



Mountain View
Whisman
School District

Wellness Policy Annual Goals Progress Report

June 15, 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.

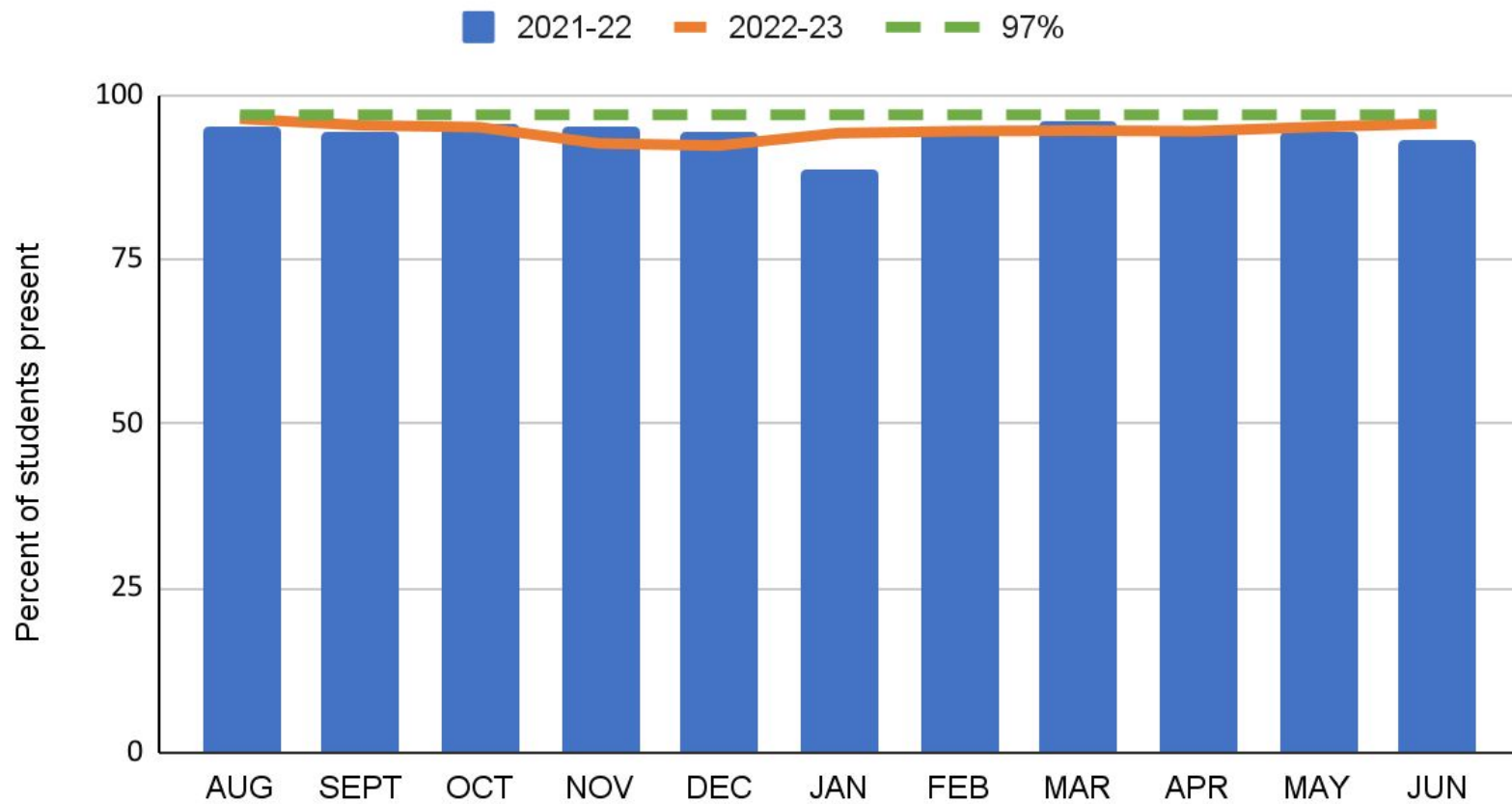


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2022-23 End of Year Data

2022-23 Attendance

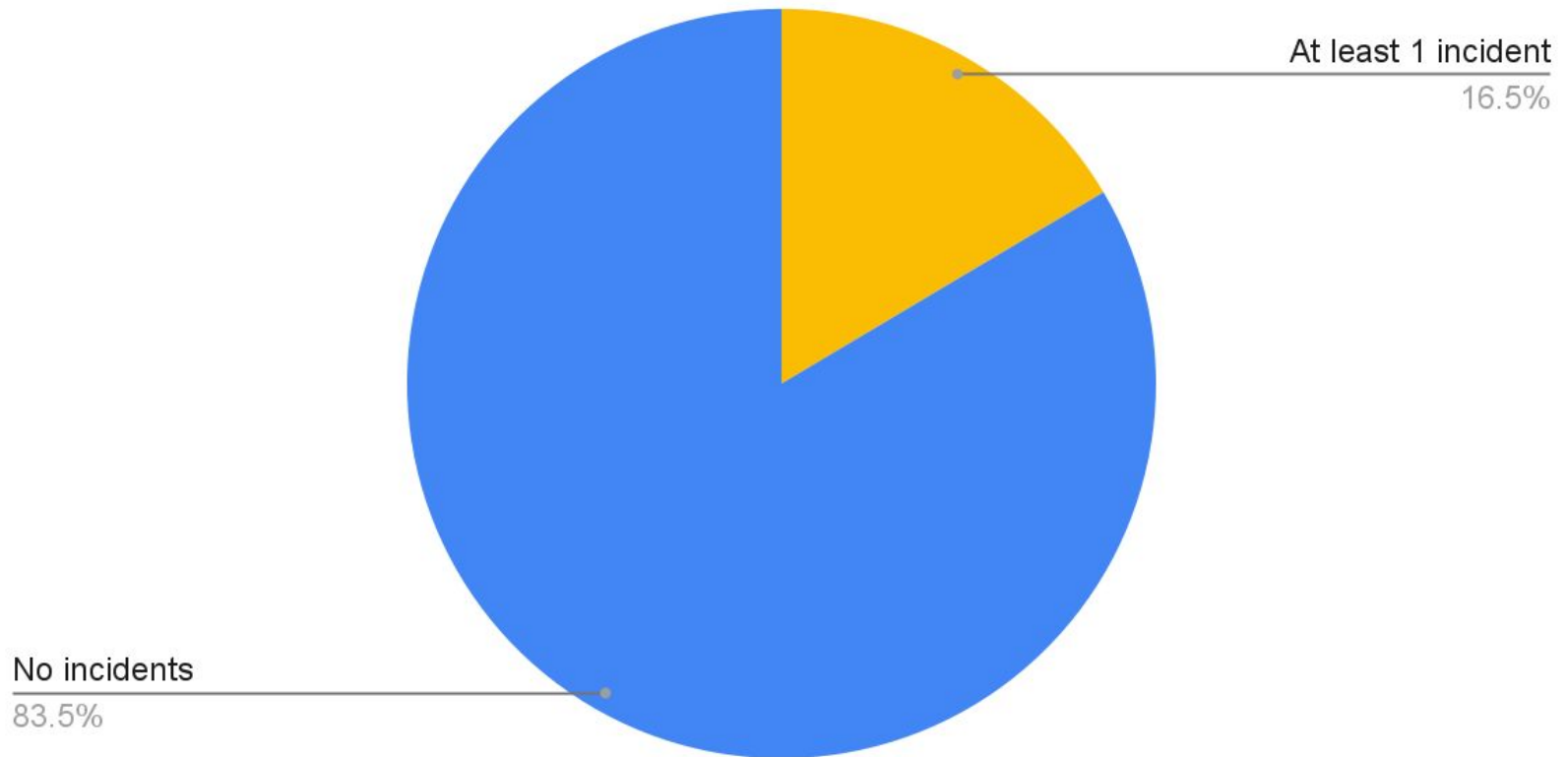
Year-to-Year Attendance Comparison



Behavior Incidents

How many students have had disciplinary incidents?

