



Mountain View
Whisman
School District

2023-24 Health & Wellness Annual Report

May 30, 2024



Alignment

Strategic Plan 2027

- **Goal 2: Student Social Emotional Health**
 - **Objective 2a**
 - Equitably and effectively support positive student behavior
 - **Objective 2b.**
 - Ensure an integrated, consistent approach to social emotional learning

Local School Wellness Policy Annual Goals

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

2023-24 Data

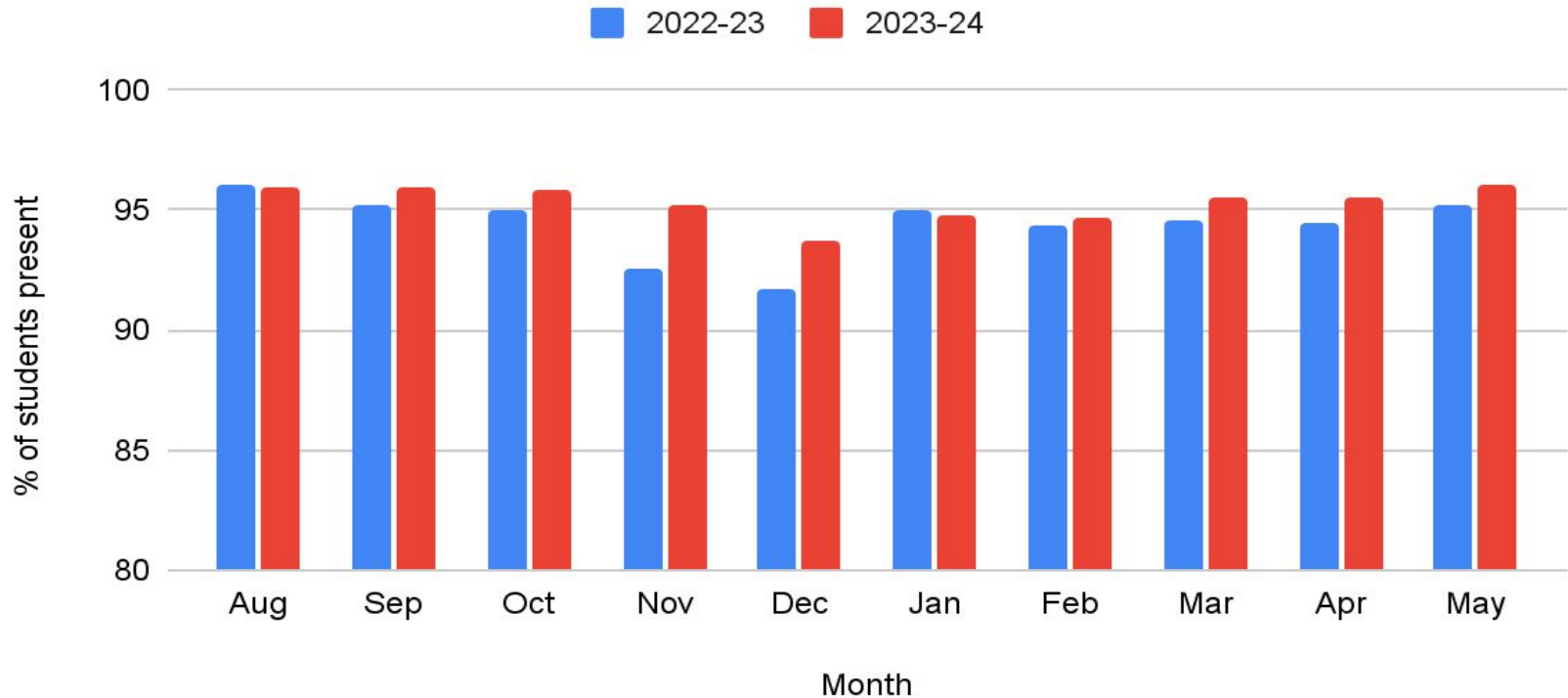
LSWP Goal Update

Wellness Policy Annual Goals

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Goal Progress: 11 of 11 schools have met this goal.	Goal Progress: 11 of 11 schools have met this goal.
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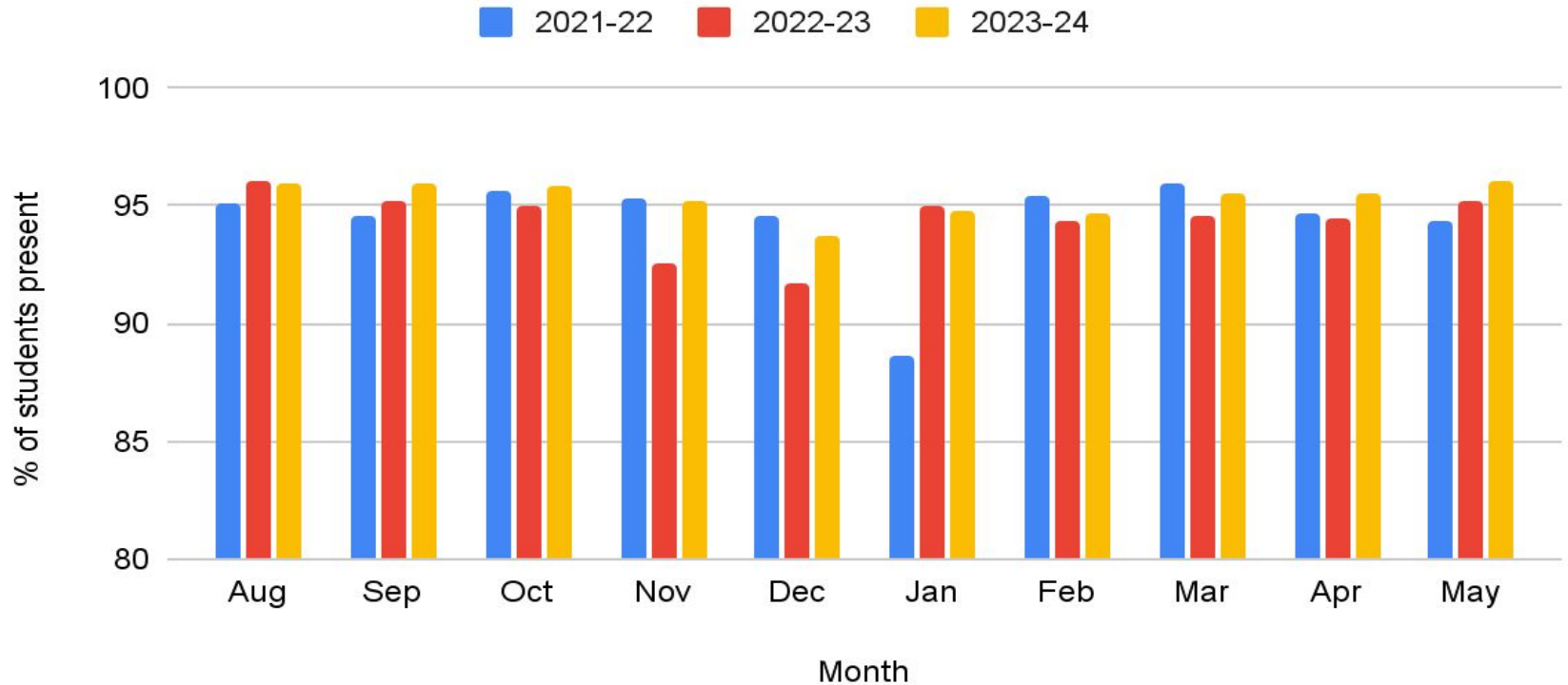
Two Year Attendance Comparison

