



Mountain View
Whisman
School District

Wellness Policy Annual Goals Progress Report

February 8, 2024





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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

2023-24 Wellness Policy Annual Goals

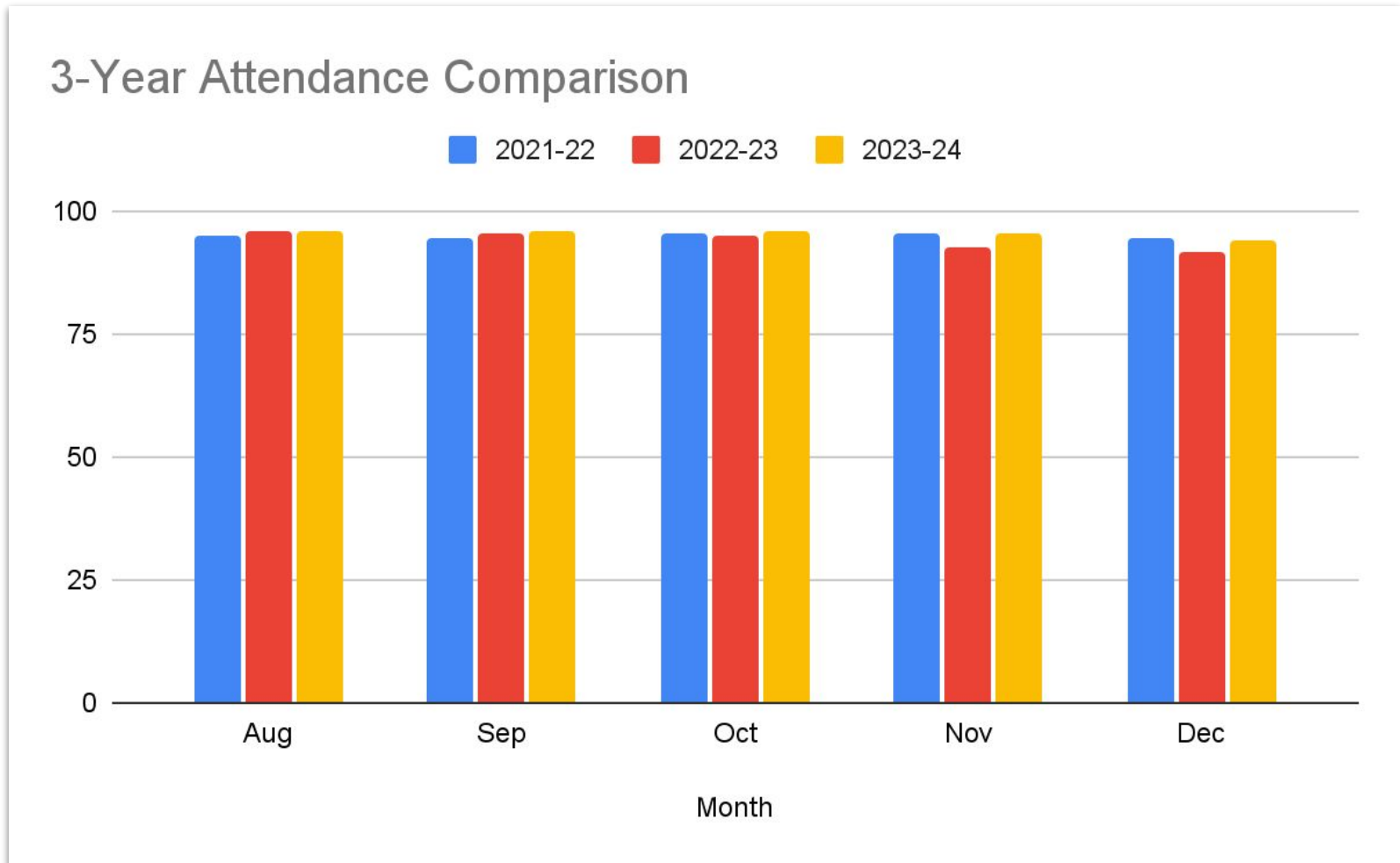
Wellness Policy Annual Goals
<p>Nutrition Promotion</p> <p>School sites will identify at least two stakeholder groups to disseminate Smart Snacks standards and promote healthy food options during school-sponsored activities.</p>
<p>Nutrition Education</p> <p>MVWSD will explore resources available to integrate nutrition education with social emotional and cross curricular learning.</p>
<p>Physical Activity</p> <p>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>
<p>Other School-Based Activities</p> <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>