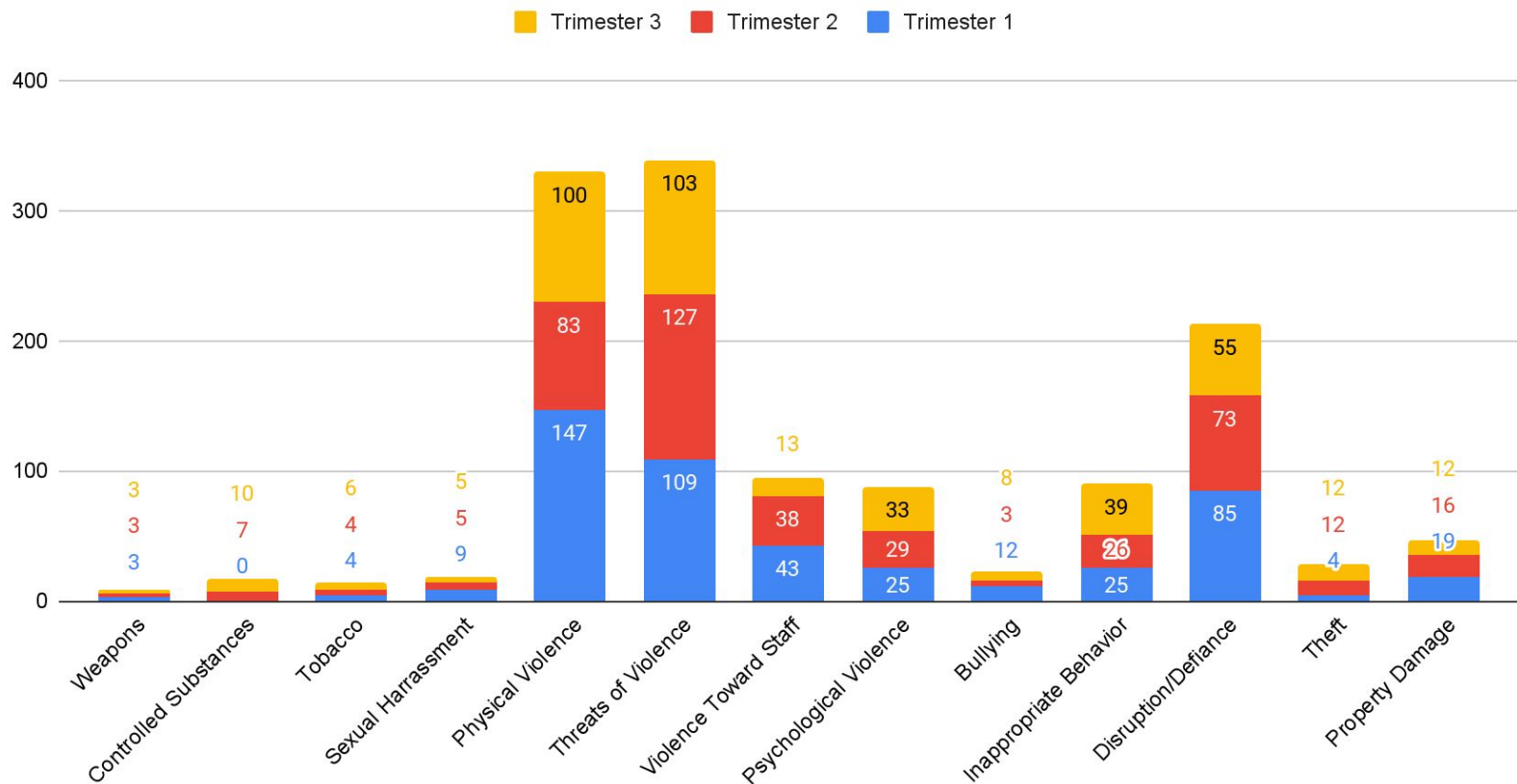
Students with incidents reported in PowerSchool



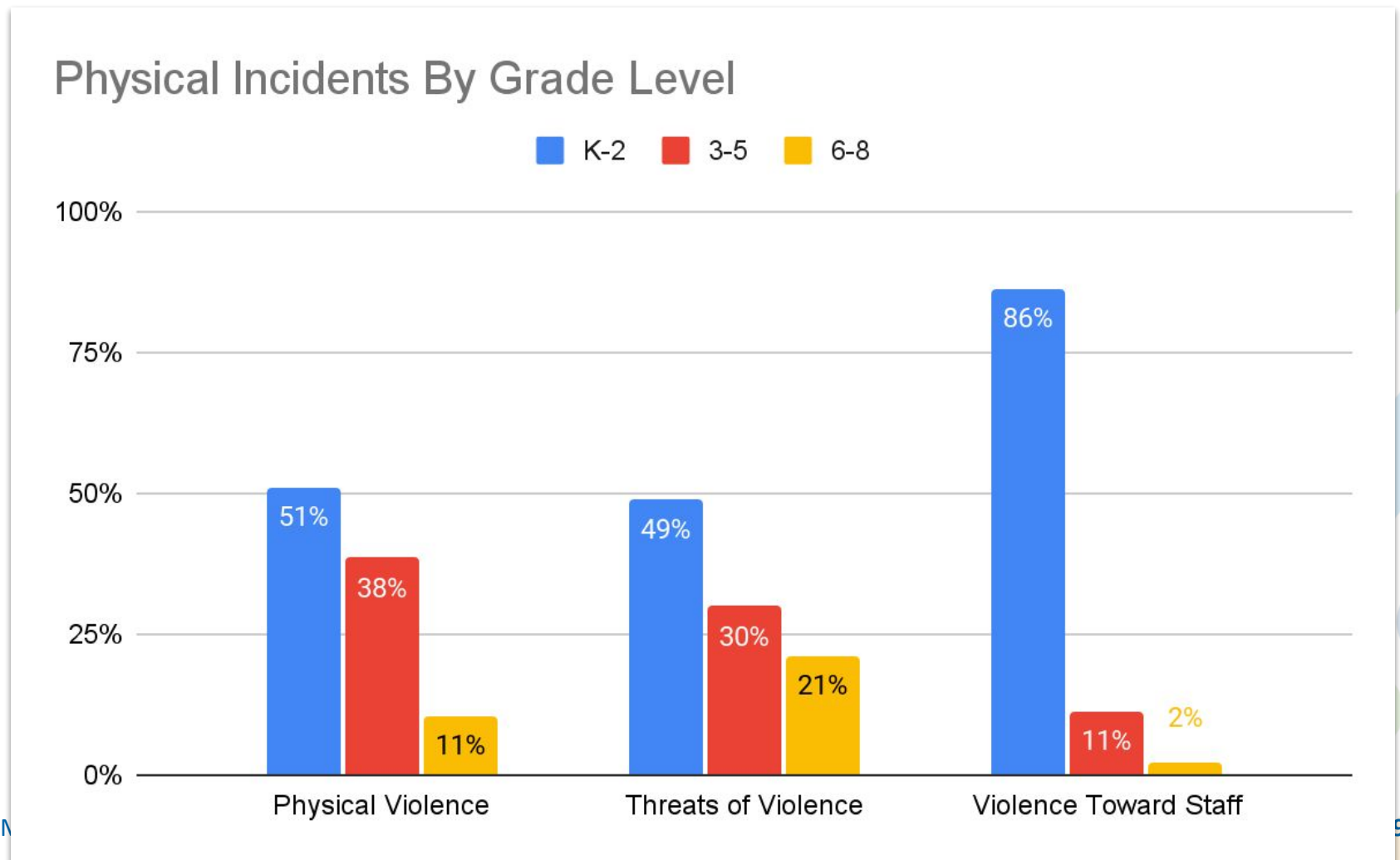
Behavior Incidents

Count of Incident Codes

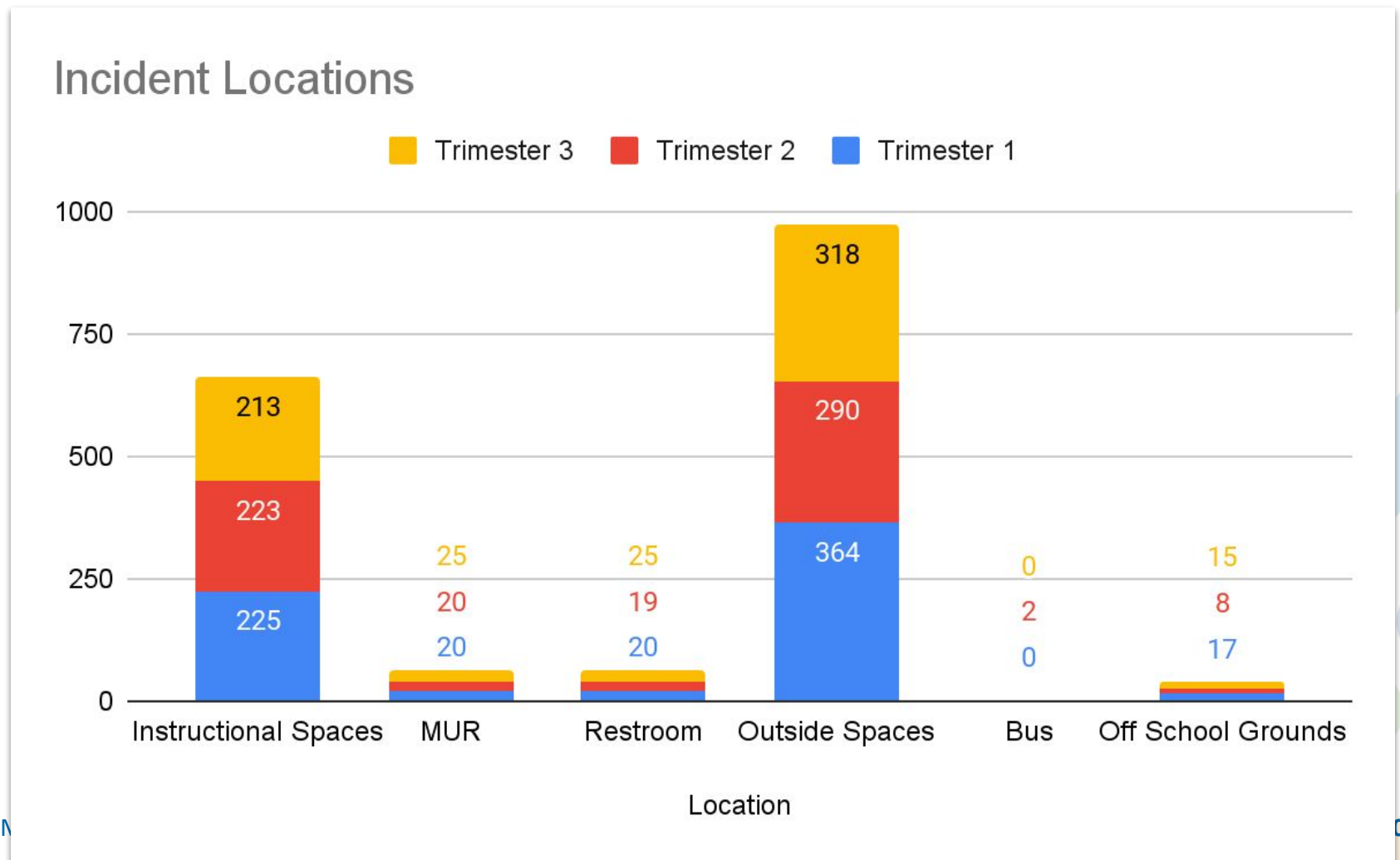
Note: individual incidents may include multiple behavior codes



