



Mountain View
Whisman
School District

Wellness Policy Annual Goals Progress Report

March 16, 2023





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School District

Alignment

Strategic Plan 2027

• Goal 2: Student Social Emotional Health

○ Objective 2a

- Equitably and effectively support positive student behavior

○ Strategic Initiative 2a.1

- Develop and implement a “whole school, whole community, whole child” model

2022-2023 Wellness Policy Annual Goals

Wellness Policy Annual Goals

Nutrition Promotion:

The District will make available, promote, and regularly reinforce the use of Smart Snacks checklist (digital or paper) for all schools, parent organizations, and relevant stakeholders.

Nutrition Education:

The District will provide general nutrition education through newsletters accessible via the website and school-to-parent communications.

Physical Activity:

The District will provide students access to physical activities during recess and lunch breaks, while simultaneously examining how schools utilize withholding of physical activity as a disciplinary practice.

Other School-Based Activities:

The District will provide general Health and Wellness resources and activities to schools and families via the Virtual Wellness Center.

Other School-Based Activities:

MVWSD will engage in resource mapping that identifies resources & activities that support WSCC practices.

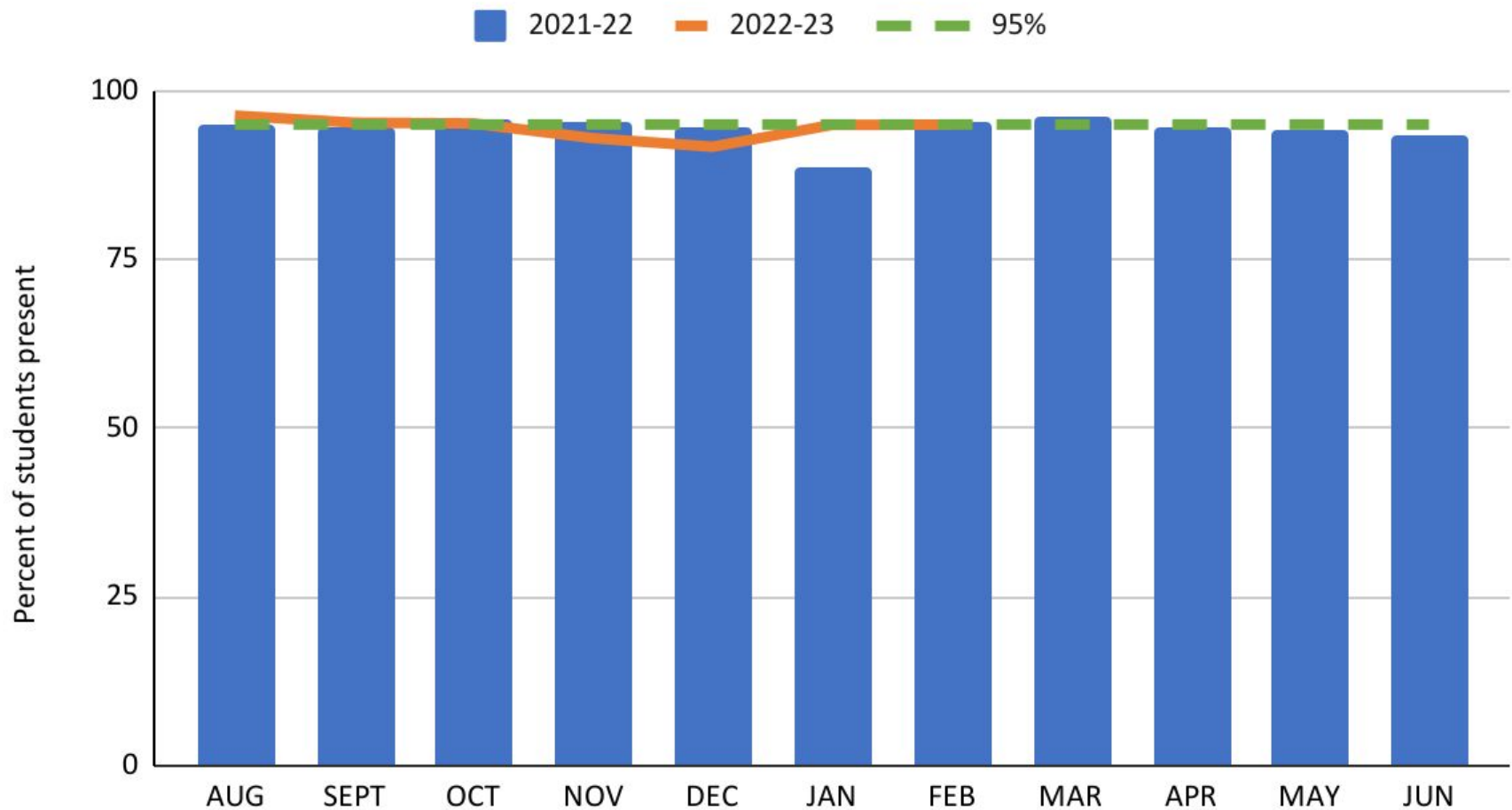


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2022-23 Trimester 2 Data

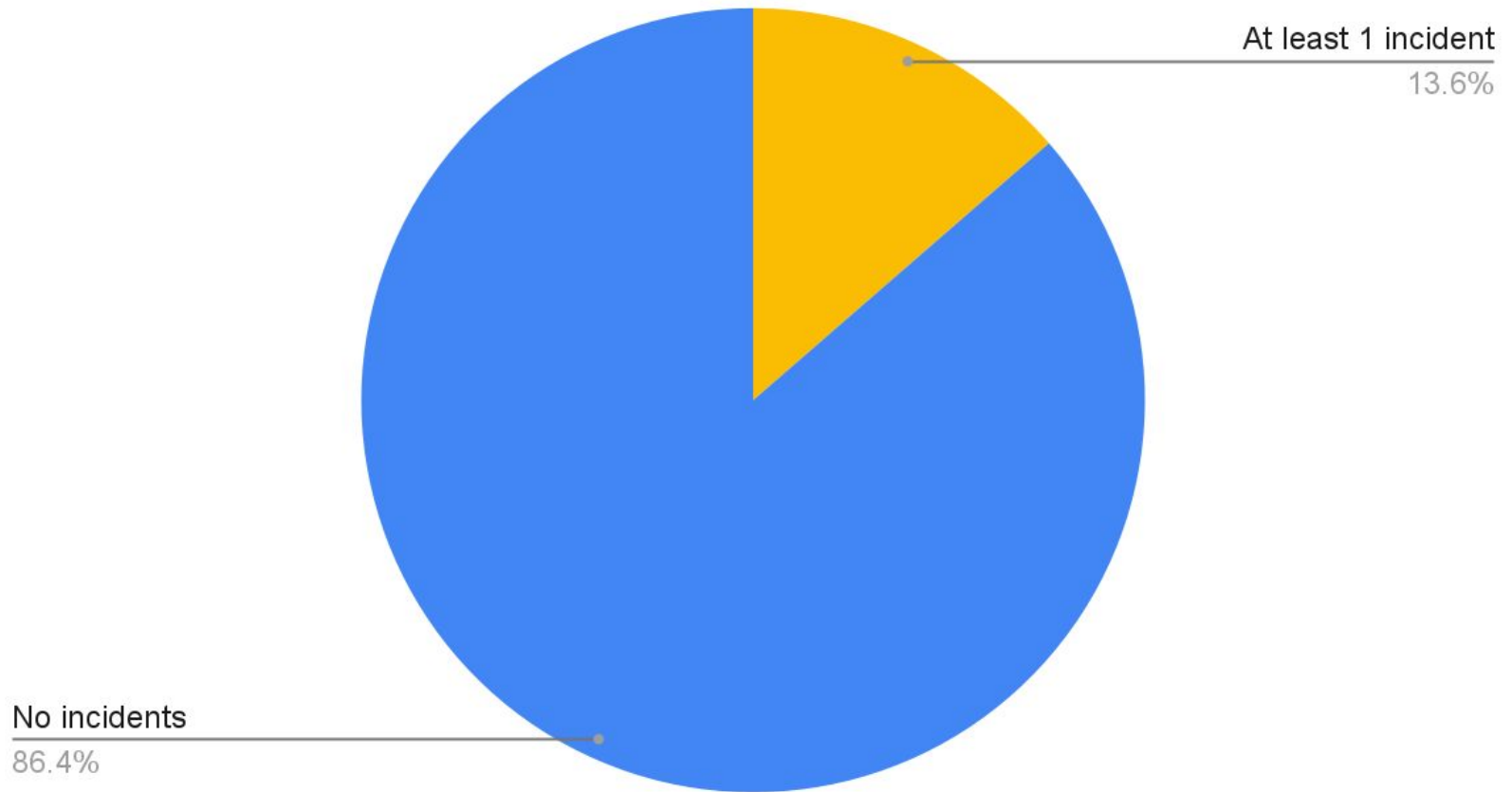
2022-23 Attendance

