 2021-22 school year, the Health and Wellness Committee completed a Local School Wellness Policy (LSWP) Triennial Assessment Process as required by Federal regulations that resulted in the updated policy approved by the Board of Trustees on June 16, 2022. The SEL Workgroup reviewed and synthesized California Department of Education (CDE) guidance on Social Emotional Learning (SEL) competencies and developmental targets. Professional development included SEL practices for certificated and classified staff, Suicide Prevention Training for student-facing certificated and classified staff, and Risk Assessment and Crisis Response Training for school-based mental health providers. Castro Elementary began its implementation of the Coordination of Services Team (COST) and opened its Wellness Center in partnership with the Santa Clara County Office of Education.

BP5030 Summary

The Local School Wellness Policy (LSWP) is covered under Board Policy 5030. BP 5030 provides District Health and Wellness Policy covering the areas of nutrition and physical activity. It also provides guidelines for implementation, evaluation, and reporting of specific annual goals. On June 16, 2022, the Board of Trustees adopted an amended policy based on Federal Regulation review requirements. The amended policy considered guidance from the California School Boards Association (CSBA).

Changes to the policy included the following:

- References to Federal Code and MVWSD Board Policies updated or added.
- Language added or edited for alignment with District Strategic Plan, Vision, and Goals.
- Language added to meet Federal requirements in “Program Implementation and Evaluation” and “Notifications”.
- Federal Non-Discrimination Statement added at the end of the policy.

- “Social-emotional and mental well-being” added, as requested by the Board of Trustees.

2022-23 Trimester 1 Actions

H&W Committee Update

The Health and Wellness Committee is off to a great start. The committee has met twice so far and includes school staff with a passion for student wellness and parents who bring professional backgrounds in medicine and nutrition. At its most recent meeting on October 12, the committee generated stakeholder feedback and ideas related to the LSWP Nutrition Promotion and Education goals and discussed a Nutrition Awareness Promotion Campaign for March 2023. The next committee meeting is scheduled for February 15, 2023.

Castro Elementary Coordination of Services Team (COST) Update

Castro Elementary continues its initial implementation of the COST process of intervention services coordination. COST establishes a consistent and unified system where school staff reviews student data, makes decisions about tiered interventions, and monitors student progress. As planning for the MTSS Review Team continues to develop, Coordinator White will collaborate with the MTSS development team to align the work of MTSS Review Team and COST.

Castro Wellness Center

2022-23 marks the first full year of the Wellness Center at Castro, as part of an MOU with the Santa Clara County Office of Education. The Wellness Center is staffed by a Wellness Center Liaison and Wellness Center Specialist, who is a licensed Clinical Social Worker. The Wellness Center provides a range of services, including drop-ins, individual and group counseling, parent/caregiver support, and teacher support.

SEL Workgroup Update

Planning is underway for the SEL Workgroup. The workgroup will hold three meetings this year, beginning in November. In 2022-23 the workgroup is composed of teachers and administrators and will expand upon last year’s work to explore and develop recommendations on Supportive School and Classroom Climates, Social-Emotional Learning for Adults, Community Partnerships, and Systems for Continuous Improvement.

Community Engagement/Outreach Update

The Health Fair co-hosted by MVWSD and Assemblymember Marc Berman on September 24 was a resounding success. Over 750 members of the community attended the event, which provided a range of services including free health screenings, vaccinations, groceries and school supplies. Sixty-one people received COVID-19 vaccinations and 75 flu shots were administered.

In September, MVWSD ran *All the Feels*, a promotion campaign that aligned with Suicide Prevention Month. In addition to community messages sharing mental health information and resources, elementary classrooms received a copy of “Have You Filled A Bucket Today” and related classroom lessons, and middle school students received keychains promoting the 988 Crisis Helpline.

On October 26, Director Jinbo and Coordinator White presented on Social Emotional Learning at School and Home at Parent U. The well-attended presentation provided an introduction to Social Emotional Learning, an overview of MVWSD’s 2022-23 SEL Focus Areas, and offered ways for parents to support their children’s social emotional learning at home.

2022-23 Trimester 1 Data

Trimester 1 Site Visits

School sites visited: 11/11

During site visits, the Thriving Schools Integrated Assessment developed by Alliance for a Healthier Generation was utilized as a guide by Coordinator White to discuss progress, identify areas of strength and opportunities for growth related to Local School Wellness Policy goals. Trimester 1 site visits have focused on Nutrition Education and Promotion. During site visits Coordinator White and Principals have discussed the Smart Snacks reference checklist and have visited locations on campus associated with nutrition education and promotion.

Wellness Policy Annual Goals Progress Report

This is the first of three progress reports in the 2022-23 school year. Remaining Wellness Policy Annual Goals will be reviewed in the next progress report.