Behavior Incidents



Behavior Incidents

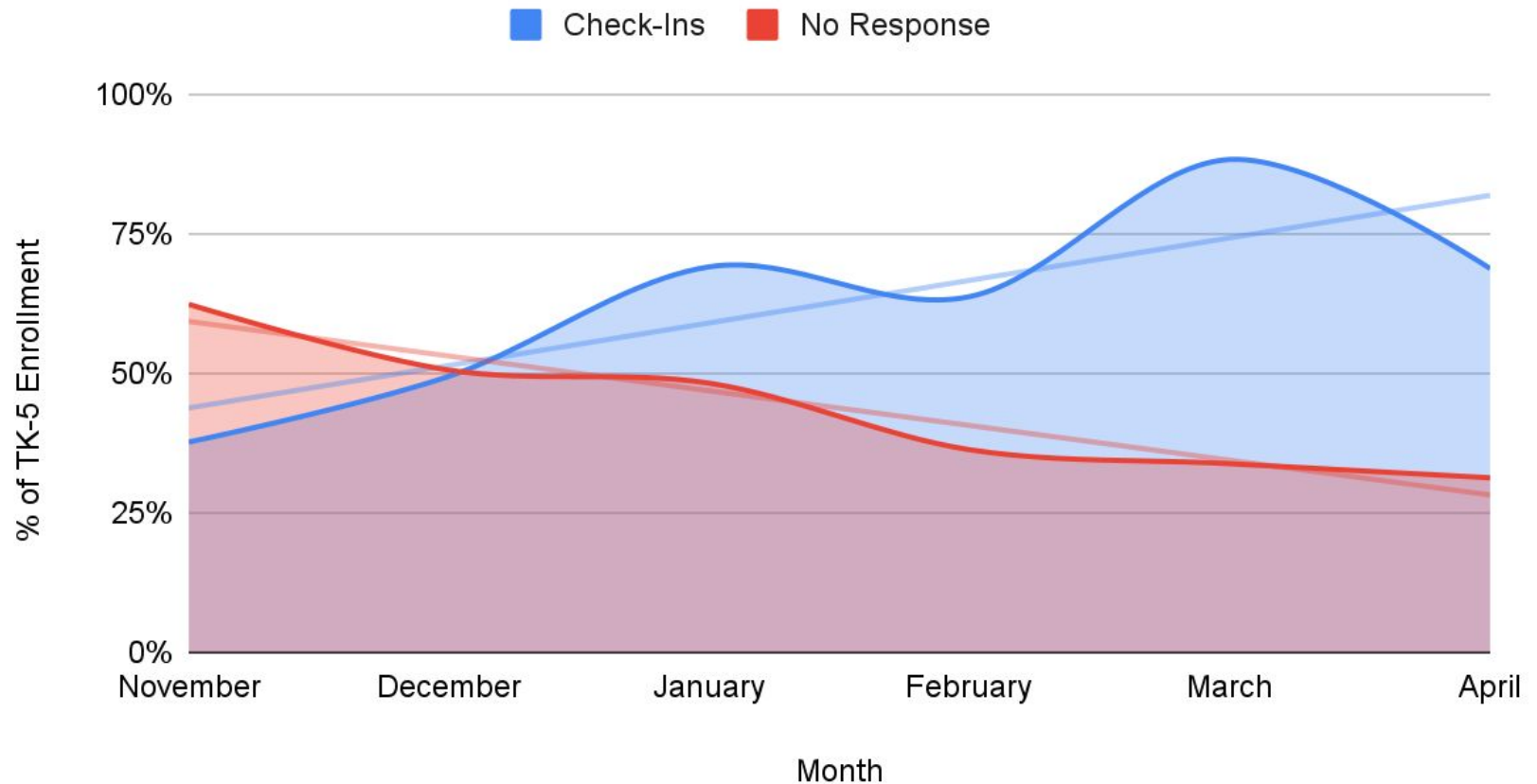


Sown to Grow Implementation

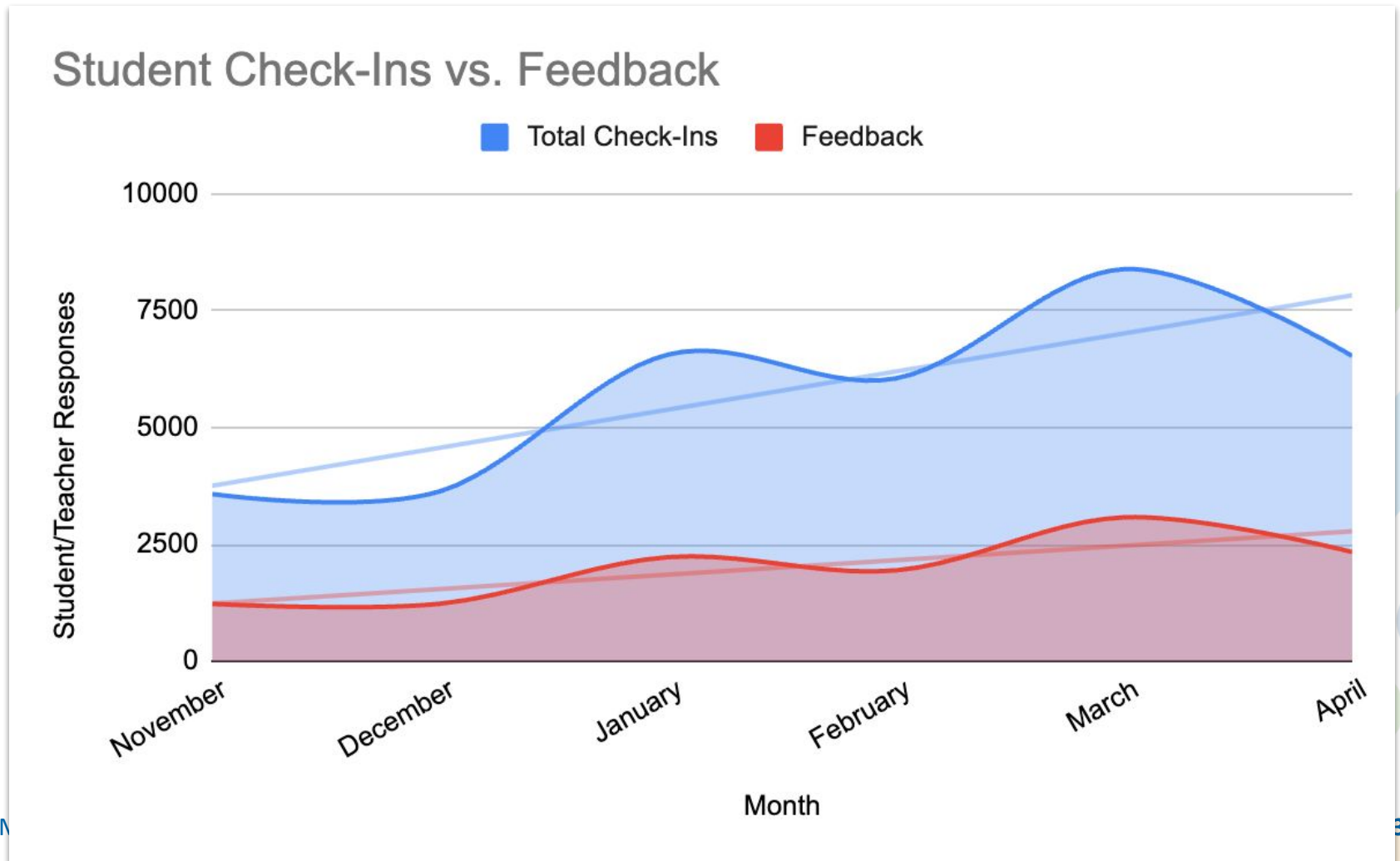
- November 2022: TK-5 Implementation
 - Grades 3-5: Weekly Check-In, Written Reflection, SEL Survey
 - Grades TK-2: Weekly Check-In
- March-May 2023: Middle School Trial
 - Weekly Check-In, Written Reflection, SEL Survey