Year-to-Year Attendance Comparison



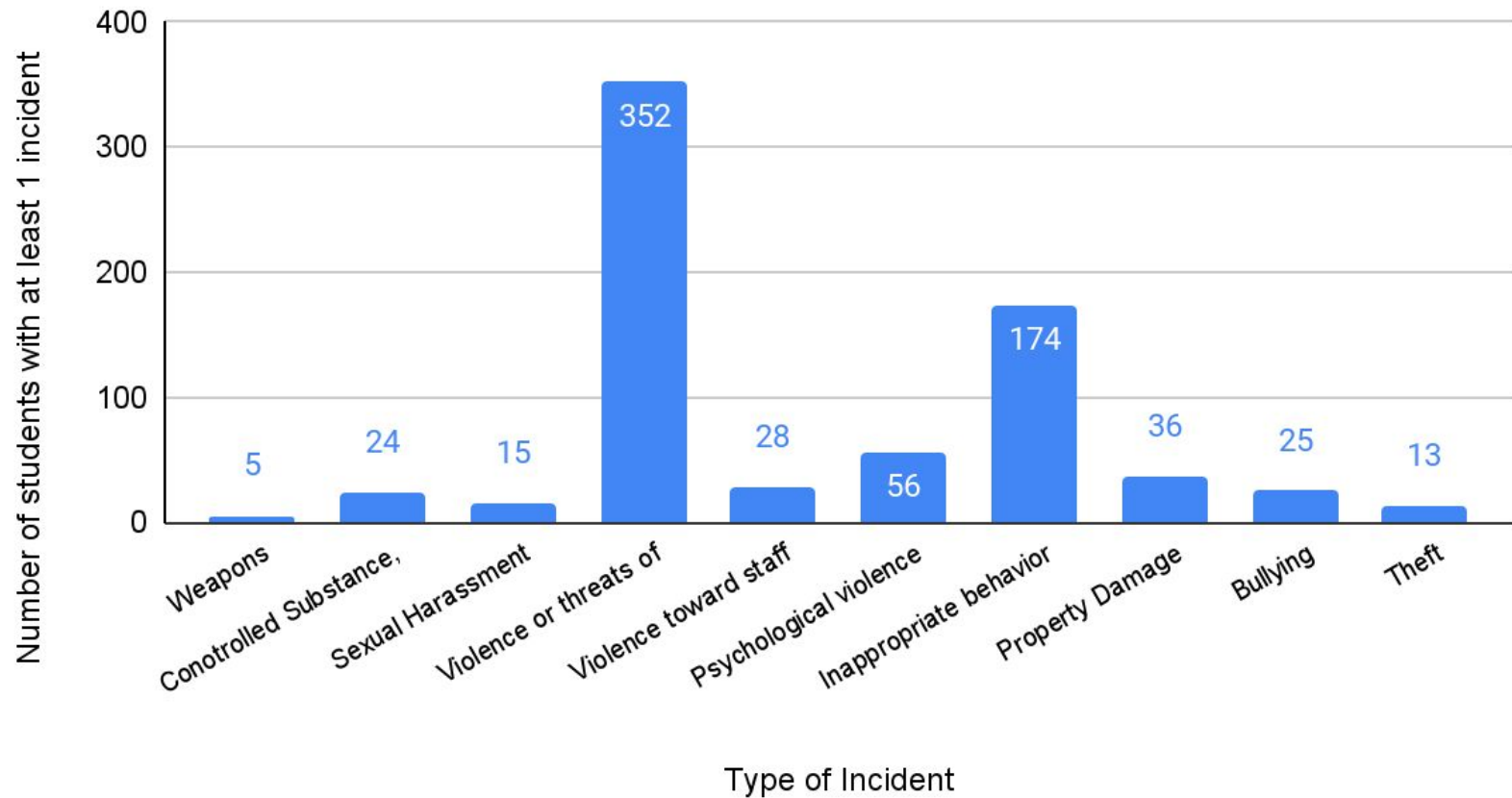
Behavior Incidents

TK-8 Students with Incidents



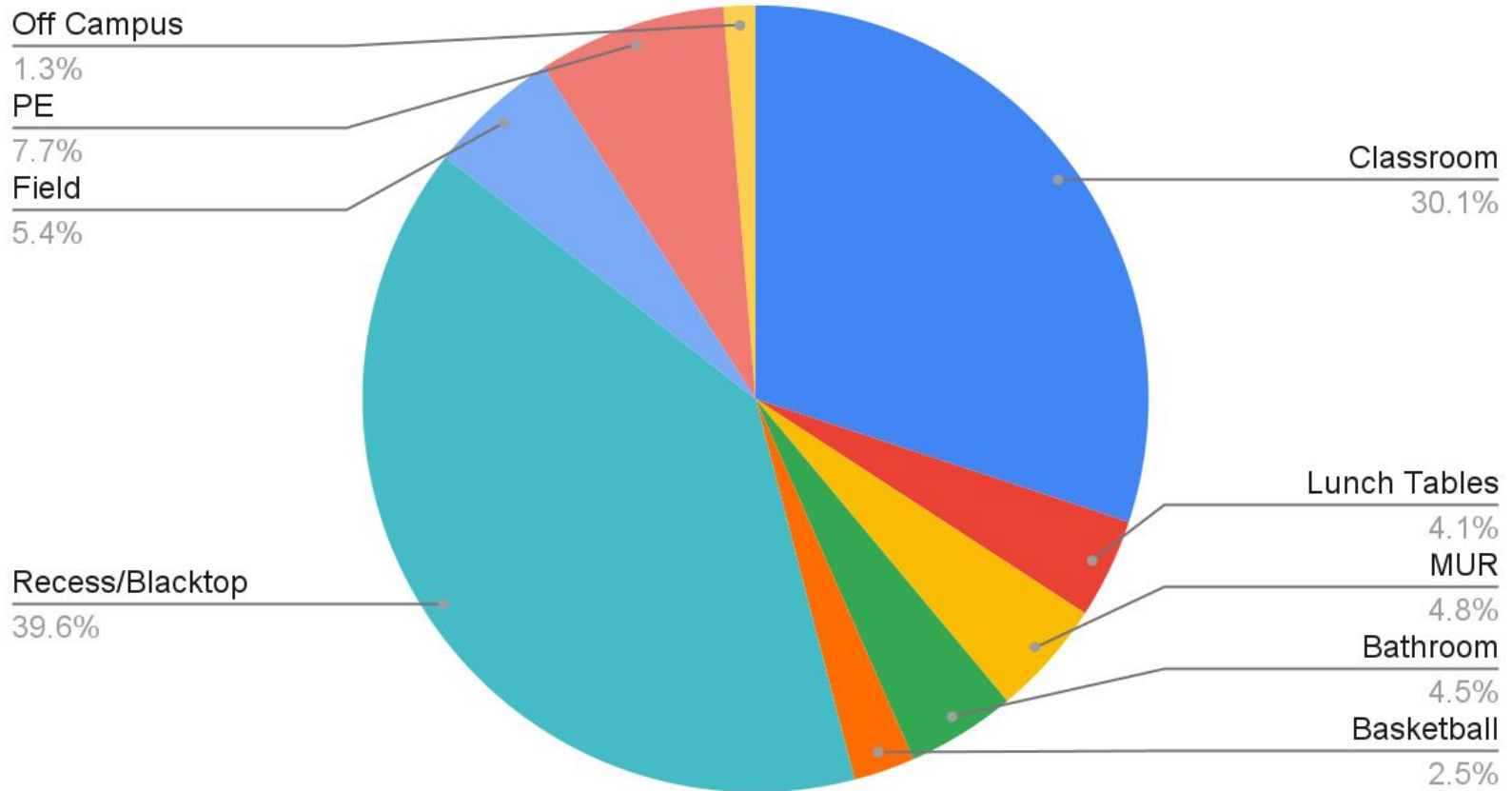
Behavior Incidents

Incidents by Individual Students



Behavior Incidents

Incident Locations



Sown to Grow Data Overview

- Students in K-5 participate in weekly emotional check-ins.
- In October and November, students in grades 3-5 completed a SEL Survey.
 - This pre-assessment helps students understand their strengths and set a baseline to measure social-emotional growth