Nutrition Promotion	
Goal	100% of schools will utilize the Smart Snacks reference checklist or digital resource when planning food outside of the food services program.
Action Steps	Distribute Smart Snacks Checklist and digital smart snacks calculator to site administrators and parents to aid in identifying compliant foods and beverages that are served during the school day. PD to site admin and/or parent organizations on use of Smart Snacks

		Checklist.	
How will progress be measured?		Principal Check-Ins, Child Nutrition Department check-ins, stakeholder feedback, PD documentation Progress measurement is awareness and not enforcement.	
Not in place: 0 of 11 schools	Partially in place: 9 of 11 schools	Mostly in place: 2 of 11 schools	Fully in place: 0 of 11 schools

The Smart Snacks reference checklist has been established by the U.S. Department of Agriculture as a resource to help schools identify food items that meet USDA nutrition standards for foods sold during the school day. All MVWSD schools have demonstrated an awareness of the checklist. Two school sites have utilized the checklist for individual activities.

Nutrition Education			
Goal		MVWSD will provide general nutrition education through newsletters accessible via the website and school-to-parent communications.	
Action Steps		Consider accessibility to fruits & vegetables, and label reading with regards to our most vulnerable parents. Employ one promotion campaign that provides practical language and ideas for inclusivity of all socioeconomic levels.	
How will progress be measured?		Principal Check-Ins, Child Nutrition Department check-ins, stakeholder feedback, PD documentation Progress measurement is awareness and not enforcement.	
Not in place: 0 of 11 schools	Partially in place: 11 of 11 schools	Mostly in place: 0 of 11 schools	Fully in place: 0 of 11 schools

The Nutrition page on MVWSD’s website includes accurate and up-to-date information about food services, menus, links to resources for families, and nutrition-related activities for children. The webpage also links to the Cafeteria Connection newsletter, which provides nutrition education curated by NutriStudents K-12. Schools embed nutrition education in a variety of ways, including classroom instruction, Living Classroom, and parent-led volunteer activities. While the District maintains a webpage with nutrition information, developing a regular system to incorporate Nutrition Education content into school communications is needed to meet this goal. In addition, there is an opportunity to post engaging and visible nutrition posters in school MURs that align with healthy eating practices to increase student awareness.

Castro Wellness Center

Total student visits between August 10 and September 30: 387

Eighty-three students participated in a lunch social activity led by Wellness Center staff on September 2.

In September, 69 individual students accessed the Wellness Center and 40% of those students were self-referred.

Board Requested Information

Mental Health Services Update

CHAC Services as of November 4, 2022

When a student is referred to CHAC, designated school staff obtain parent consent and submit a referral. Within 48 hours the referred student is “assigned” to a clinician and is considered “pending service activation”. A student is considered “active” when they are receiving active services, which typically take two weeks from the assignment to a clinician.

Elementary Schools

Students receiving active services: 92

Students pending service activation: 33

Referred students assigned to clinician: 125 (100% of referrals are assigned to a clinician)

Percentage of students referred for CHAC Services: 4% of 3,106 students

Middle Schools

Students receiving active services: 43

Students pending service activation: 12

Referred students assigned to clinician: 55 (100% of referrals are assigned to a clinician)

Percentage of students referred for CHAC Services: 3.9% of 1,427 students

Elementary SEL Instruction by CHAC Clinicians

All elementary students are accessing direct SEL instruction by CHAC clinicians assigned to their school site. Indirect support is provided by CHAC clinicians to teachers

and staff in all elementary classrooms which may include consultation, collaboration, or supporting activities.

Connection Circle: TK/K

Classrooms receiving 30 min. weekly lessons: 27

SEL Lessons: 1st/3rd/5th

Classrooms receiving 30 min. biweekly lessons: 64

Back Together with CHAC|arts: 2nd/4th

Classrooms receiving 45 min. lessons over 4 weeks: 45

Pacific Clinics Services as of November 7, 2022

Schools: Castro, Crittenden, Graham, Monta Loma, Theuerkauf

Total Elementary students receiving services: 26

Total Middle School students receiving services: 20

Elementary students receiving Counseling services: 5

Middle School students receiving Counseling services: 6

Elementary students receiving Family Specialist services: 18

Elementary students receiving Family Partner services: 7

Middle School students receiving Family Specialist services: 10

Middle School students receiving Family Partner services: 2

Family Partner services include case management, parent coaching, and linkage to resources. Family Specialist services provide home and/or classroom behavioral support that focus on reducing disruptive behaviors, building social skills, increasing attentiveness to adult directions, and improving peer relationships.