Sown to Grow: TK-5

Participation at a Glance

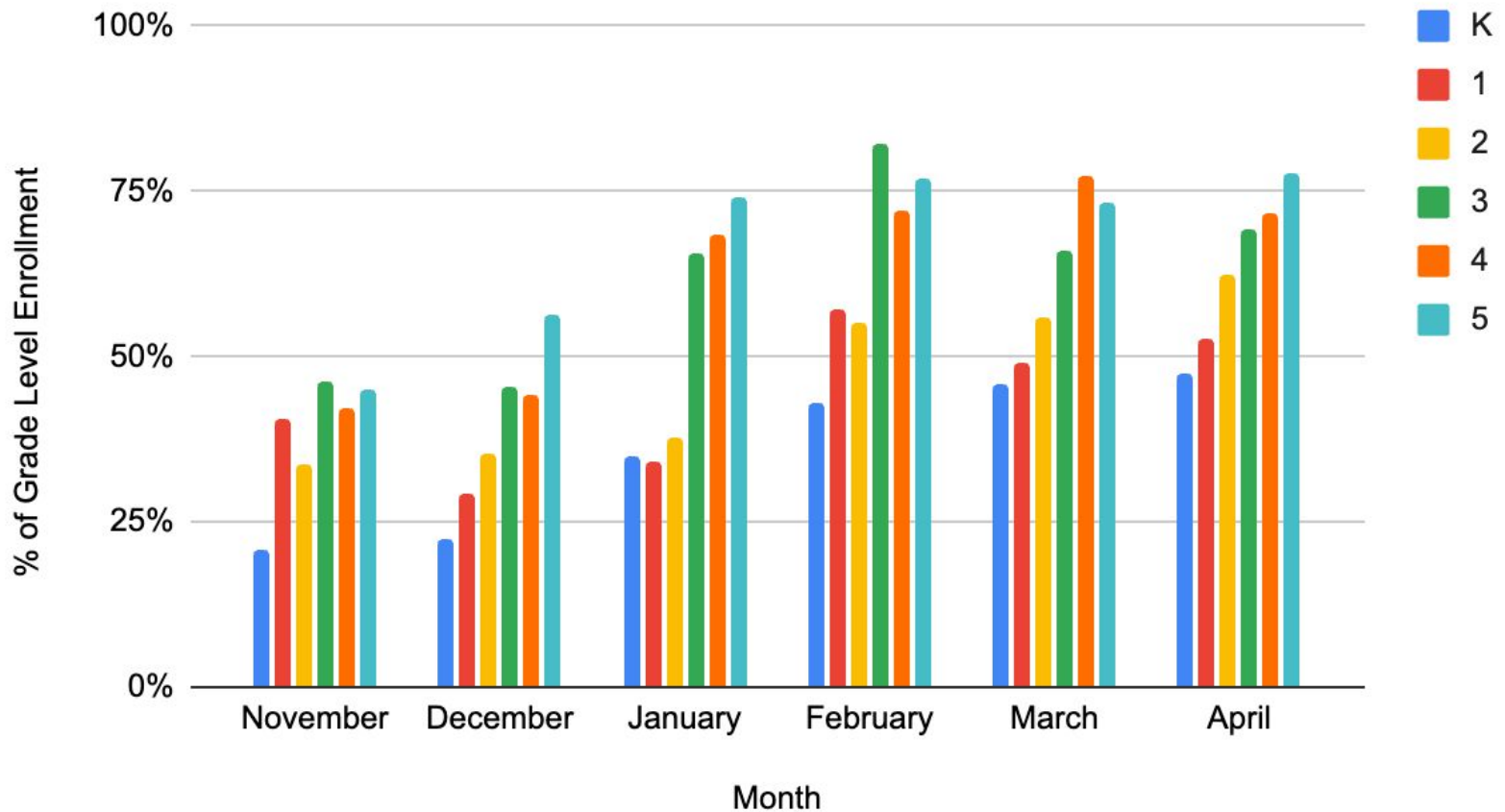


Sown to Grow: TK-5



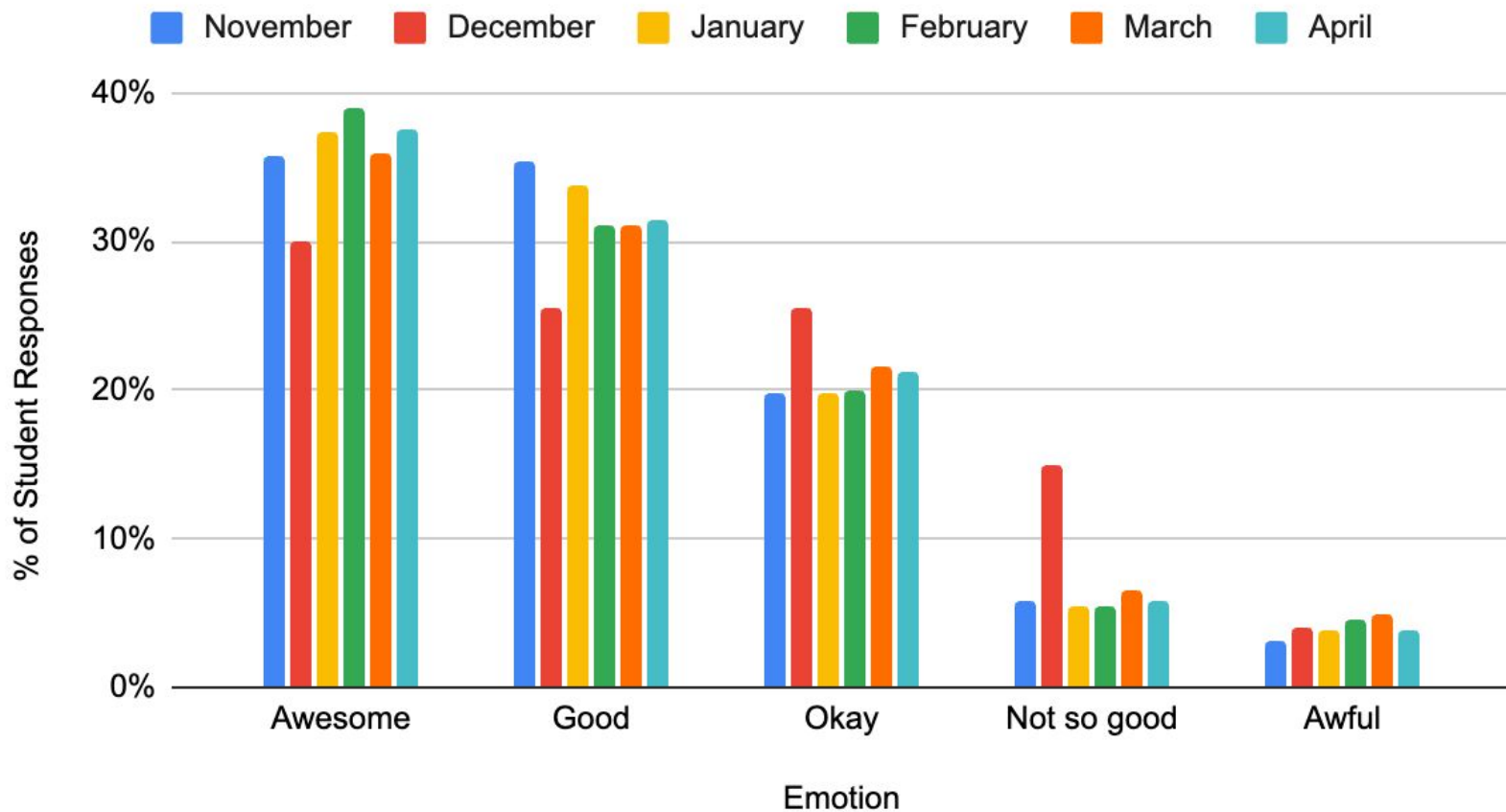
Sown to Grow: TK-5

Participation by Grade Level



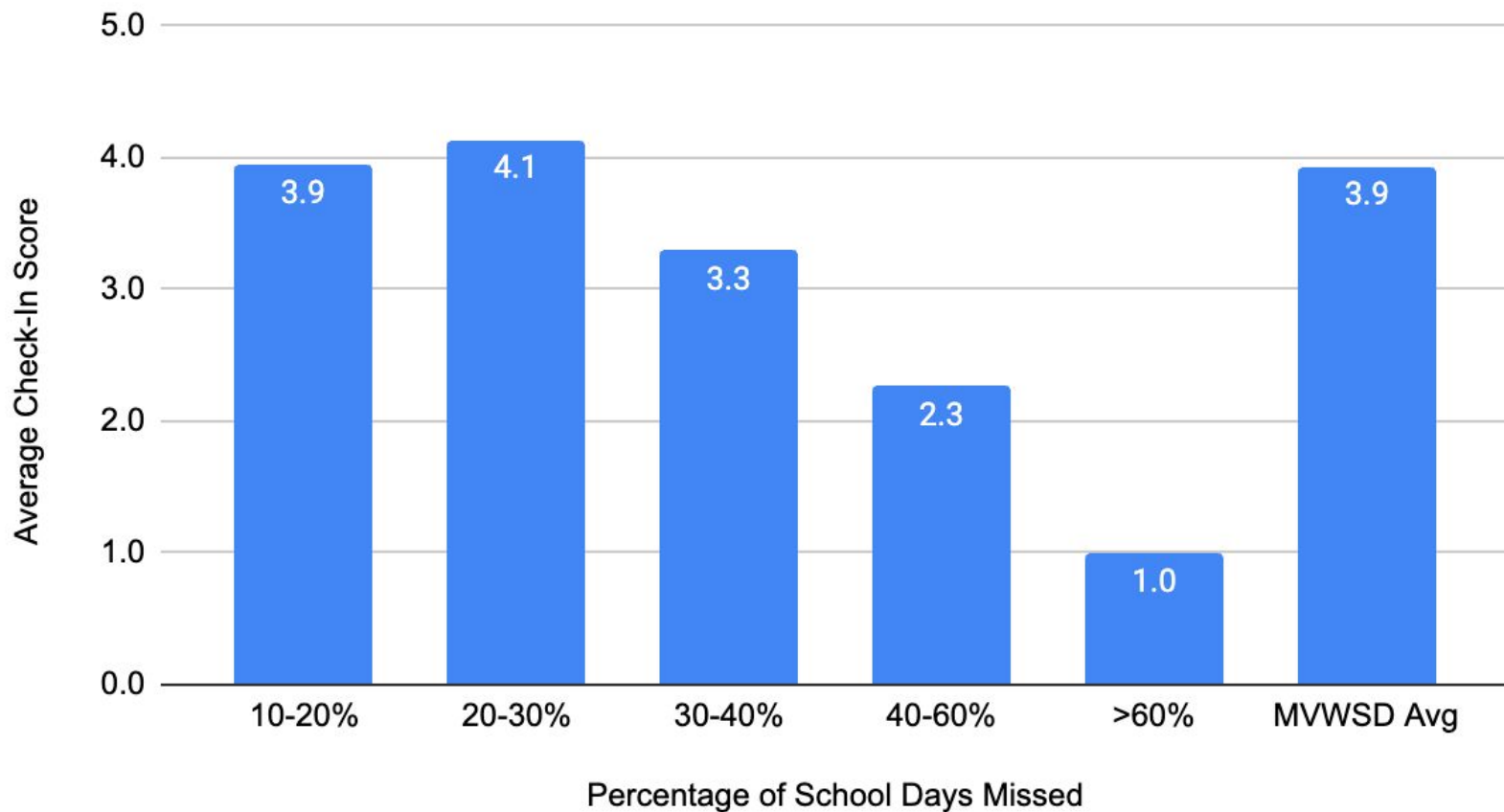
Sown to Grow: TK-5

Student Responses By Emotion