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2023-24 Trimester 2 Data

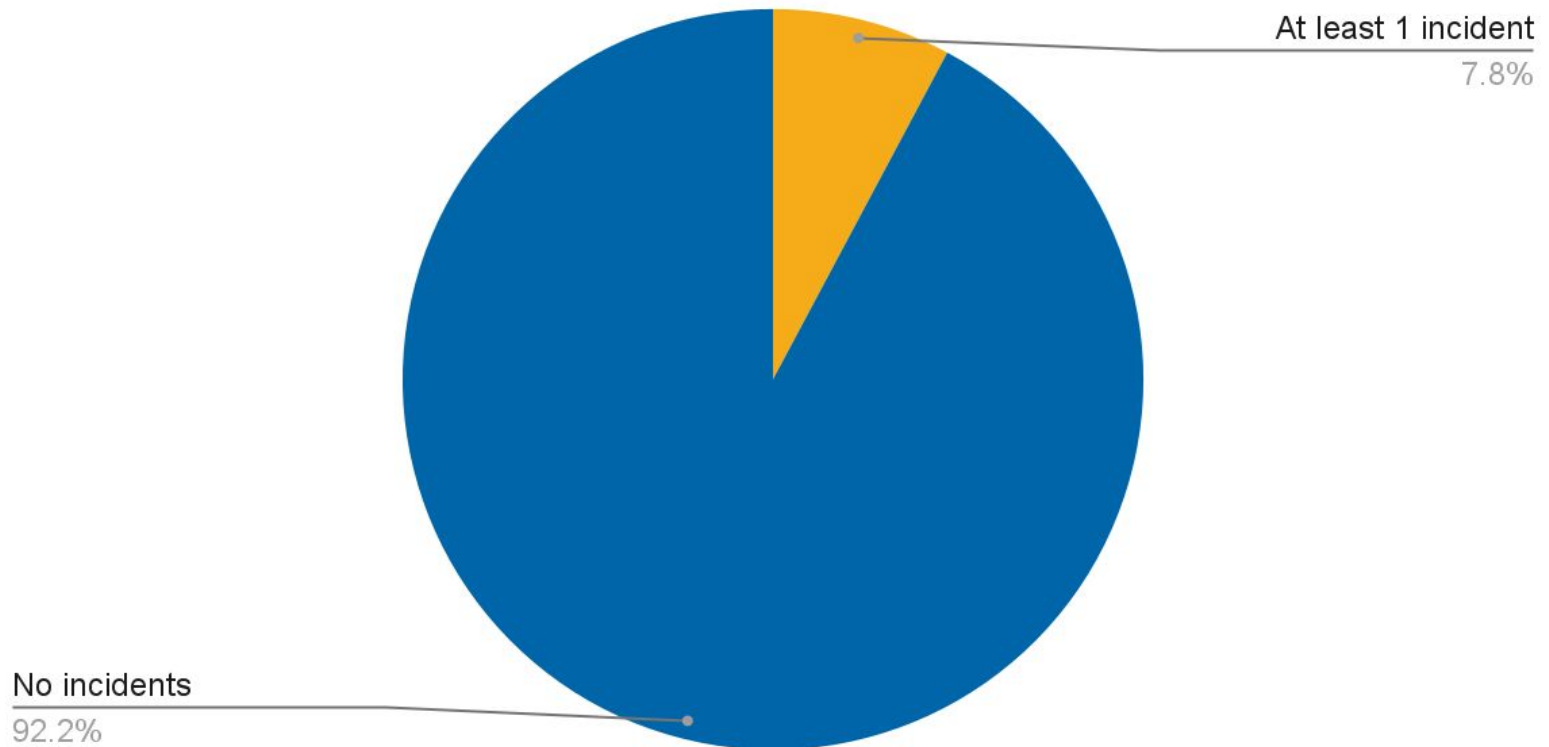
2023-24 Attendance



Behavior Incidents

How many students have had disciplinary incidents?