Through May 14, 2024

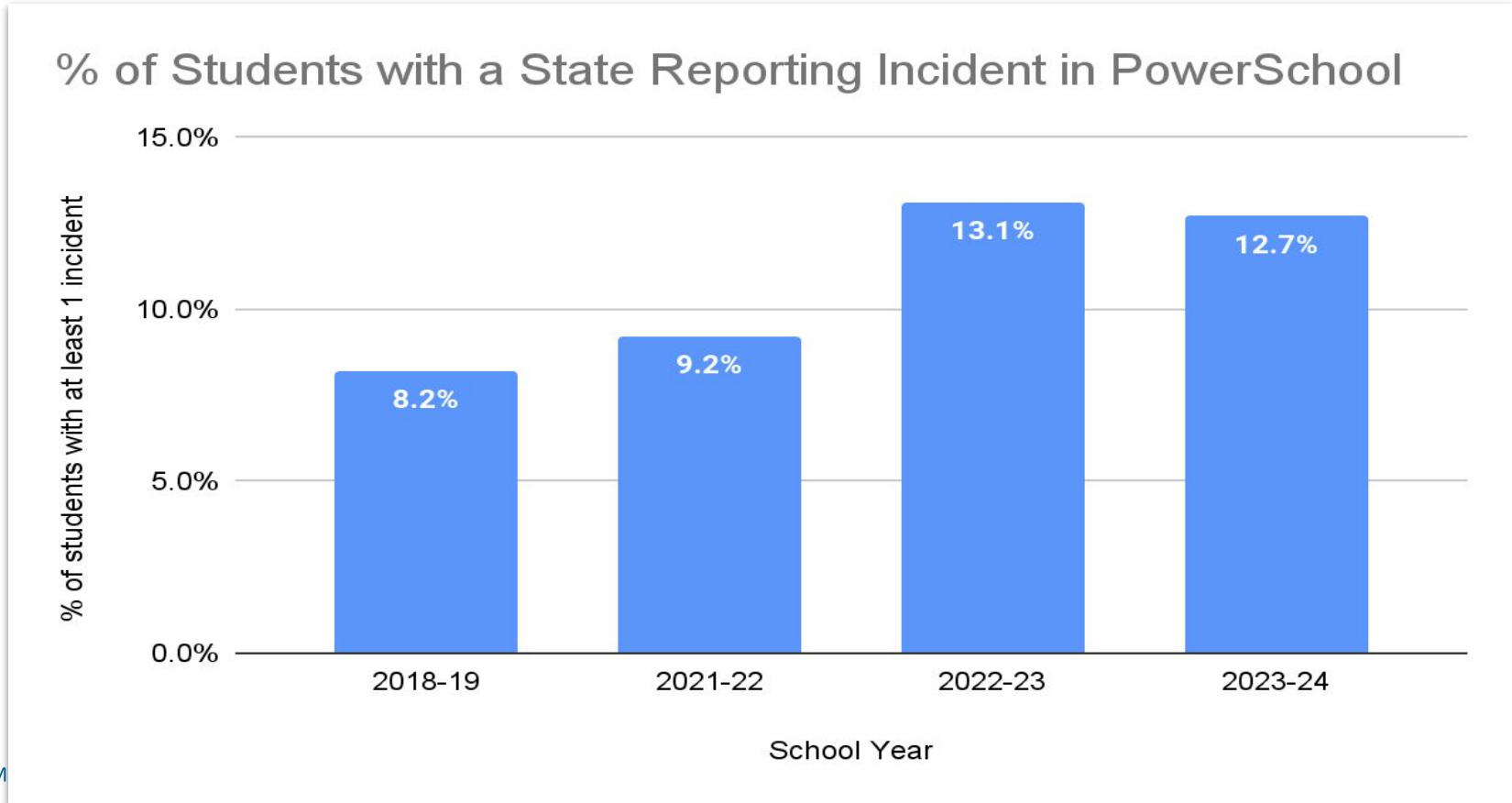


Three Year Attendance Comparison

Through May 14, 2024