Sown to Grow + Chronic Absenteeism

Weekly Check-Ins for Chronically Absent Students

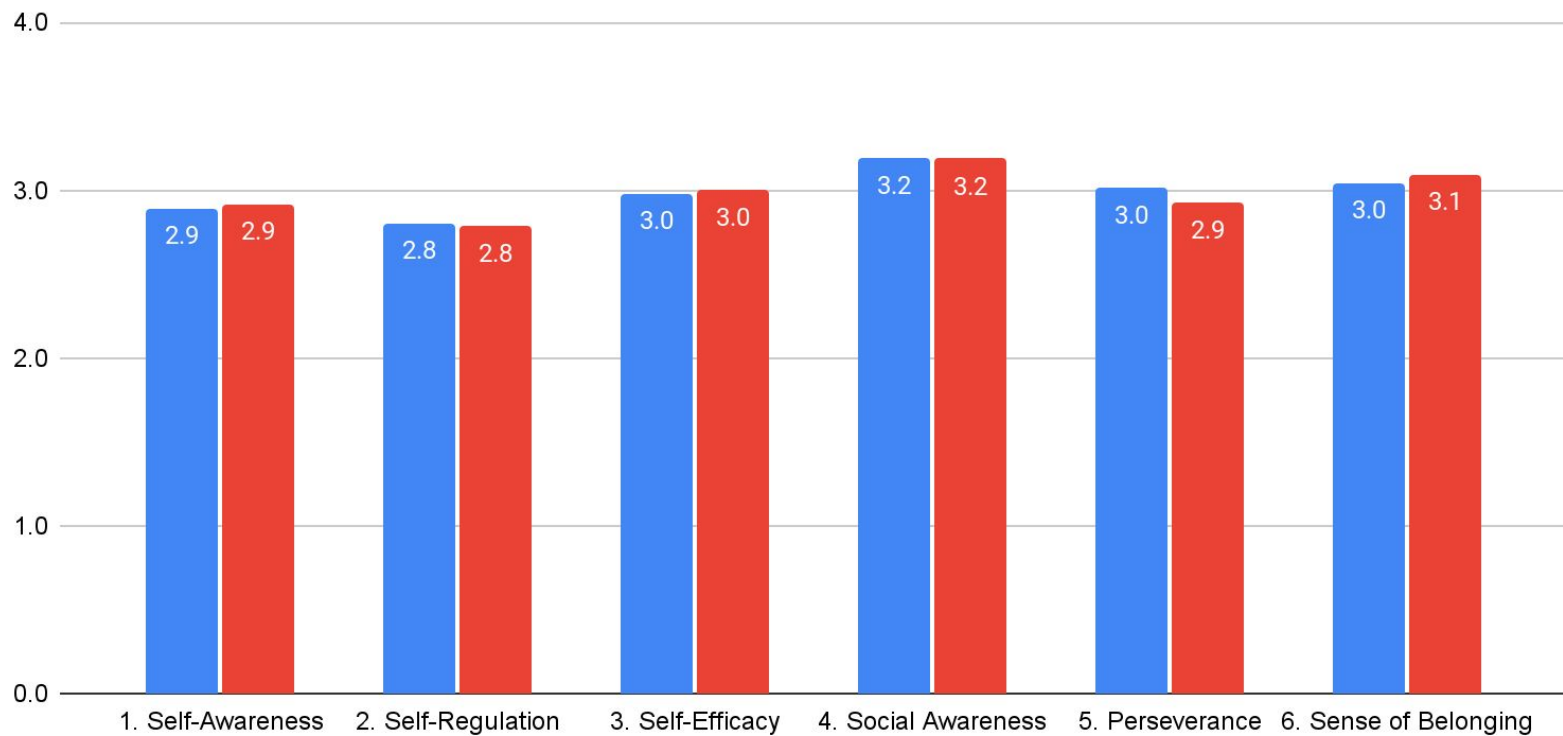


Sown to Grow: TK-5

Fall vs. Spring SEL Survey

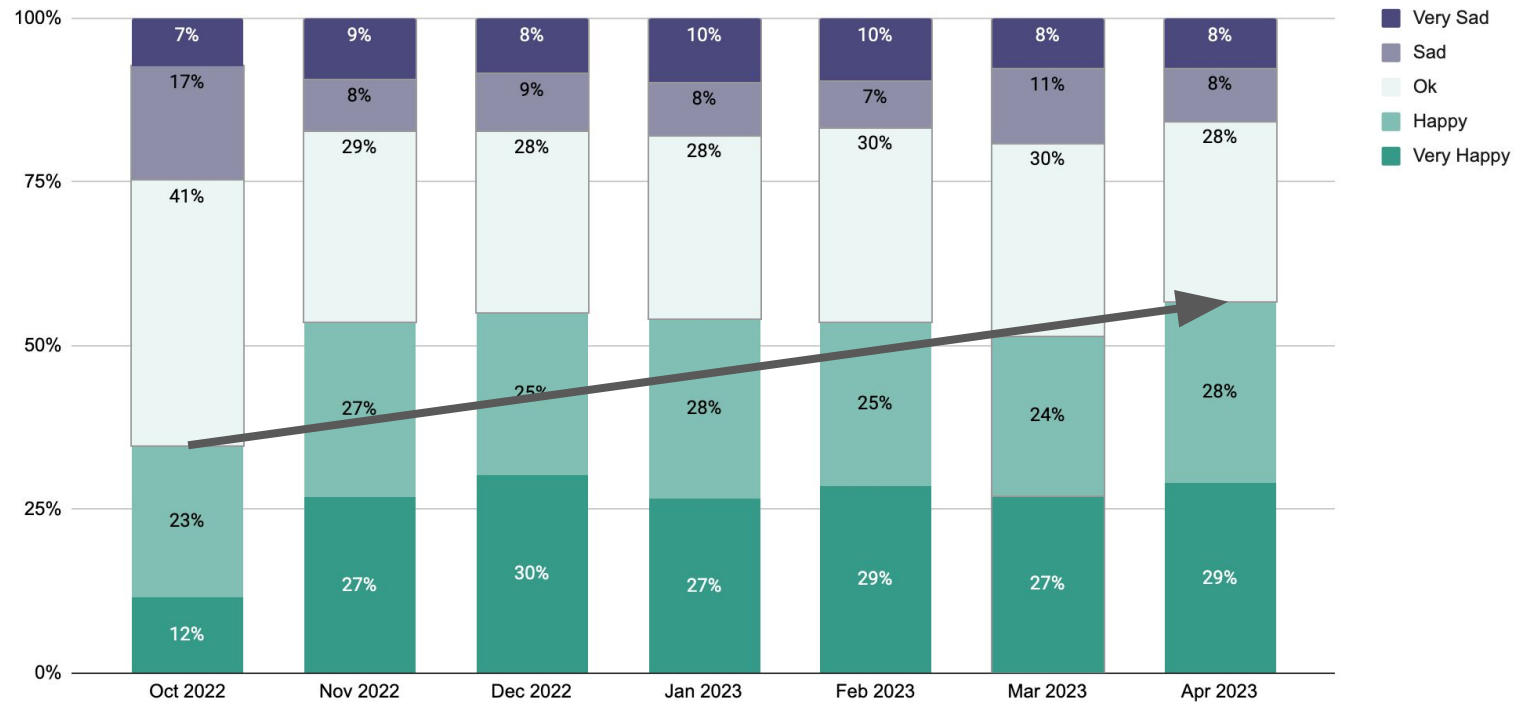
Results reflect about 53% of 3-5th Grade Students