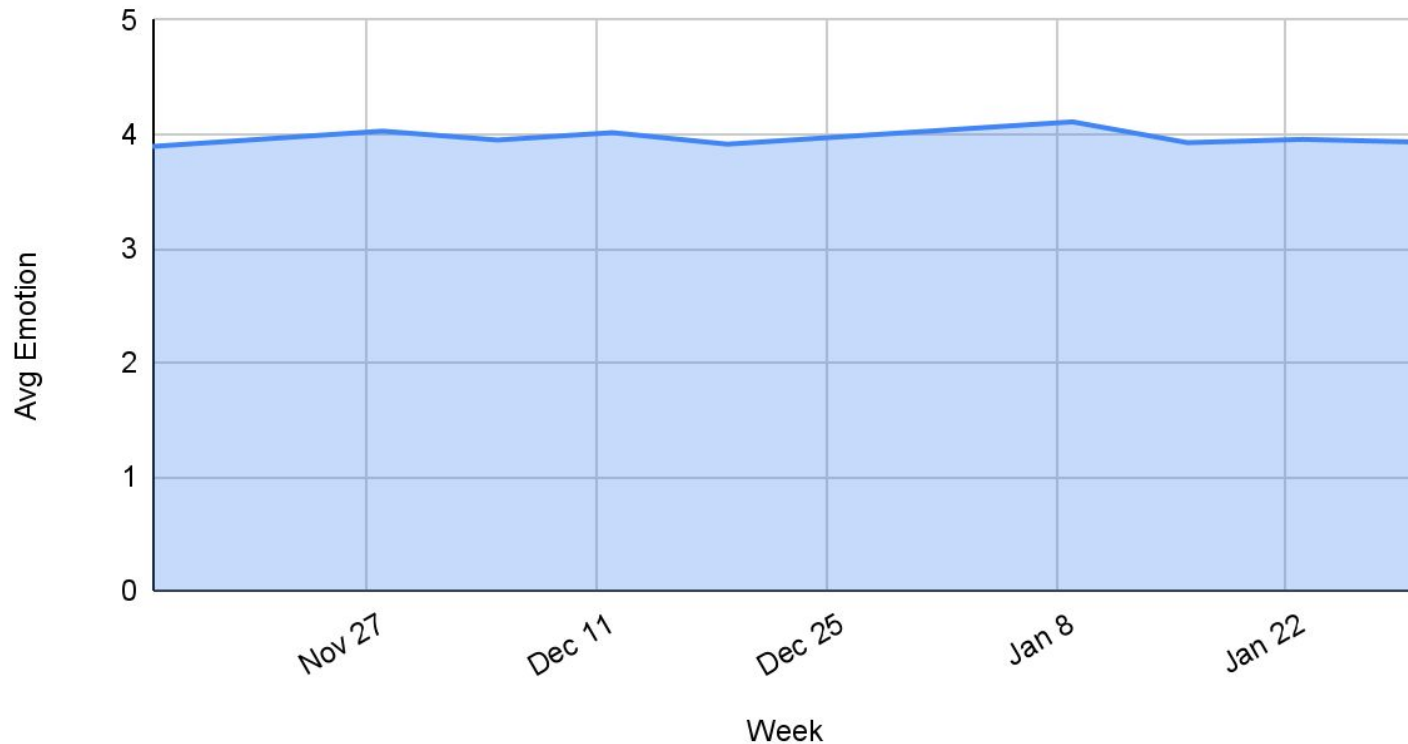
Sown to Grow Check-Ins

0 - 2.5 Very Unhappy/Sad

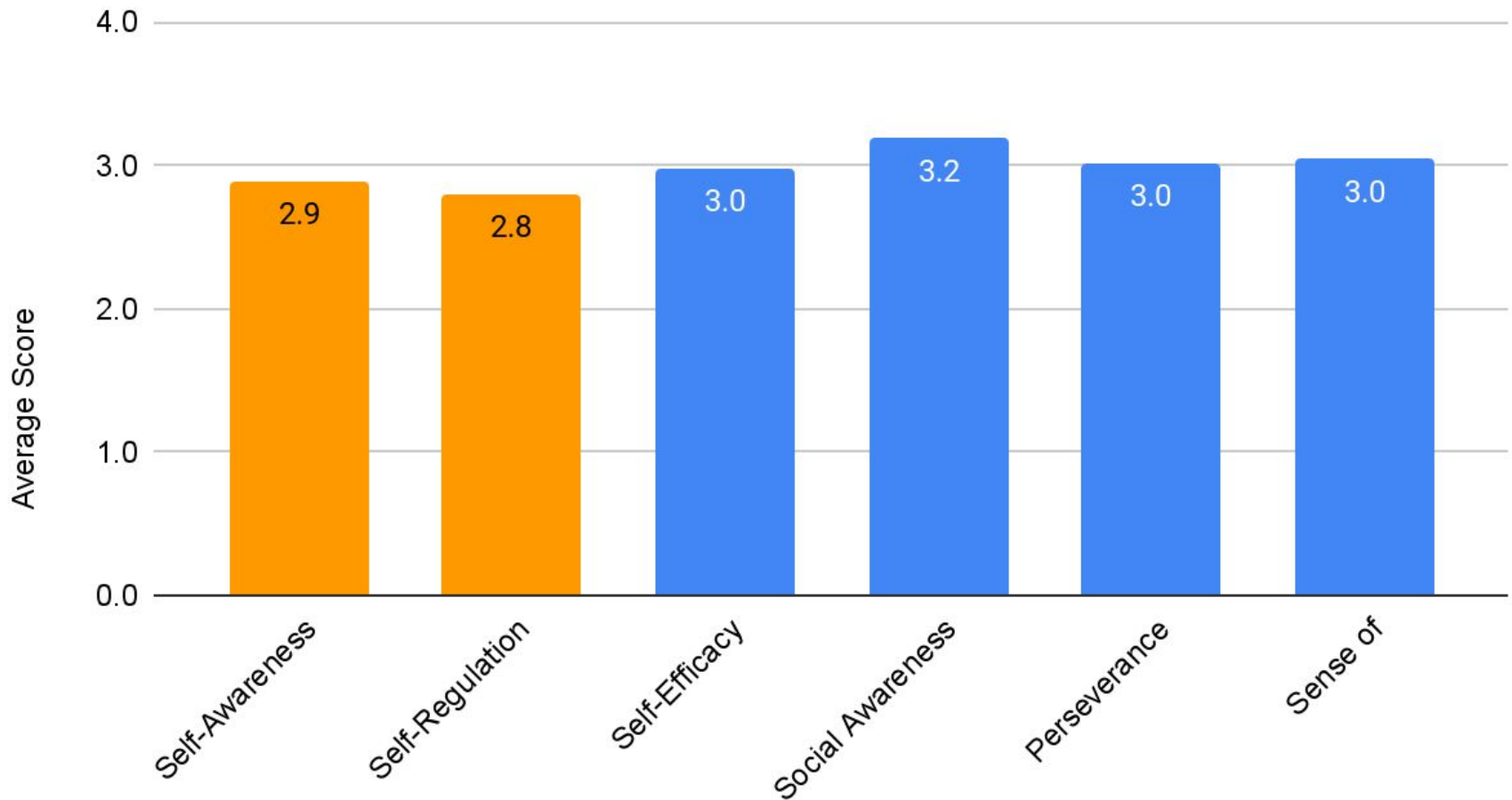
2.5 - 3.5 Ok

3.5 - 5 Happy/Very Happy

Avg Emotion November 14 - January 30



Fall 2022 Sown to Grow Survey



Score Key: 1 - Never; 2 - Sometimes; 3 - Most of the Time; 4 - Always

Mental Health Services Update

- Community Health Awareness Council (CHAC)
 - 4.5% of elementary and 4.8% of middle school students receive services
 - Processes and communication channels established to minimize waitlists
 - Services include groups that support newcomers, social skills, anxiety, and self-esteem

Mental Health Services Update

- Pacific Clinics: Castro, Crittenden, Graham, Monta Loma, Theuerkauf
 - Prevention & Early Intervention (PEI)
 - School Linked Services (SLS)
- Total elementary students receiving services: 28
- Total middle school students receiving services: 18

Wellness Policy Annual Goals Update

- Nutrition Promotion: 100% of schools will utilize Smart Snacks reference checklist
 - Goal Progress: Mostly in place: all 11 schools are aware of and have access to the Smart Snacks checklist and calculator
- Nutrition Education: MVWSD will provide general education nutrition education
 - Goal progress: Mostly in place: March nutrition promotion campaign is underway and will provide education, activities, and resources for making healthy food choices.

Wellness Policy Annual Goals Update