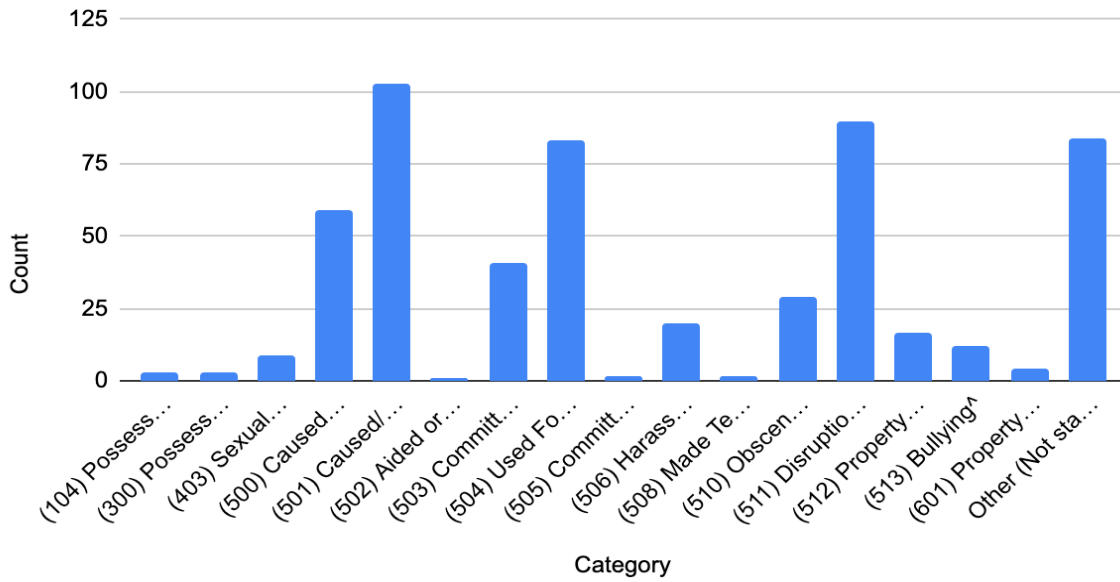
Some students receive duplicate services.

Sown to Grow Implementation

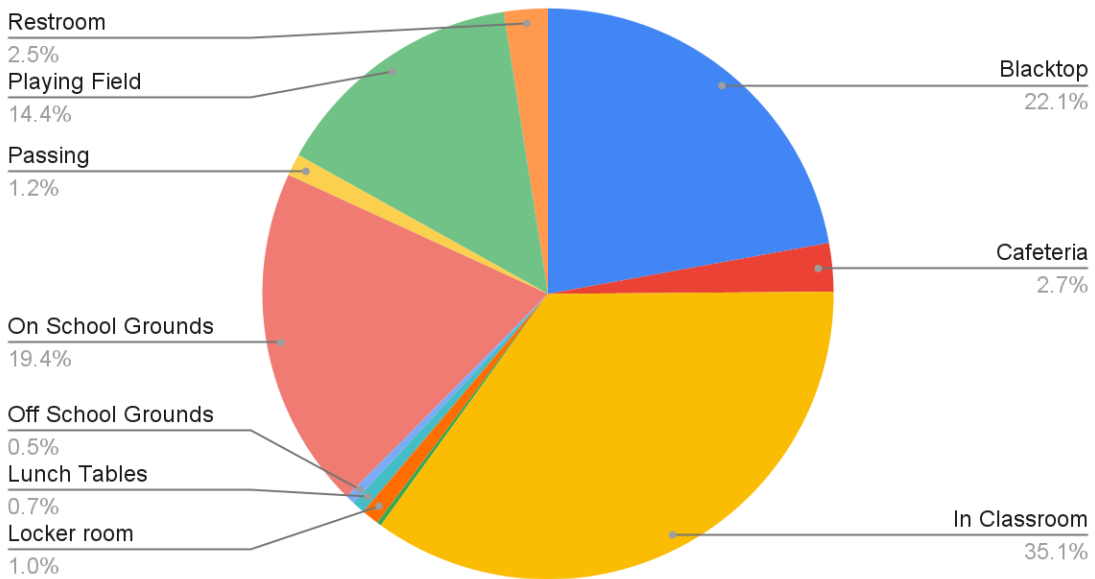
- Thus far, Staff at 8 of 9 elementary schools have implemented a weekly emotional check-in.
- 33 teachers have completed at least one check-in/feedback cycle.
- 321 elementary students have completed the SEL Survey.
- The goal is to have all elementary teachers have at least one check-in / feedback cycle by November 18.
- After November 18, all teachers will administer weekly student check-in/feedback cycles.