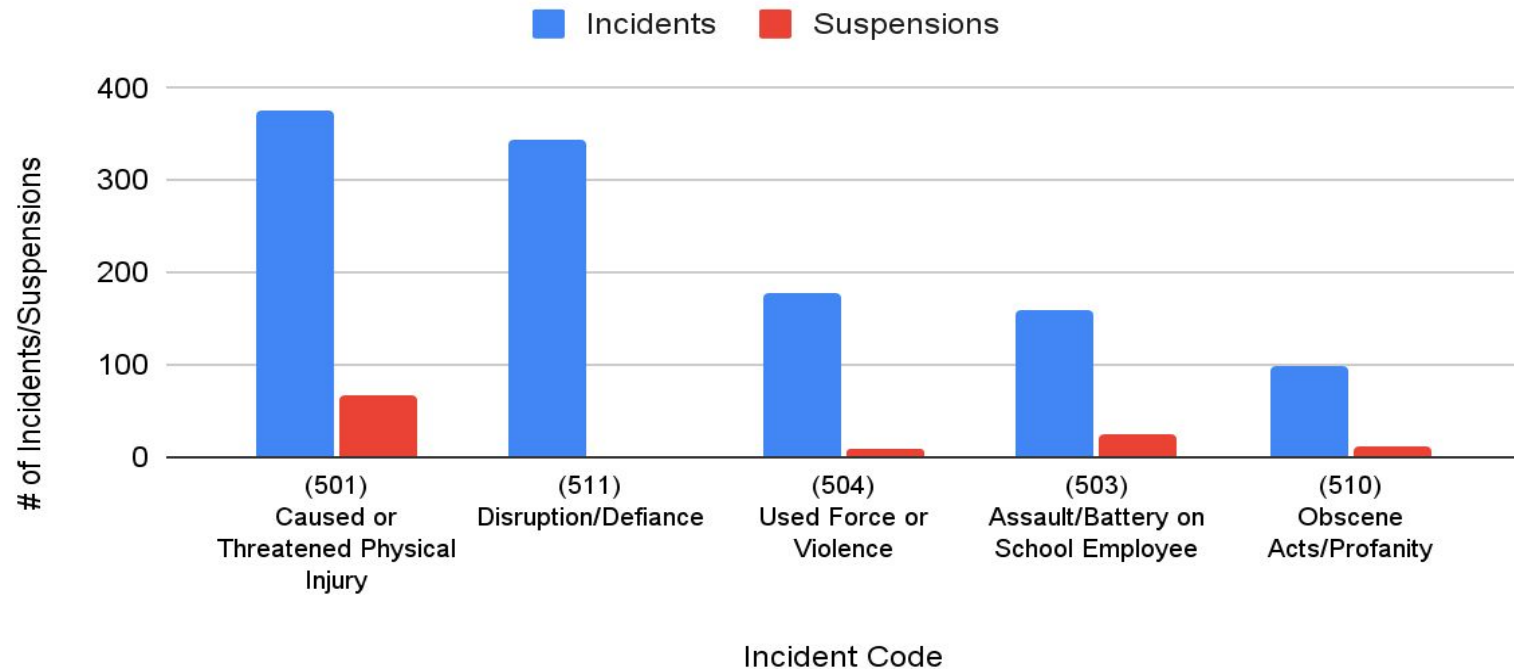
Behavior Data



Behavior Data

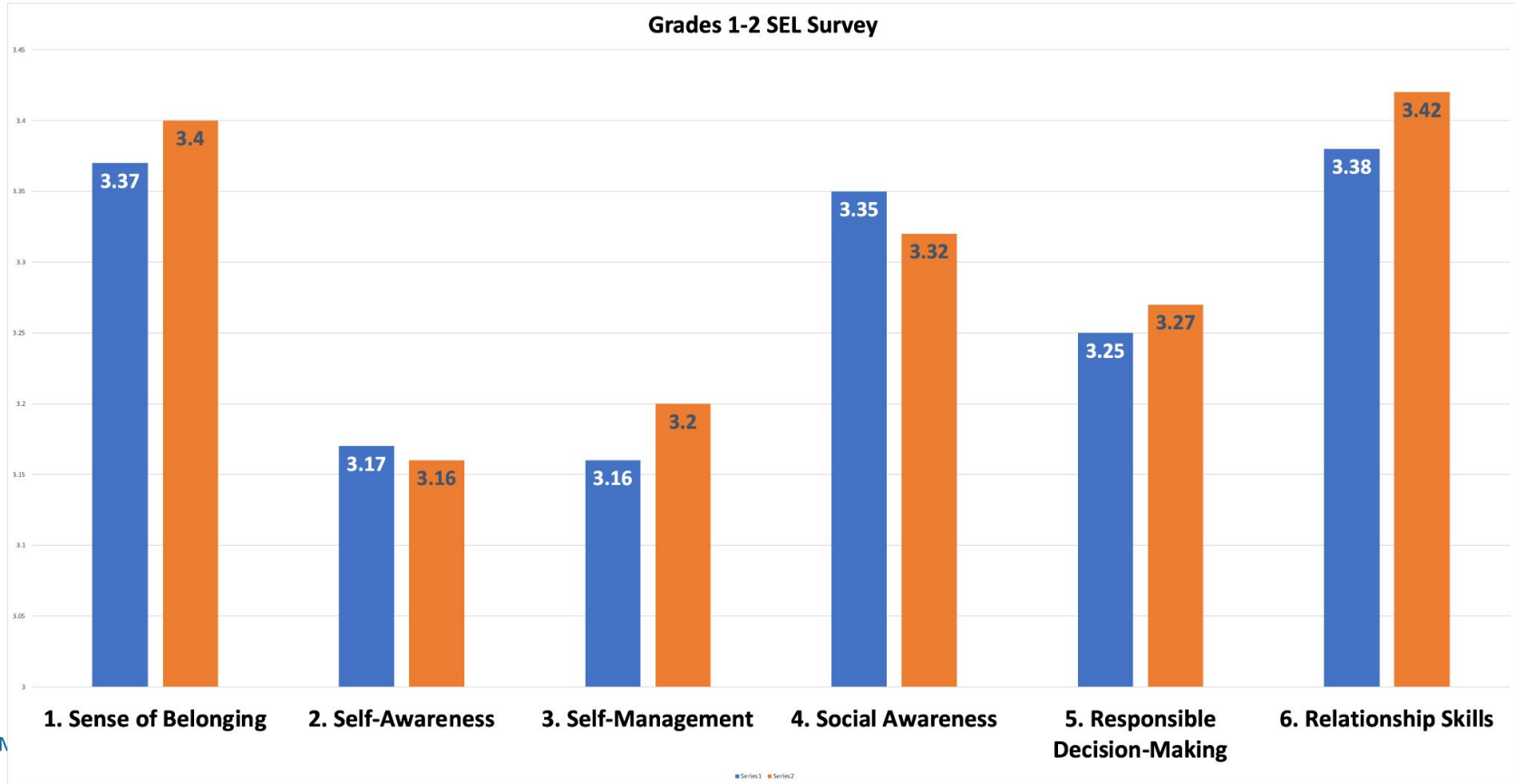