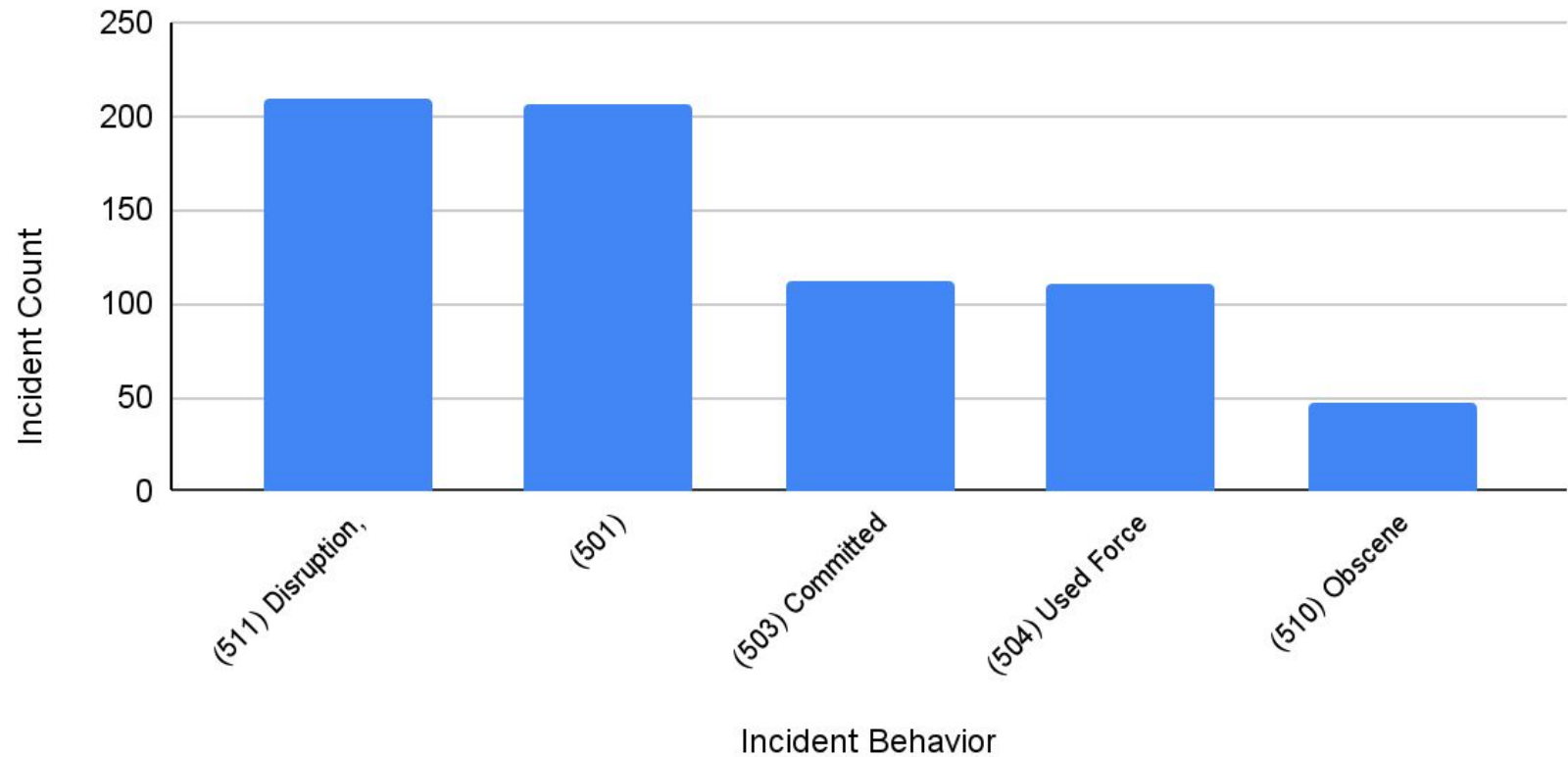
Students with at least 1 state reporting incident in PowerSchool (through December)