■ Fall 2022 SEL Survey ■ Spring 2023 SEL Survey



Sown to Grow: SEL Survey + Check-Ins

Emojis Over Time - Students who felt lower belonging



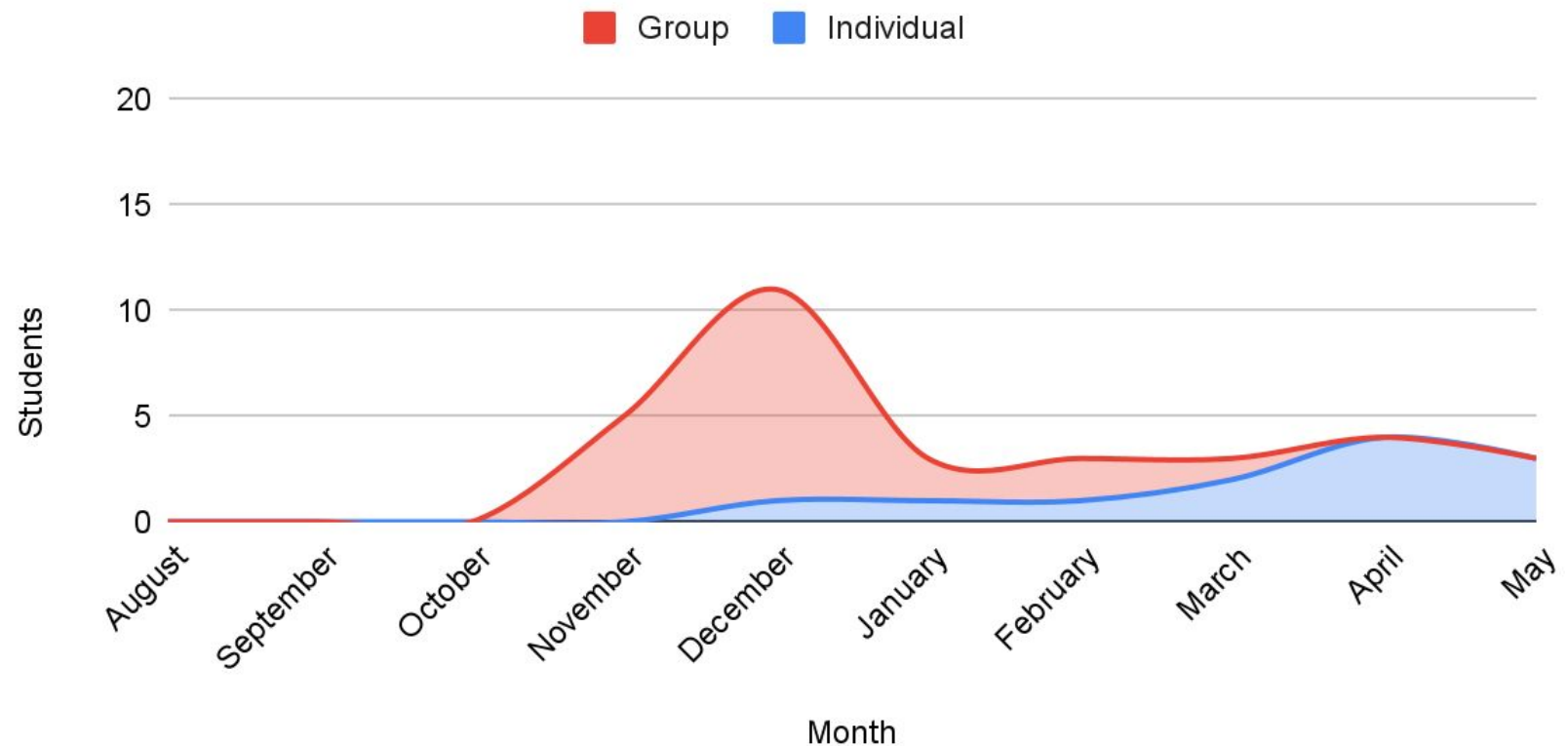
Mental Health Services - CHAC

Schools	Referrals	Assigned	One-Time	Discharged	D-Goals Met	Waitlisted
Bubb	18	17	0	1	0	2
Castro	20	19	0	0	0	0
Imai	40	29	1	7	0	1
Landels	36	35	0	1	3	0
Mistral	33	30	1	1	0	2
Monta Loma	27	25	0	2	1	2
Stevenson	38	34	5	4	4	4
Theuerkauf	12	12	5	0	2	0
Vargas	38	38	1	1	0	0
Crittenden	54	51	7	8	2	1
Graham	46	45	0	12	8	0
Totals	362	335	15	37	20	12

CHAC Waitlists

CHAC Student Waitlists

CHAC waitlists students after referrals are received if there is no clinician availability



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: 36
- Total middle school students receiving services: 65

Wellness Policy Annual Goals Update

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

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.

Wellness Policy Annual Goals Update

- Other School-Based Activities: The District will provide general Health and Wellness resources and activities to schools and families via the Virtual Wellness Center.
 - Goal Progress: Fully in Place: MVWSD's Virtual Wellness Center is updated monthly with resources and activities for families.
- Other School-Based Activities: MVWSD will engage in resource mapping that identifies resources & activities that support WSCC practices.
 - Goal Progress: Fully in Place: MTSS/COST training and H&W goal setting activities included resource mapping that aligns with WSCC practices.



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2022-23 Trimester 3 Activities

2022-23 Trimester 3 Health & Wellness Activities

- Health & Wellness Committee
 - Stakeholder feedback on 2023-24 LSWP priorities
- Castro Elementary Wellness Center and Coordination of Services Team (COST)
 - Monthly meetings with SCCOE Wellness Center team
 - Presentation at California School-Based Health Alliance conference
 - SCCOE #HECKAWell for Mental Health Awareness Month

2022-23 Trimester 3 Health & Wellness Activities

- Social-Emotional Work Group
 - Completed unpacking of focus competencies
 - Teacher feedback/planning toward SEL competencies progression
- Acknowledge Alliance
 - Resilience Groups for school staff, coaches, and principals
 - Site-based grief and crisis support
- Community Engagement
 - Mental Health Awareness Month

Mental Health Services Trimester 3

Activities

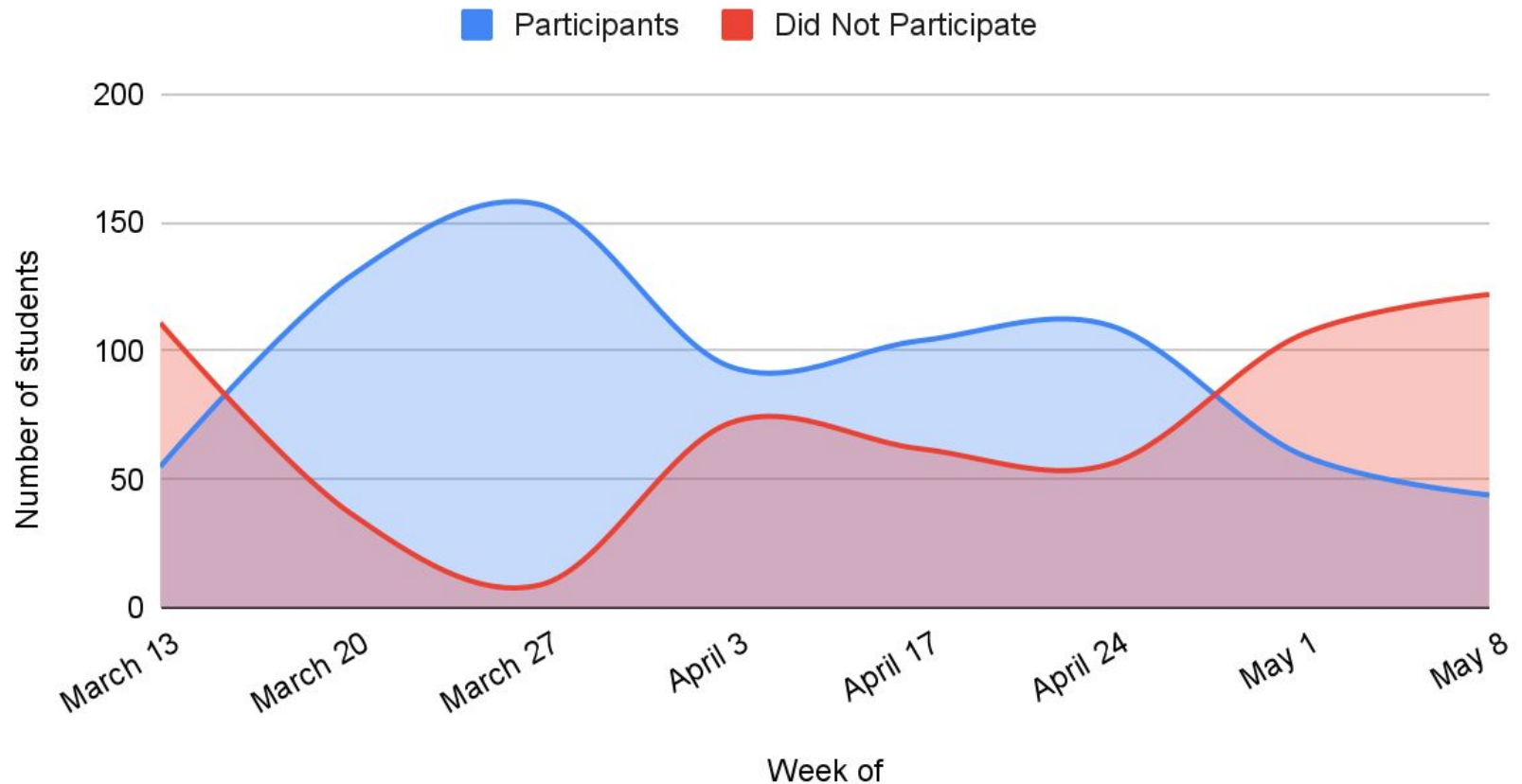
- Continuing weekly check-in meetings with CHAC Director.
 - Planning for end of year support and CHAC SEL instruction for 2023-24
- Multi-Agency meetings with CHAC, Pacific Clinics, Castro Wellness Center

