

Mountain View Whisman School District

Agenda Item for Board Meeting of November 16, 2023

Agenda Category: Consent

Agenda Item Title: 2023-24 Wellness Policy Annual Goals Trimester 1 Progress Report

Person Responsible:

Brian White, Coordinator of Health and Wellness

Karin Jinbo, Director of Student Supports and Special Education

Background:

In the 2022-23 school year, the Health and Wellness Committee focused on Local School Wellness Policy (LSWP) goals that had been developed through the Triennial Assessment Process during 2021-22. The Social-Emotional Learning Workgroup completed a thorough Knowledge, Skills, Attitudes (KSA) assessment of Transformative SEL (T-SEL) Competencies. Professional development included Suicide Prevention Training for student-facing certificated and classified staff, Risk Assessment and Crisis Response training for school-based mental health providers, and USDA Smart Snacks Checklist training for site principals. Director Jinbo and Coordinator White co-presented with Santa Clara County Office of Education staff on Wellness Centers at the California School-Based Health Conference. Acknowledge Alliance began joblike Resilience Groups to support school staff. Elementary Schools began using the Sown to Grow platform and middle school students participated in an 8-week trial. Castro Elementary continued Year 2 implementation of the Coordination of Services Team (COST) and Wellness Center. Three awareness campaigns provided students, staff, and families with resources on Suicide Prevention, Nutrition, and Mental Health.

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.

2023-24 Trimester 1 Actions

Health & Wellness Committee Update

The Health and Wellness Committee held its first meeting on September 28 with 16 parent and staff participants. The meeting was dedicated to a review of the Health and Wellness Committee's objectives, review of progress made in 2022-23 and current LSWP goals with an eye toward a 2024-25 triennial review. Parents and staff provided feedback

on nutrition promotion and social-emotional health. The next committee meeting is scheduled for November 30, 2023.

Coordination of Services Team (COST) Update

For 2023-24 the COST model has expanded to all MVWSD schools as part of the MTSS framework. Coordination of Services Teams take in student referrals, establish learning targets, and manage academic, social-emotional, and behavioral interventions. Coordinator White works with the District-level MTSS team on mental health and social-emotional supports for students.

Castro Wellness Center

Beginning its third year supporting Castro students, the Castro Wellness Center is building on last year's work to provide peer groups, newcomer support, and school-wide activities in addition to student drop-ins and individual and group counseling services. The Wellness Center is staffed by a Wellness Center Liaison and Wellness Center Specialist, who is also a Licensed Clinical Social Worker. Schools are using Indicators of Healthy Schools from Alliance for a Healthier Generation to help assess readiness for Wellness Center expansion.

SEL Workgroup Update

The first meeting of the SEL Workgroup is scheduled for November 8. The SEL Workgroup is composed of elementary and middle school teachers across the district. This year, the team will build on last year's work to identify essential T-SEL outcomes and finalize a SEL Handbook. Essential learning outcomes will help assess and develop existing SEL programs across school-sites.

Middle School Counselor Support

Coordinator White is meeting with Middle School Counselors twice monthly to provide technical support, share resources, and co-plan middle school mental and behavioral health outreach. In September, middle school counselors visited classrooms to share Suicide Prevention Resources with students. In October, Graham Middle School partnered with community organizations to observe Red Ribbon Week.

Community Engagement/Outreach

In September, Monta Loma and Jose Vargas were recognized by Alliance for A Healthier Generation as one of America's Healthiest Schools. MVWSD's Virtual Wellness Center has been updated with comprehensive community mental health resources, including therapy available for free or at a reduced cost. Student Mental Health posters in compliance with AB 748 have been shared with middle schools and posted to the Virtual Wellness Center. Information about the dangers of synthetic drugs have been posted to the Virtual Wellness Center in compliance with AB 889.

Sown to Grow Update

All elementary schools are in Year 2 implementation for Sown to Grow. Custom written reflection prompts have been developed that align with MVWSD’s Allyship initiative and related SEL competencies. Coordinator White, Principal Flores-Aikey, and Principal Galassi are working with District leadership and school site leadership teams to refine a Trimester 2 Sown to Grow implementation plan for middle school.

Acknowledge Alliance

Acknowledge Alliance promotes student resilience by increasing the caring capacity of school staff. This year Acknowledge Alliance expanded its support for staff by offering on-site resiliency consulting to all schools in addition to jobalike Resiliency Groups. Acknowledge Alliance also provided on site crisis support at Landels and Graham.