Incident Behaviors

Most Frequent Incident Behaviors

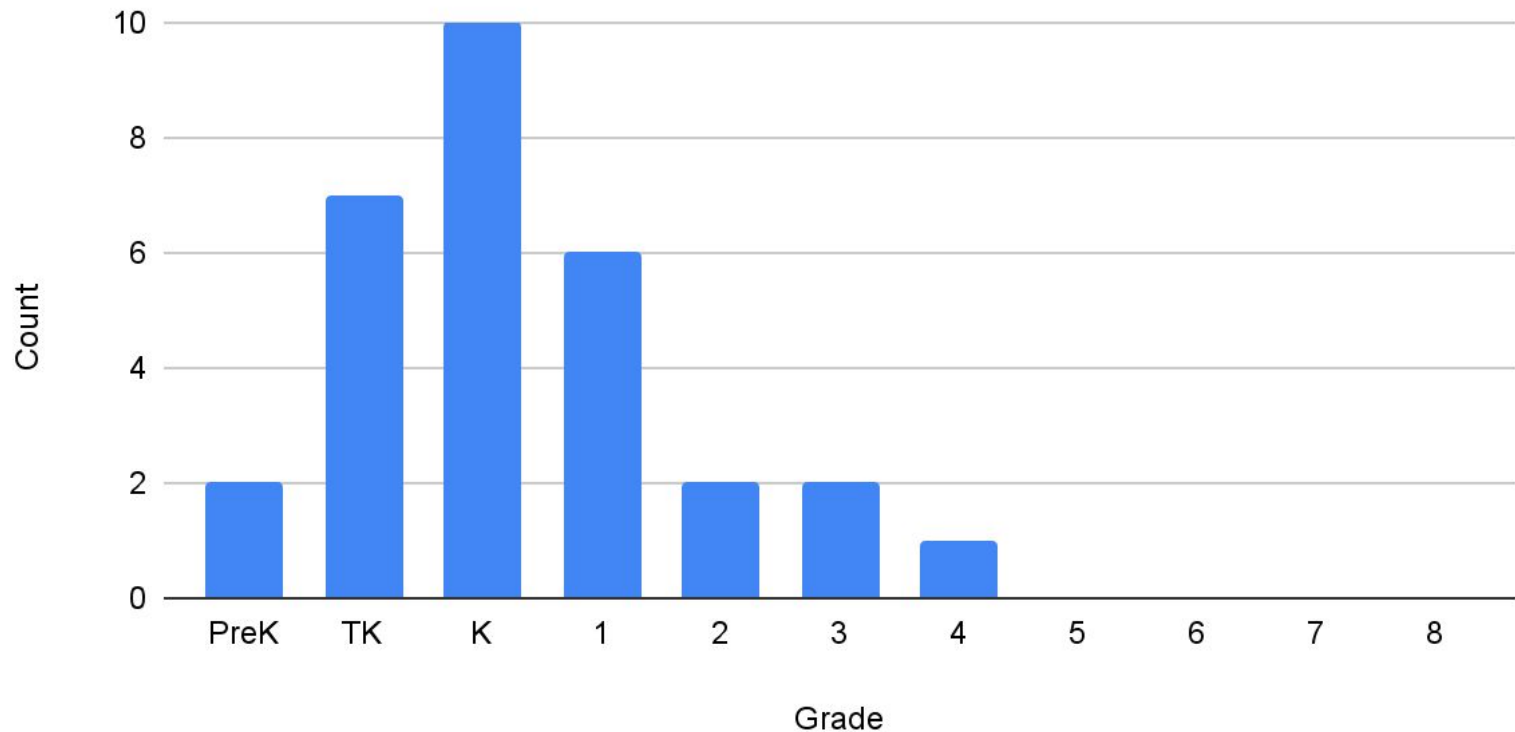
Through December 2023



Student Physical Behaviors Involving Staff

(503) Assault / Battery On School Employee

Count of Individual Students By Grade Level



Sown to Grow Check-Ins

Through January 19

34,657 student reflections written

13,921 teacher feedback responses

4 (Good) average student check-in emotion

3.25% of students self-assessed as feeling a low sense of belonging on Fall SEL Survey

Mental Health Services Update

- Community Health Awareness Council (CHAC)
 - About 4% of elementary students and 5.5% of middle school students have received services this year.
 - Services include individual counseling and groups that support needs such as increasing belonging, social skills, anxiety, and self-esteem.
 - No students have been waitlisted for individual counseling this year.

Mental Health Services Update

- Pacific Clinics: Castro, Crittenden, Graham, Mistral, Theuerkauf
 - Services shifted from Monta Loma to Mistral to align resources with student need
 - Prevention & Early Intervention (PEI)
 - School Linked Services (SLS)
- Total students receiving SLS or PEI services: 17

Mental Health Services Update

- Castro Wellness Center
 - August-December:
 - 143 individual students
 - 780 total contacts (150 average per month)
 - brief, one-time support
 - check-ins
 - groups
 - lunchtime activities

Wellness Policy Annual Goals Update

- 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.
 - Goal Progress: Mostly in place. All principals have been trained on how to use Smart Snacks to evaluate proposed food sales outside of MVWSD's food service program.

Wellness Policy Annual Goals Update

- Nutrition Education: MVWSD will explore resources available to integrate nutrition education with social emotional and cross curricular learning.
 - Goal Progress: Mostly in place. All MVWSD students access nutrition education through STEAM classes, Living Classroom activities, and integration with core subjects.