Behavior incident data

Behavior Incidents By Type

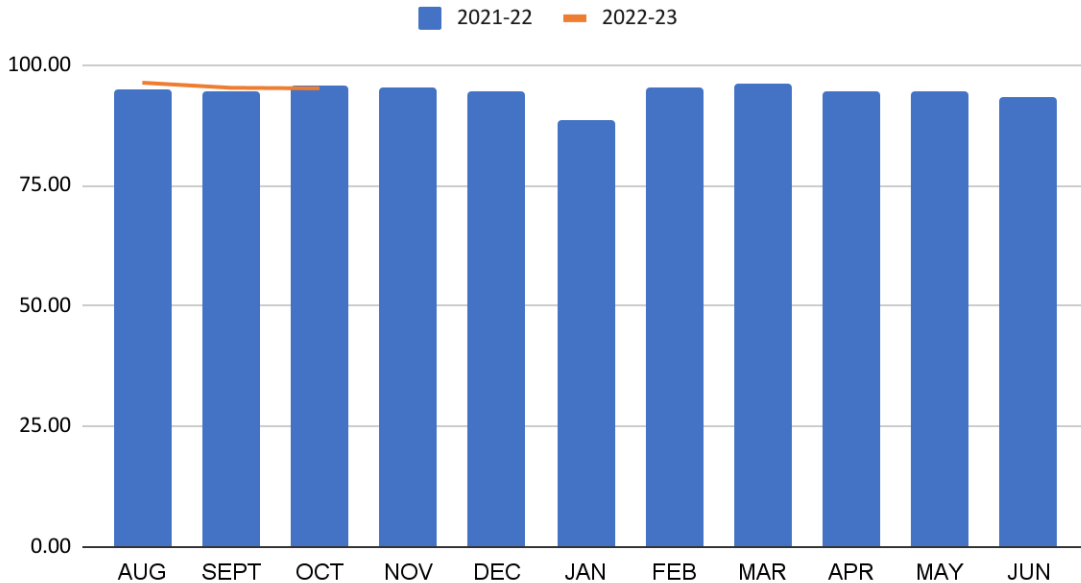


Overall Incident Count by Location



Attendance data

2021 to 2022 Attendance Comparison as of 10/31/22



Considerations

- Sown to Grow is a Tier 1 universal support. The SEL Survey, along with student check-ins/reflections, and teacher feedback will create data that school and district staff will use to evaluate individual, site, and district-wide behavioral and mental health interventions. COST (along with MTSS Review Team) will contribute data related to student intervention needs and outcomes.
- While the classroom setting makes up a significant portion of behavior incidents (35.1%), overall most behavior incidents take place in non-classroom settings.
- Student attendance rates continue to be slightly improved from 2021.

Next Steps

Local School Wellness Policy Annual Goals

- Site visits will continue to use the Healthier Generation framework as a guide. Trimester 2 site visits will focus on the LSWP goal related to physical activity.
- Coordinator White will continue to work with Director Austin and principals to increase visibility/use of the Smart Snacks checklist and nutrition education by creating resources for PTA, adding school newsletter content, and planning a nutrition awareness promotional campaign.
- Next Wellness Policy Annual Goals Progress Report at Trimester 2 - March 2023

Sown to Grow Implementation

- All elementary teachers are expected to complete one check-in and feedback cycle in Sown to Grow by November 18. This year, Crittenden and Graham will trial the program. Coordinator White and Director Jinbo will work with elementary principals to support teachers as full implementation begins.
- Coordinator White is collaborating with middle school principals and counselors, and working with Sown to Grow training staff on developing a middle school trial.
- Full implementation begins on November 18, with all elementary classrooms starting weekly check-ins. Coordinator White will provide principals Sown to Grow data for their sites which may be incorporated in Universal Data Cycles and Professional Learning Communities (PLC).

Community Engagement

- Two outreach campaigns are being planned for 2023: Nutrition Awareness in March and Mental Health Awareness in May.

SEL Workgroup

- The SEL Workgroup will have its first meeting before December 15.

Appendix

CALPADS Student Offense Codes Referenced in Behavior Incidents Data

- 104 - Possession of a Knife or Dangerous Object
- 300 - Possession/Use of Tobacco Products
- 403 - Sexual Harassment
- 500 - Caused Physical Injury
- 501 - Caused, Attempted, or Threatened Physical Injury
- 502 - Aided or Abetted Physical Injury
- 503 - Committed Assault or Battery on a School Employee
- 504 - Used Force for Violence
- 505 - Committed an act of Hate Violence
- 506 - Harassment/Intimidation
- 508 - Made Terrorist Threats
- 510 - Obscene Acts, Profanity and Vulgarity
- 511 - Disruption, Defiance
- 512 - Property Damage
- 513 - Bullying
- 601 - Property Theft
- Other (Not state reportable)