2023-24 Trimester 1 Data

Trimester 1 Site Visits

School sites visited: 11/11

During site visits, Coordinator White and site principals reviewed Local Wellness Policy goals and discussed site-specific LSWP-related needs. Indicators of Healthy Schools developed by Alliance for a Healthier Generation were discussed as a means of identifying existing school Health & Wellness strengths and stretch goals. Coordinator White and Principals examined September and October Sown to Grow data and related LCAP goals. Principals shared about existing mental health needs and the COST referral process. Coordinator White and Principals discussed the SEL Workgroup. Finally, Coordinator White and principals visited classrooms with a focus on social emotional learning and mindfulness practices.

Wellness Policy Annual Goals Progress Report

This is the first of three progress reports in the 2023-24 school year. Remaining Wellness Policy Annual Goals will be reviewed in the next progress report.

Nutrition Promotion	
Goal	School sites will identify at least two stakeholder groups to disseminate Smart Snacks standards and promote healthy food options during school-sponsored activities.
Action Steps	H&W Coordinator will provide related PD and resources to site administrators Site administrators will provide PD to staff and PTA/PTOs on use of Smart Snacks checklist.

		Site administrators will make resources available to PTA/PTOs that promote healthy food options	
How will progress be measured?		Principal Check-Ins, Organization check-ins, parent and teacher informal surveys, PD documentation, site walkthroughs Progress measurement is awareness and not enforcement.	
Not in place: 0 of 11 schools	Partially in place: 0 of 11 schools	Mostly in place: 11 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 (USDA) as a resource to help schools identify food items that meet USDA nutrition standards for foods sold during the school day. All MVWSD schools are aware of the checklist and principals have been trained on how to use the checklist to evaluate proposed food sales outside of MVWSD’s food service program. To move from mostly to fully in place, principals will receive training on communicating about the checklist to stakeholder groups and will disseminate information about the checklist to stakeholders during the 2023-24 school year.

Nutrition Education	
Goal	MVWSD will explore resources available to integrate nutrition education with social emotional and cross curricular learning.
Action Steps	Consider existing instruction and related activities that include or may be adjusted to include a nutrition education component. Employ one promotion campaign that includes resources and nutrition information for 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: 0 of 11 schools	Mostly in place: 11 of 11 schools	Fully in place: 0 of 11 schools

California’s Health Education Standards include nutrition education for students in Kindergarten and Grades 2, 4, and 5. Students in MVWSD access nutrition education in a variety of ways, such as STEAM classes, Living Classroom activities, and through integration within core subjects like Math and ELA. Teachers in MVWSD have access to Nutrition Education activities, resources, and lessons through the Nutrition Promotion Resource Page on the MVWSD Intranet. A Nutrition Promotion campaign will be held in March 2024, which coincides with National Nutrition Month. To move from mostly to fully in place, Coordinator White and site principals will identify growth opportunities where students may access nutrition education standards and appropriate related resources.

Mental Health Services Update

Castro Wellness Center

Total student visits in August and September: 329

A total of 85 students have accessed Wellness Center activities.

CHAC Services as of October 27, 2023

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 referred for services: 92 (3% of 3,131 students)

Students assigned to a clinician: 86

Students waitlisted for individual services: 0

Students waitlisted for group services: 4

Middle Schools

Students referred for services: 56 (4% of 1,449 students)

Students assigned to a clinician: 54

Students waitlisted for individual services: 0

Students waitlisted for group services: 0

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

Connection Circle uses Kimochis, a set of tools and materials designed to help young children understand and manage their emotions. The program includes a family of plush characters, each representing a different emotion, along with lessons and activities. MVWSD purchased sets of Kimochi materials so Kindergarten and TK teachers can continue using the resources.

SEL Lessons: 1st/3rd/5th

Classrooms receiving 40 min. biweekly lessons: 64

BackTogether! with CHAC|arts: 2nd/4th

Classrooms receiving 45 min. lessons over 4 weeks: 45

BackTogether! is an SEL arts program that supports self awareness, self regulation, and healthy peer connections as students transition from summer back to the classroom. End of program survey data indicated that 90% of students surveyed reported being able to express feelings using art materials and 88% of students surveyed reported enjoying drawing and sharing together with their classmates.