Most Frequent State Reporting Incidents

Through May 14, 2024

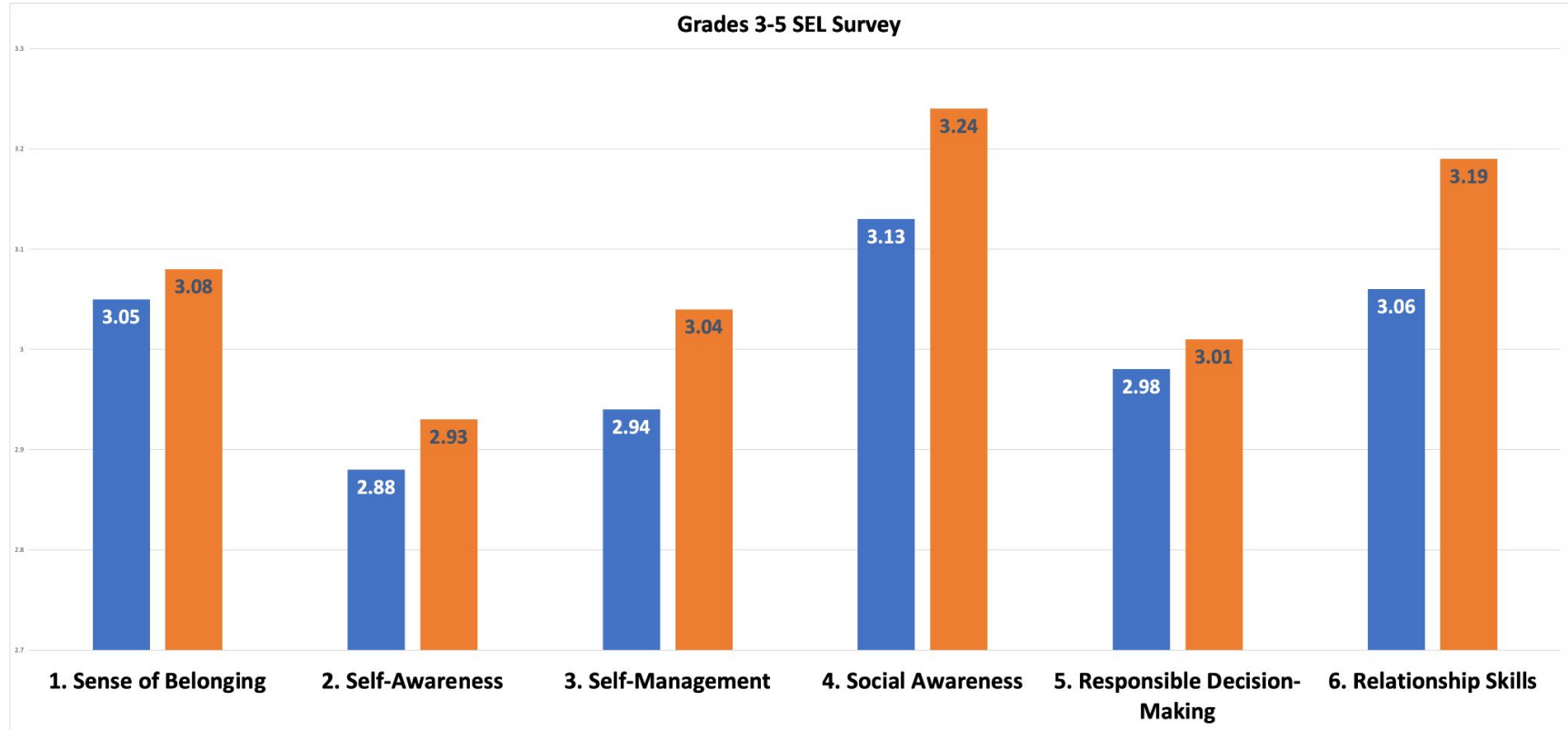


Grades 1-2 SEL Survey (Fall to Spring)