Sown to Grow Middle School Trial

- March 13 - May 12
- Participants: 279 from Crittenden and Graham
 - 6th: 108
 - 7th: 88
 - 8th: 83
- Weekly Emotional Check-Ins, Reflections, SEL Pre and Post Survey

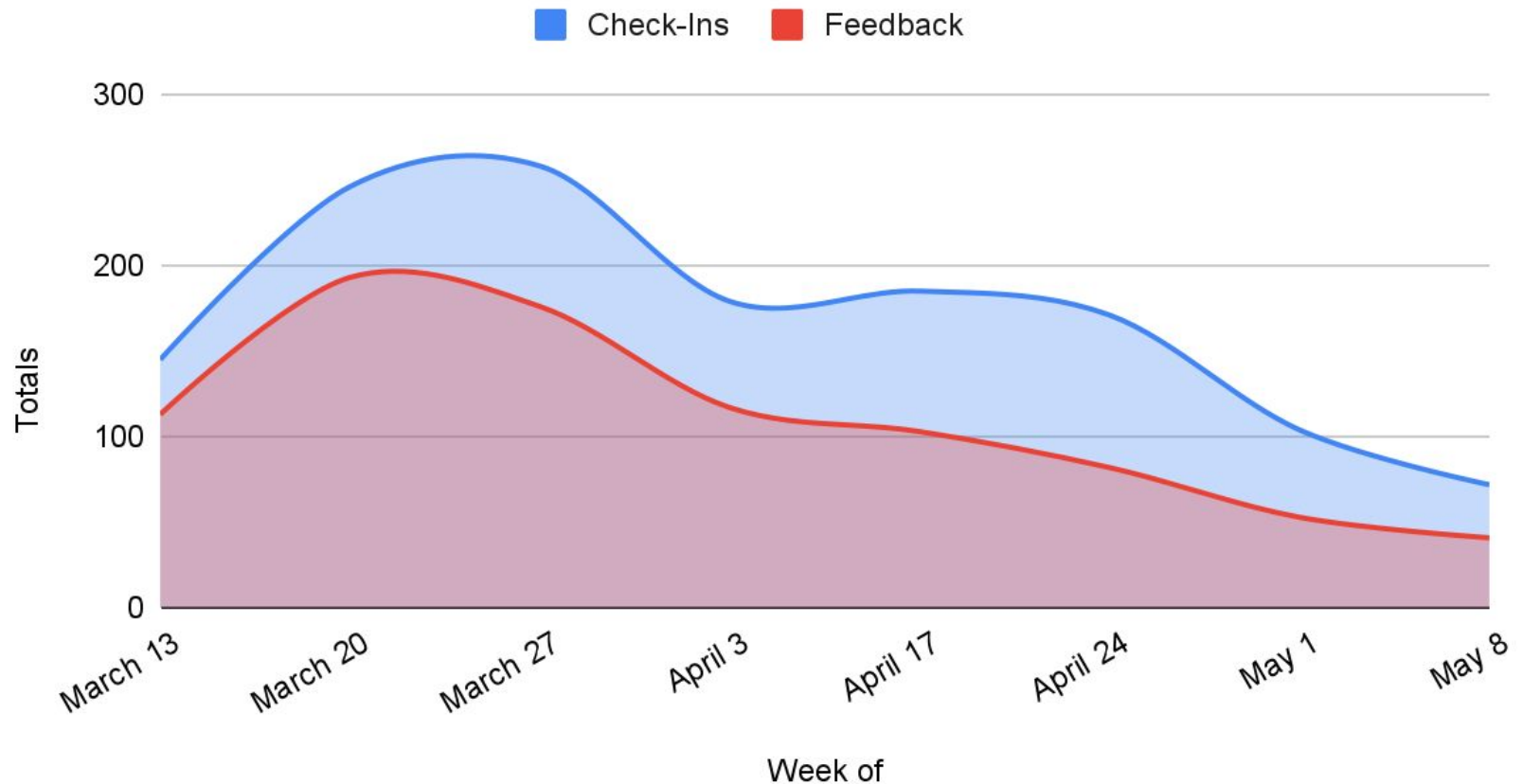
Sown to Grow Middle School Trial: Participation

Who participated in the trial?



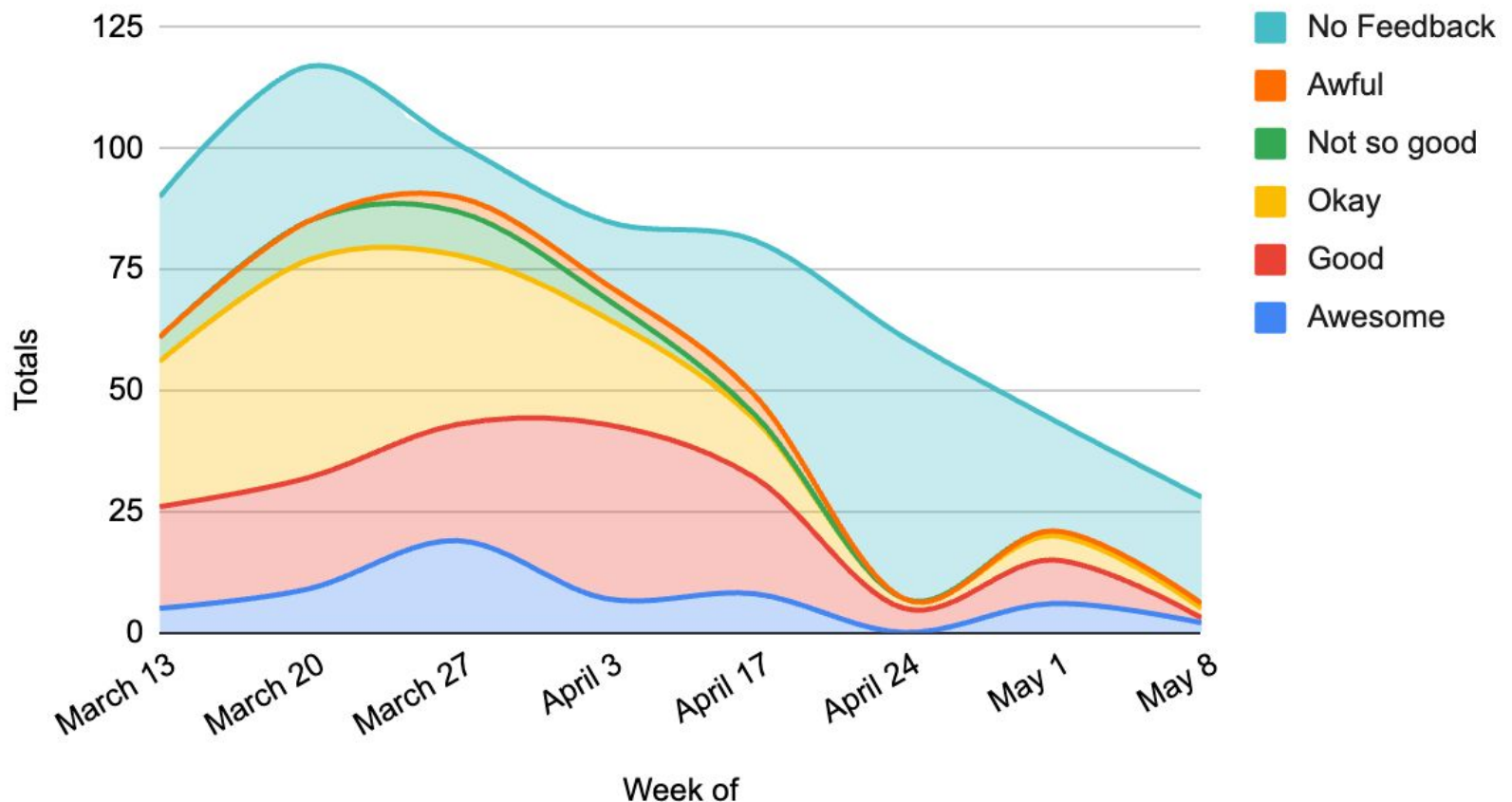
Sown to Grow Middle School Trial: At a glance