Pacific Clinics School Linked Services (SLS) as of October 27, 2023

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

Total Elementary students receiving services: 6

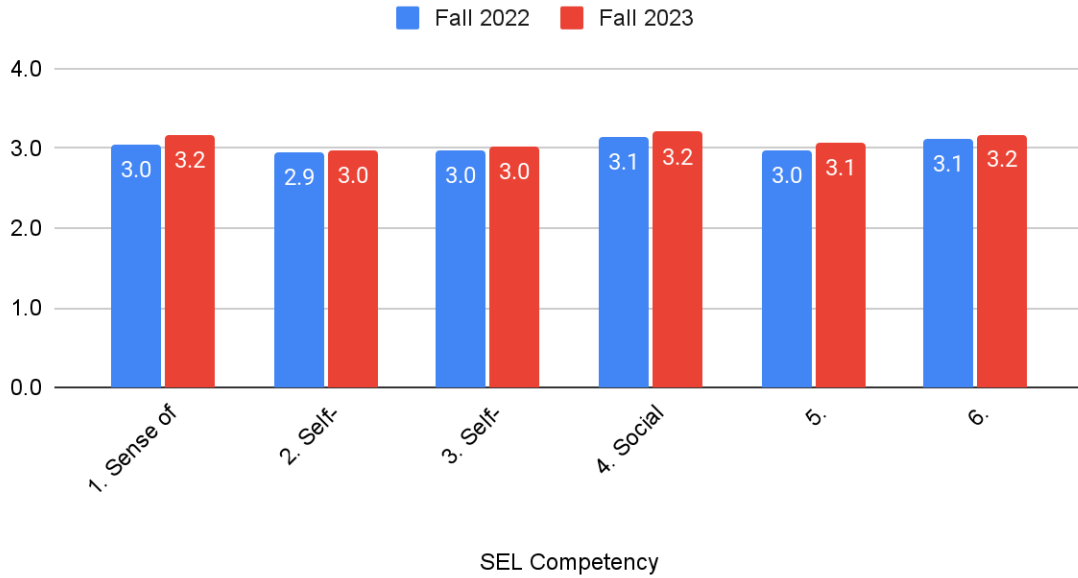
Total Middle School students receiving services: 5

Elementary students receiving Counseling services: 5

Middle School students receiving Counseling services: 6

Sown to Grow Data through October 31, 2023

Sown to Grow SEL Survey



In September, 2,023 students in Grades 1-5 completed the Fall SEL Survey. Students assessed their individual strengths and needs across 6 Competencies: 1 - Sense of Belonging, 2 - Self-Awareness, 3 - Self-Management, 4 - Social Awareness, 5 - Responsible Decision-Making, and 6 - Relationship Skills. The Fall 2023 Survey reflects growth across all competencies as compared to Fall 2022. Sense of Belonging showed the greatest improvement year-to-year.

Students in Grades K-5 participate in a weekly Sown to Grow emotional check-in. When students check-in they choose one of the following five options: Awful (1), Not so Good (2), Ok (3), Good (4), and Awesome (5). Students in Grades 3-5 respond to a reflection prompt that is aligned with MVWSD's monthly Allyship theme. Teachers review student check-ins and reflections and provide feedback to individual students.

Engaged Students: 2,874 (97% of rostered students)

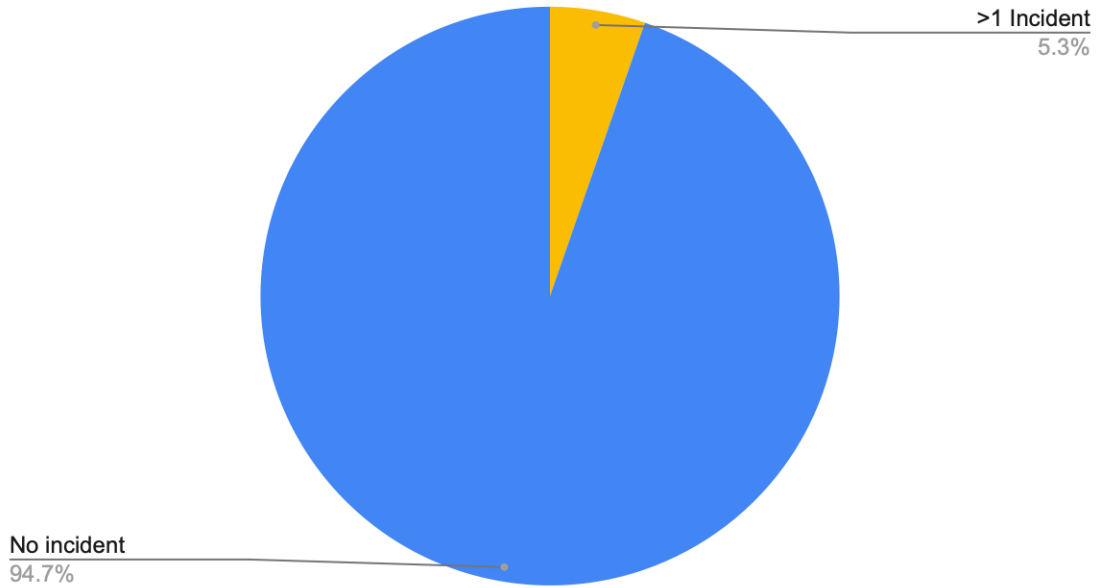
Engaged Teachers: 139 (92% of rostered teachers)