Grades 1-2 SEL Survey

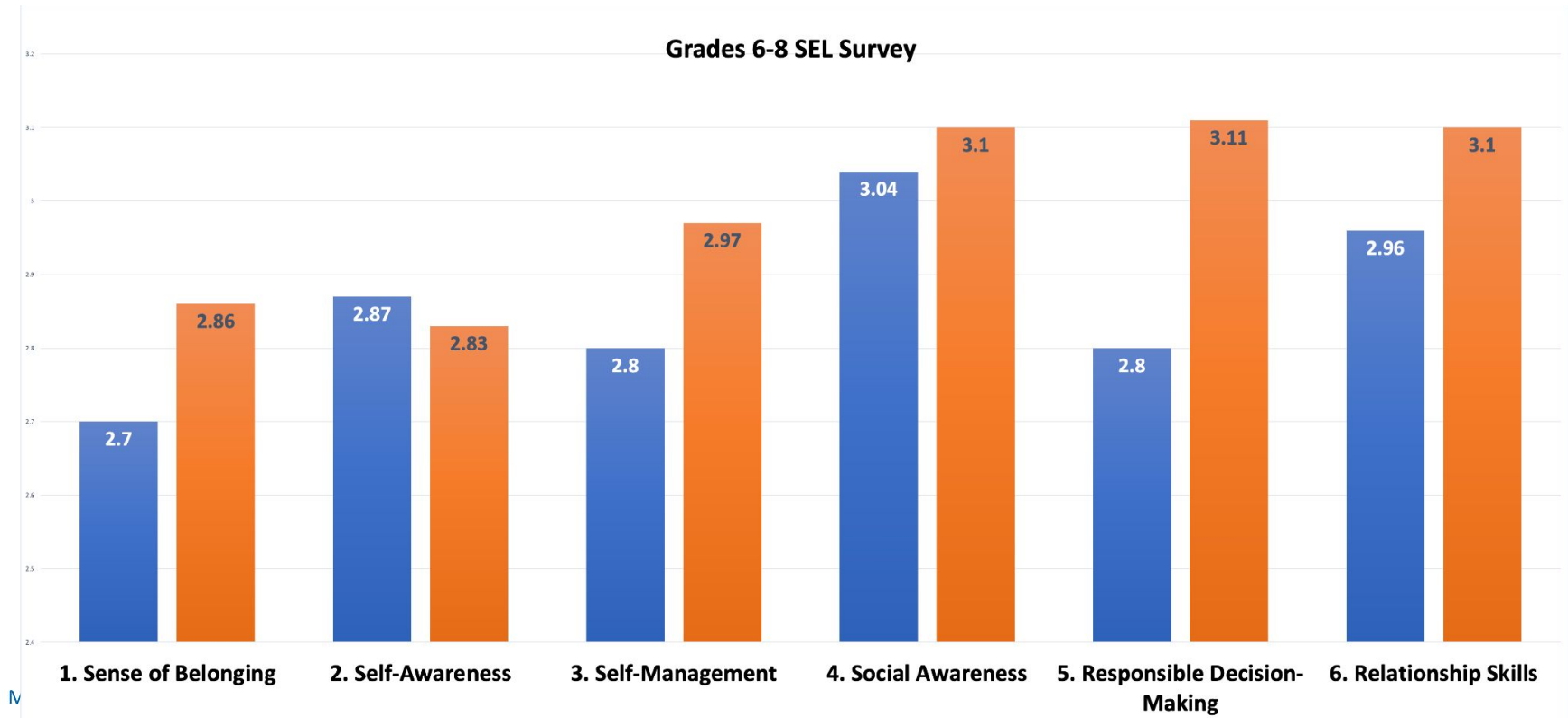


Grades 3-5 SEL Survey (Fall to Spring)