Wellness Policy Annual Goals Update

- 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.
 - Goal Progress: Mostly in place. All MVWSD students have access to a variety of structured physical activities during recess and lunch breaks.

Wellness Policy Annual Goals Update

- Other School-Based Activities: MVWSD will increase the availability of Spanish-language Health & Wellness resources and activities for schools and families via the MVWSD Virtual Wellness Center.
- Health & Wellness Committee will identify how WSCC approaches exist within an MTSS model
 - Mostly in place: MVWSD website is accessible in Spanish; Mental Health Resources on Virtual Wellness Center include Spanish-language resources.



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Trimester 2 Activities

Trimester 2 Health & Wellness Activities

- Health & Wellness Committee
 - Continue to seek stakeholder input on LSWP goals
 - Began preparation for 3 year review in 2024-25
- Social-Emotional Learning
 - Workgroup established draft Key Developmental Competencies
 - Workgroup mapped SEL resources across school settings (classroom, family/community engagement, etc.)
 - SEL strategies, curricula, and resources included with MVWSD MTSS Resource Map

Trimester 2 Health & Wellness Activities

- Acknowledge Alliance
 - Providing resilience coaching for staff at all sites
- Whole Child Site Support
 - COST and mental health referrals within MTSS
 - Alliance for A Healthier Generation Award
 - Sown to Grow reflections aligned with #BetterTogether
 - Reviewed and built capacity on student crisis protocols
- SEL presentations at staff meetings that highlight SEL competencies and strategies

Trimester 2 Health & Wellness

Activities

- Weekly meetings with CHAC Director
- Multi agency meetings with Pacific Clinics and CHAC
- Castro Wellness Center
 - Fuerte curriculum for newcomers
 - Addresses needs of newcomer students with complex trauma.
 - Next group this Spring
 - Individual counseling
 - Student drop-in support
 - Supporting Castro Roundtable
- Twice monthly meetings with middle school counselors



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Social Media and Mental Health

Social Media Use and Mental Health

Recent research on Social Media Use (SMU) and Mental Health indicate:

- 90% of youth 13-17 and 40% of youth 8-12 use social media
- SMU can be associated with both positive and negative mental health outcomes.
- SMU may increase the risk of poor mental health outcomes like depression and anxiety; however, the extent of risk is not well-established
- Risk may be influenced by variables like demographics, platforms used, individual behavior and other environmental or personal factors.

Digital Citizenship in MVWSD

Digital Citizenship Curriculum (K-8)

- Developed by Common Sense Education, taught through Nearpod
- One unit per grade level; number of lessons vary by grade level
- 6 Core Topics:
 - Media Balance & Well-Being; Privacy & Security; Digital Footprint & Identity; Relationships & Communication; Cyberbullying, Digital Drama, & Hate Speech; News & Media Literacy

Establishing Safe Boundaries

- Parents are the primary boundary setters:
 - Age-appropriate platforms
 - Open communication - mistakes happen
 - Privacy settings
 - Only accept friend requests from people they know personally
 - Never share personal information
 - Respectful behavior
 - Screen time limits/offline time
 - Monitoring
 - Stay informed

Responding to Social Media Concerns

- Parent-Student-Partnership is key
- Whole Child Support:
 - Digital Citizenship Lessons
 - Counseling opportunities
 - Restorative practices
- Anti-Bullying Policy and Practices
- Referral to law enforcement when appropriate/required



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Considerations

Considerations

- LSWP has had a positive impact on student health by increasing access to nutrition information/education and access to community mental health resources.
- The LSWP goals are designed to be met by the end of the school year thus are still in progress.
- As MVWSD moves toward an integrated and consistent approach to SEL, explicit connections with equity, data, and MTSS remain essential.
- Following the administration of the Winter Sown to Grow SEL Survey, a focus group will consider next steps for middle school.
- MHSA creates opportunities to increase wellness and prevention centers. Multiple sources of funding may be necessary for long-term sustainability.



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Next Steps

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- Health & Wellness Committee Meetings: March 7, May 23.
- SEL Workgroup Meetings: March 7, May 2.
- March is National Nutrition Month
- Middle School Sown to Grow SEL Survey
- May is Mental Health Awareness Month
- Regular check-ins with CHAC and Pacific Clinics
- Alliance for a Healthier Generation award applications
- MTSS-COST site check-ins with Principals
- H&W site check-ins and collaboration with Principals
- Final Annual Goals Report will be presented prior to June 30, 2024