District-wide feedback: 38% of student reflections receive teacher feedback

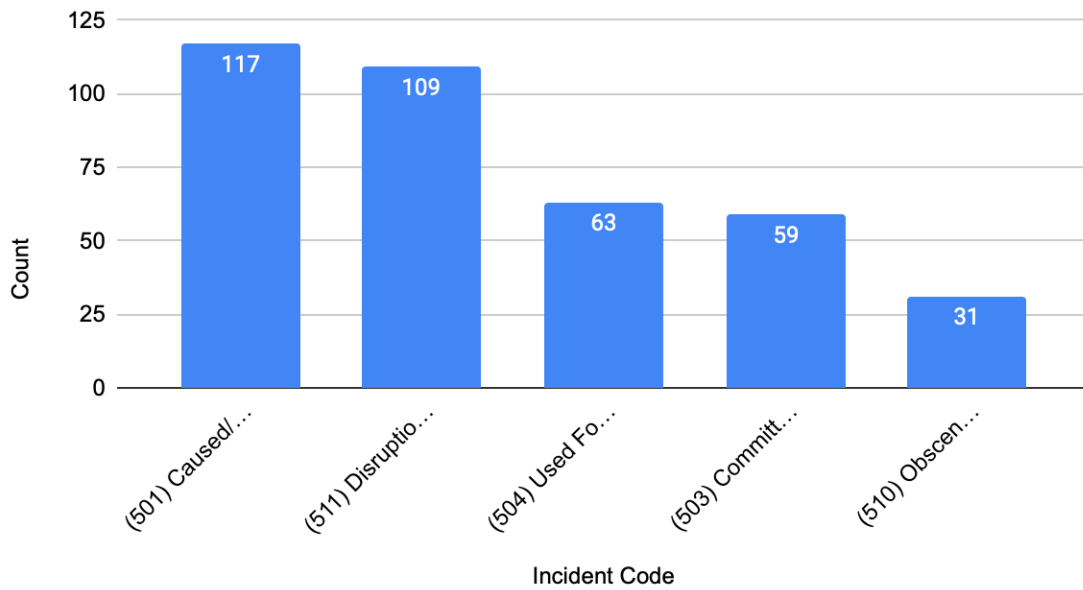
Average student emotional check-in score: 4 of 5 (Good)