- Physical Activity: 100% of MVWSD schools will provide students with access to physical activities during recess and lunch breaks while examining how schools utilize withholding of physical activity as a disciplinary practice.
 - Goal Progress: Fully in Place: All MVWSD schools provide students access to physical activities during recess and lunch breaks. All schools are in compliance with MVWSD Board Policy.



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2022-23 Trimester 2 Activities

2022-23 Trimester 2 Health & Wellness Activities

- Health & Wellness Committee
 - Stakeholder feedback related to Nutrition Promotion Campaign and Physical Activity Goals
- Castro Elementary Wellness Center and Coordination of Services Team (COST)
 - Castro Wellness Center integrating into student mental health intervention planning
 - Aligning COST process with MTSS and Universal Data Cycles
- Community Engagement and Outreach
 - Fuel for the Future Nutrition Campaign

2022-23 Trimester 2 Health & Wellness Activities

- Social-Emotional Working Group
 - Disseminate & seek stakeholder feedback on Social Emotional Developmental Targets
 - Utilizing Knowledge, Skills, Attitudes analysis to unpack 2022-23 focus competencies
 - Supporting consistent SEL outcomes for MVWSD students
- Partnership with Acknowledge Alliance

Mental Health Services Current Activities

- Continuing weekly check-in meetings with CHAC Director.
 - Continuing to monitor clinician capacity and adjusting clinician support based on student need in an effort to reduce waitlists