Trial at a glance



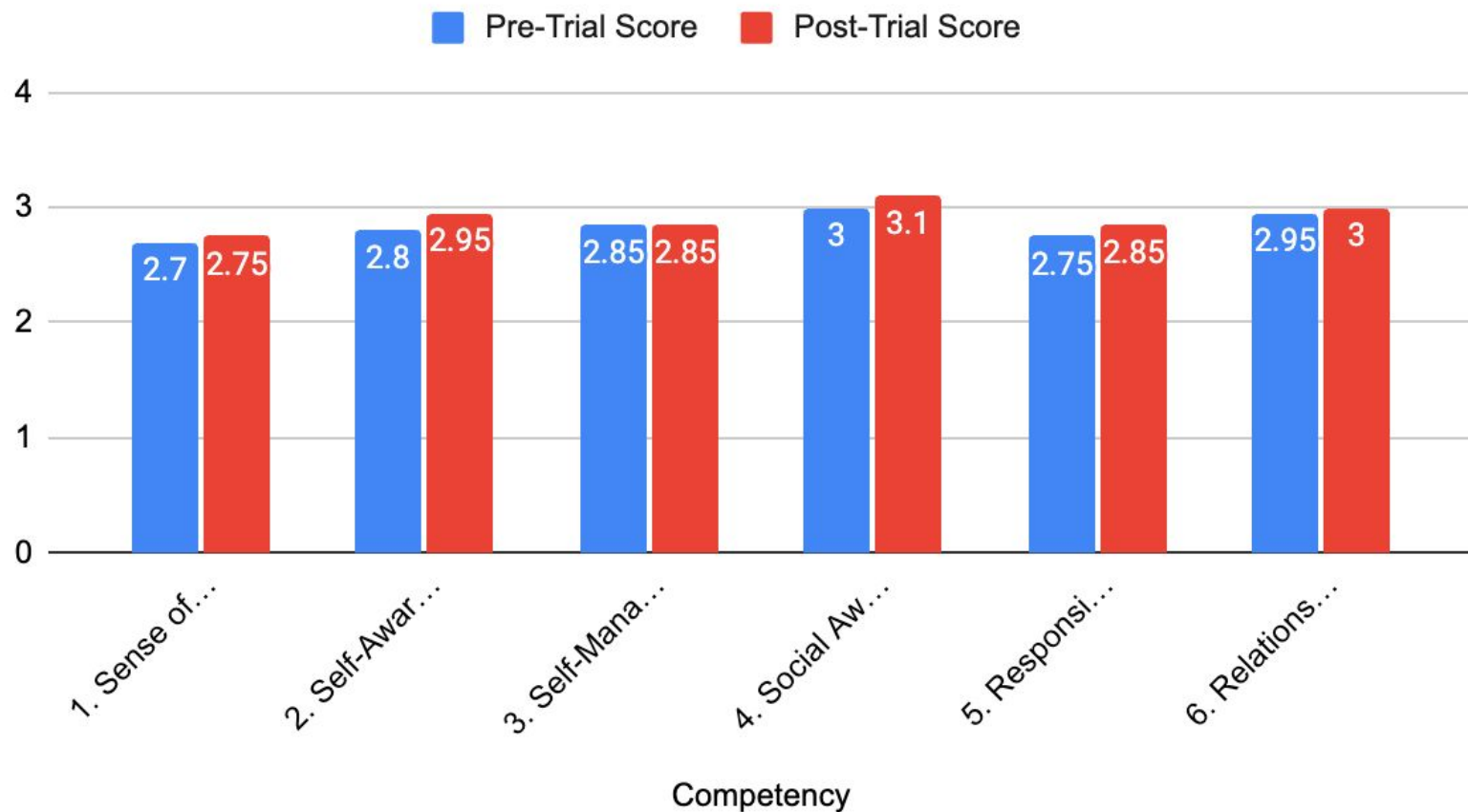
Sown to Grow Middle School Trial: Feedback

Which responses received feedback?



Sown to Grow Middle School Trial: Student SEL Survey Results

Pre-Trial Score and Post-Trial Score



Sown to Grow Middle School Trial: Teacher Feedback

It gave students who don't talk to me much a place to share about themselves, so I feel that I learned some things about some of my students that I wouldn't have known otherwise.

Seeing the responses from kids who need support is really helpful.

Students often did not take the time to engage with the program to the extent I think they could have/should have.

Time is a concern, especially with variable bell schedules due to testing and other priorities.

Sown to Grow Middle School Trial: Student Feedback

One thing that worked out well was how the comments that my teacher put made me feel a bit better.

The graph that showed how you felt through the weeks was cool.

Sometimes it was challenging to think of things to write in response to the question.

I worried about who might see what I write.

Considerations

- Sown to Grow provides SEL data that supports MTSS.
- Ongoing Sown to Grow implementation, including initial implementation at middle school, requires responsiveness to teacher feedback, competing priorities, and logistical constraints.

Considerations

- LSWP goals and SEL initiatives should align with each other and MTSS in order to best develop a Whole School, Whole Community, Whole Child model.
- With SEL practices that vary by school site, SEL competencies allow for a clearly defined approach using a shared language.



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Plan for 2023-24

2023-2024 Local School Wellness Policy Goals

Final Rule Requirement	2023-24 Annual Goal	2023-24 Action Steps
Nutrition Promotion	School sites will identify at least two stakeholder groups to disseminate Smart Snacks standards and promote healthy food options during school-sponsored activities.	<p>H&W Coordinator will provide related PD and resources to site administrators</p> <p>Site administrators will provide PD to staff and PTA/PTOs on use of Smart Snacks checklist.</p> <p>Site administrators will make resources available to PTA/PTOs that promote healthy food options</p>
Nutrition Education	MVWSD will explore resources available to integrate nutrition education with social emotional and cross curricular learning.	<p>Consider existing instruction and related activities to include an entry point to a nutrition education component.</p> <p>Employ one promotion campaign that includes resources and nutrition information for all socioeconomic levels.</p>
Physical Activity	MVWSD schools will provide students access to physical activities during recess and lunch breaks that are inclusive for students with a variety of abilities and social behaviors.	<p>School site resource mapping to ensure infrastructure, materials, and equipment serve a variety of student needs.</p> <p>Communicate this goal to parent-teacher organizations.</p>
Other School-Based Activities	<p>MVWSD will increase the availability of Spanish-language Health & Wellness resources and activities for schools and families via the MVWSD Virtual Wellness Center</p> <p>Health & Wellness Committee will identify how WSCC approaches exist within an MTSS model</p>	<p>Develop monthly themes and communicate them to school sites.</p> <p>Quality assurance check of available Spanish-language resources.</p> <p>Schools will identify one WSCC practice that informs a safe and supportive campus.</p>

2023-2024 Local School Wellness Policy Goals

- Review wellness policy annual goals at each trimester and provide annual review report to the board prior to June 30, 2024.
- Health & Wellness Committee will meet 4 times throughout the 2023-24 school year to provide feedback on progress toward LSWP goals.

2023-2024 Mental Health Services

- CHAC SEL Instruction
 - Connection Circles (TK/K)
 - CHAC|arts (2nd & 4th grades)
 - CHAC SEL+ (1st, 3rd, and 5th grades)
- CHAC Mental Health Services
 - 4 Associate Marriage and Family Therapists (AMFTs)
 - 18 TMFT/PsyD/PhD
- Pacific Clinics School Linked Services (SLS) and Prevention and Early Intervention (PEI) services at Castro, Crittenden, Graham, Monta Loma, and Theuerkauf

2023-2024 SEL Workgroup

- SEL Competencies Scope and Sequence
 - Instruction-based learning targets for social emotional learning across sites and grade levels
- SEL Guidebook
 - Comprehensive resource that includes scope and sequence to support competency-aligned SEL activities, practices, and outcomes.
- Examine district-wide SEL data to inform MTSS response to student needs.

2023-2024 Sown to Grow

- Elementary
 - Year 2 implementation
 - Ongoing professional development
 - Collaboration with instructional coaches
 - Trial simplified SEL Survey for TK-2
 - Alternative implementation options for TK/K
- Middle School
 - Year 1 implementation
 - Working with site administration to identify implementation plan
- District-wide
 - Integrating SEL data within Universal Data Cycles and COST
 - Include social emotional data/measurement goal utilizing Sown to Grow in SPSA



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Next Steps

Next Steps

- Continue Strategic Plan actions for 2023-24
 - Implement professional development plan offering site-based trainings
 - Use of SEL data measurement tools informing continuum of care in alignment with MTSS
- Continue CHAC and Pacific Clinics services and evaluate readiness to expand Wellness Center.
- Year 2 (TK-5) and Year 1 (6-8) implementation of Sown to Grow
- Continue work with H&W Committee and SEL Workgroup
- Provide annual review Board Report prior to June 30, 2024