Behavior Incident Data Through October 31, 2023

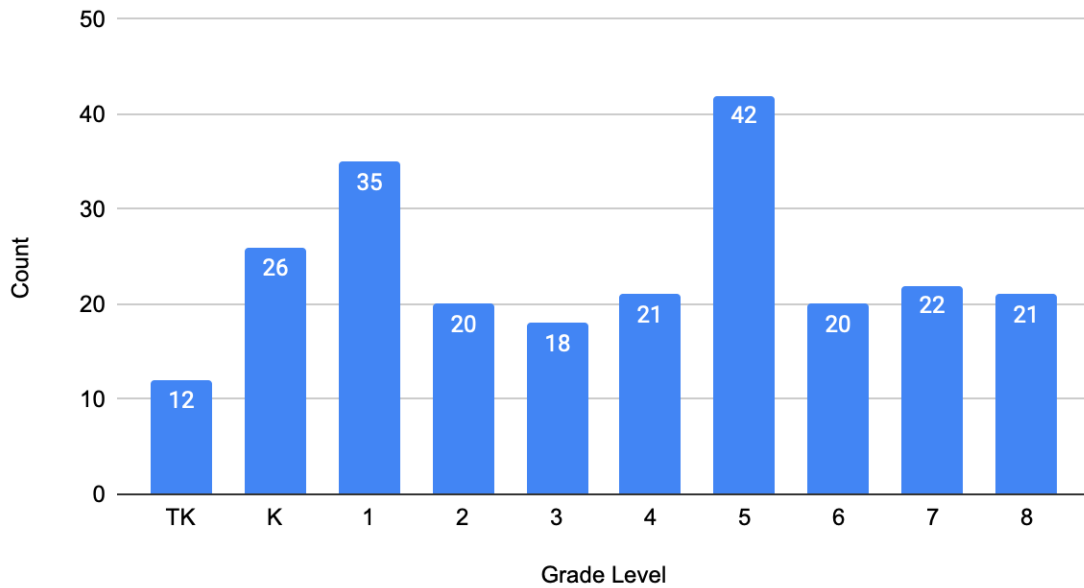
Students with >1 Incident



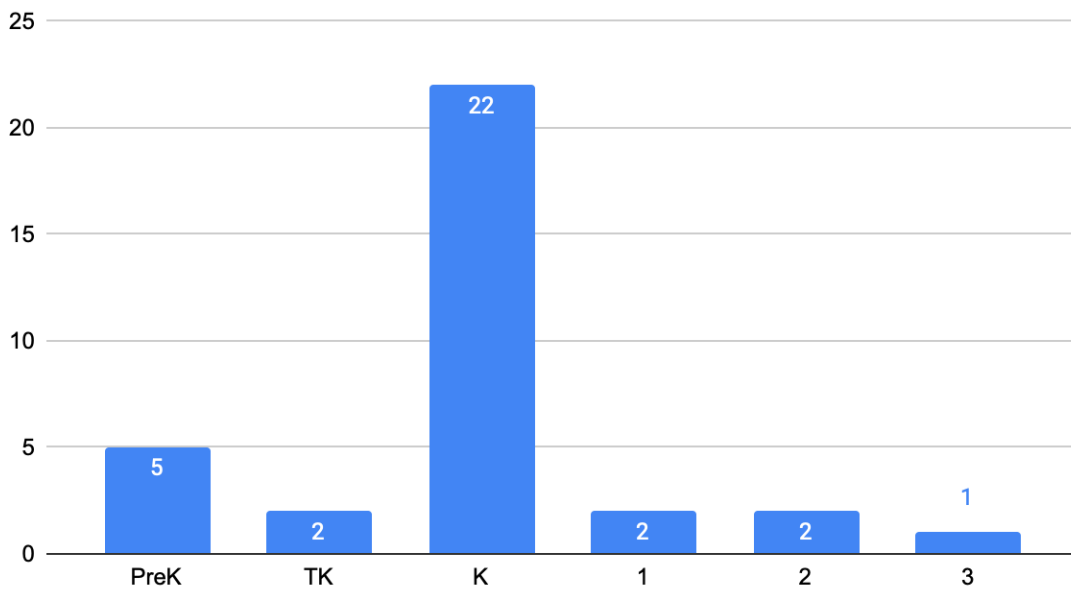
Most Frequently Occurring Incidents



Incidents by Grade Level



(503) Committed Assault/Battery on School Emp



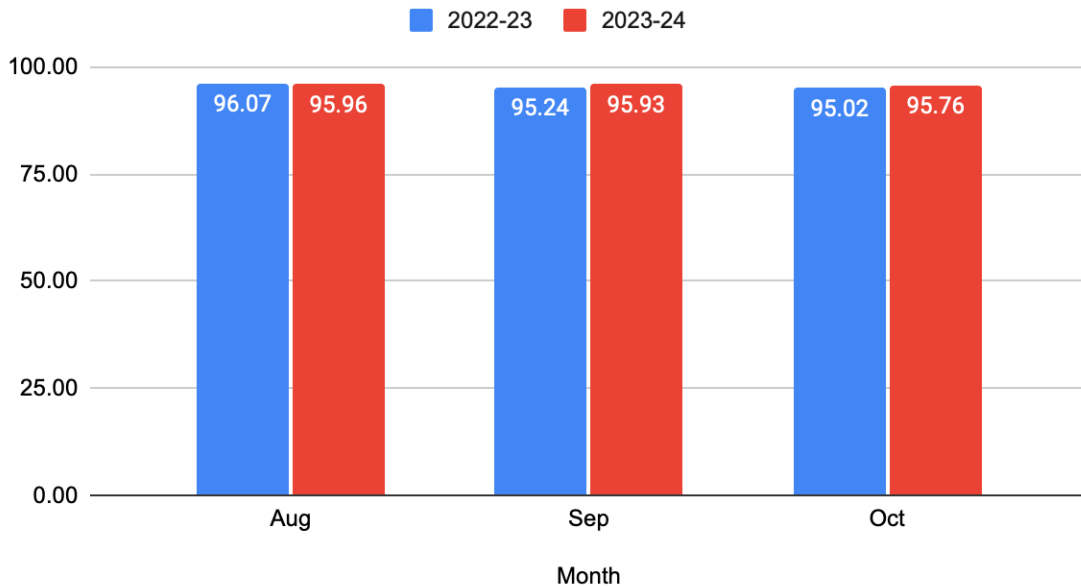
Behavior data serves as a valuable indicator of overall student health and wellness, offering insights into emotional well-being, social skills, and potential areas of concern. Through October 31, 2023, 254 or about 5% of students have been involved with at least one behavior incident. There have been a total of 52 out of school and 23 in-school suspensions.