- Multi-Agency meetings with CHAC, Pacific Clinics, Castro Wellness Center

Sown to Grow Implementation

- All elementary schools are now implementing Sown to Grow:
 - TK-2 weekly emotional check-in
 - 3-5 weekly emotional check-in, weekly reflection, SEL Survey
- Sown to Grow Trial for middle school beginning in March
- MVWSD Sown to Grow Teacher Resource Site
- Expanding Sown to Grow training to Instructional Coaches

Considerations

- Wellness Policy Annual Goals are on track to be met this year
 - Shift toward identifying needs and priorities for 2023-24
- Sown to Grow is creating baseline data that will support site and district-wide SEL, behavior, and attendance planning.
- We continue to monitor programs and initiatives to ensure they align with MVWSD initiatives and student needs



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Next Steps

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- Trimester 3 Health & Wellness activities will include the nutrition promotion campaign and evaluating online resources for families.
- Middle school Sown to Grow trial and program evaluation
- Mental Health Awareness Month in May
- Acknowledge Alliance groups for staff
- SEL Working Group will continue to unpack standards and develop scope and sequence for SEL Focus Competencies
- Regular check-ins with CHAC and Pacific Clinics
- Final Annual Goals Report will be presented prior to June 30, 2023
- MTSS: COST process and SEL data integration with Universal Data Cycle