The most frequently occurring incident behaviors are (501) *Caused, Attempted, or Threatened Physical Injury*, (511) *Disruption, Defiance*, (504) *Used Force for Violence*, (503) *Committed Assault or Battery on a School Employee*, and (510) *Obscene Acts, Profanity and Vulgarity*. These 5 incident behaviors make up nearly three-quarters of all incidents.

Incidents involving assault/battery on school employees are a particular concern, not only for student but also for staff safety and wellness. Through October, all of these incidents have involved students in Grades PreK - 3 with nearly two-thirds of incidents occurring in Kindergarten.

Attendance Data

2022-23 and 2023-24 Attendance Comparison



Attendance through the first three months of the school year is slightly improved over the first three months of 2022-23. Overall attendance is currently up .44% over last year.

Considerations

- Year to year CHAC referral data shows that students have been able to access individual services without being waitlisted. CHAC waitlisting procedures have been reviewed with site principals. Currently the only students who are waitlisted are for a pending social skills group.
- Students are being referred to CHAC through COST meetings unless there is an urgent need for services. At COST meetings, teams consider students’ academic, social, and behavioral needs in context with each other, set specific learning targets that measure needs-based growth, and identify tiered intervention that supports learning targets. CHAC clinicians are important school partners who may participate in COST meetings as determined by student need.

- Sown to Grow SEL Survey and Student Check-In data gives COST and site principals additional information when considering student behavior needs. District-wide, self-management continues to be a relative area for growth, particularly for students in TK-2 as demonstrated by the frequency of incidents involving physical behavior against teachers. The Sown to Grow SEL Survey also highlights individual students who self-assess below 2 for Sense of Belonging. This data has been shared with site principals for review with COST and Universal Data Cycle teams.
- The Health and Wellness Committee is providing feedback on Local School Wellness Policy goals and other District wellness needs that were identified as part of the 2021-22 Triennial Review. As we prepare for the 2024-25 Triennial Review, committee feedback will be used to consider three year progress on LSWP goals and future policy recommendations.

Next Steps

Local School Wellness Policy Annual Goals

- Nutrition Promotion: Site principals will receive a presentation on communicating about Smart Snacks guidelines with stakeholder groups and will follow up with staff and parent groups to disseminate information about the guidelines.
- Nutrition Education: During trimester 1:1 meetings, Coordinator White and site principals will identify curriculum points where Nutrition standards are taught for applicable grade levels. The Health & Wellness Committee will provide feedback for March's Nutrition Promotion Campaign.
- Physical Activity and Other School-Related Activities: Coordinator White will report on these goal areas at the next board update.

Sown to Grow Implementation

- MTSS Team will develop guiding questions for Universal Data Cycle meetings.
- Coordinator White and Coordinator Ellard will meet with principals to review site COST meetings.
- Principals Galassi and Flores-Aikey will meet with their site leadership teams to refine the Sown to Grow implementation plan for middle school.

Community Engagement

- A Nutrition Promotion Campaign will take place in March 2024.
- A Mental Health Awareness campaign will take place as part of Mental Health Awareness Month in May 2024.
- Coordinator White will continue to work with site principals to identify topic areas that may qualify for the America's Healthiest Schools award.

SEL Workgroup

- The first meeting of the SEL Workgroup is scheduled for November 8, 2023. Additional meetings are scheduled for January 11, March 7, and May 2, 2024.
- Feedback from the workgroup will be shared with Leadership Team.

Health and Wellness Committee

- The next Health and Wellness Committee meeting is scheduled for November 30, 2023. Additional meetings are scheduled for March 7 and May 23, 2024.

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)