Grades 6-8 SEL Survey (Winter to Spring)

Grades 6-8 SEL Survey

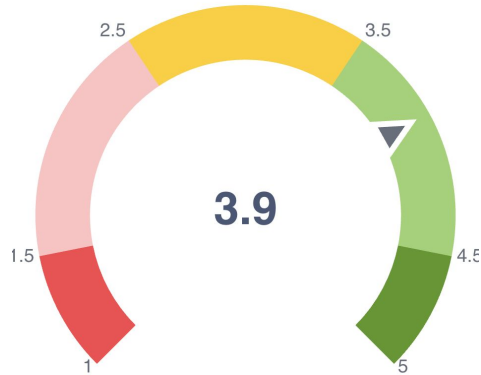


Student Check-In Data

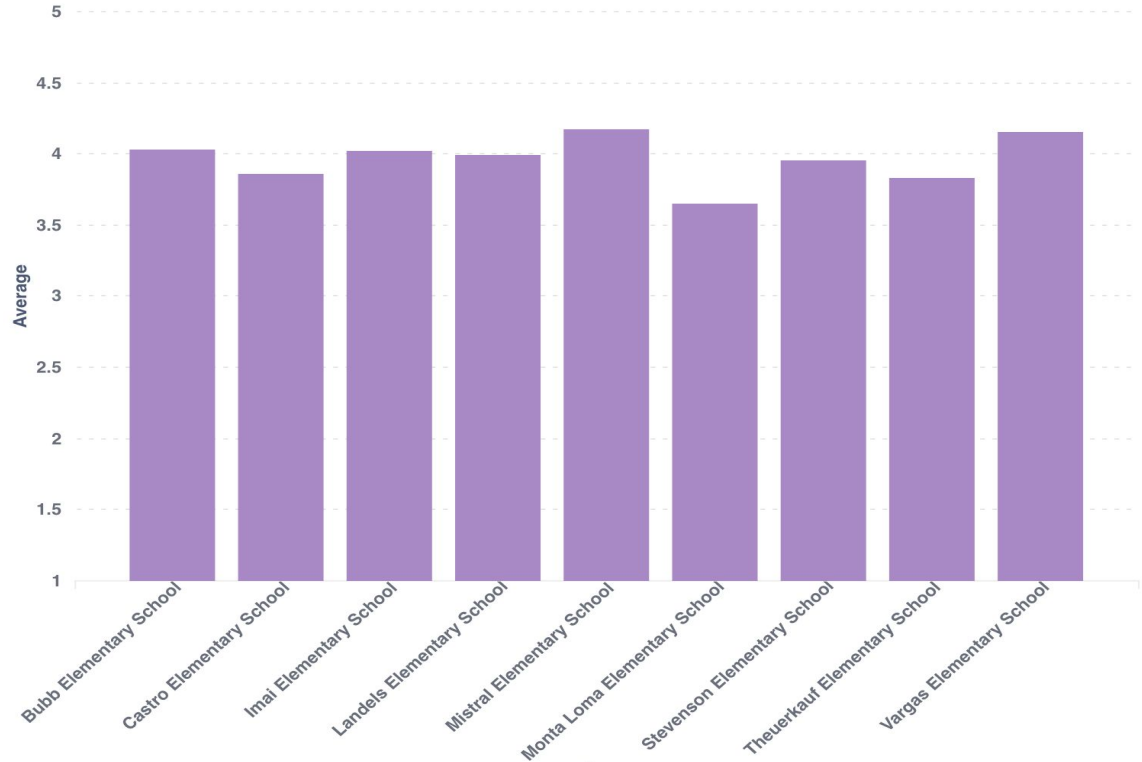
- Students in Grades K-5 completed weekly emotional check-ins.
 - Students chose from the following options:
 - Awesome (5); Good (4); Okay (3); Not so good (2); Awful (1)
 - District average check-in score = 3.9
- On average, 59% of K-5 students participated in the check-in each week.
- Students who initially self-assessed as having low sense of belonging demonstrated an increase in positive feelings over the course of the year.

Student Social Emotional Check-Ins

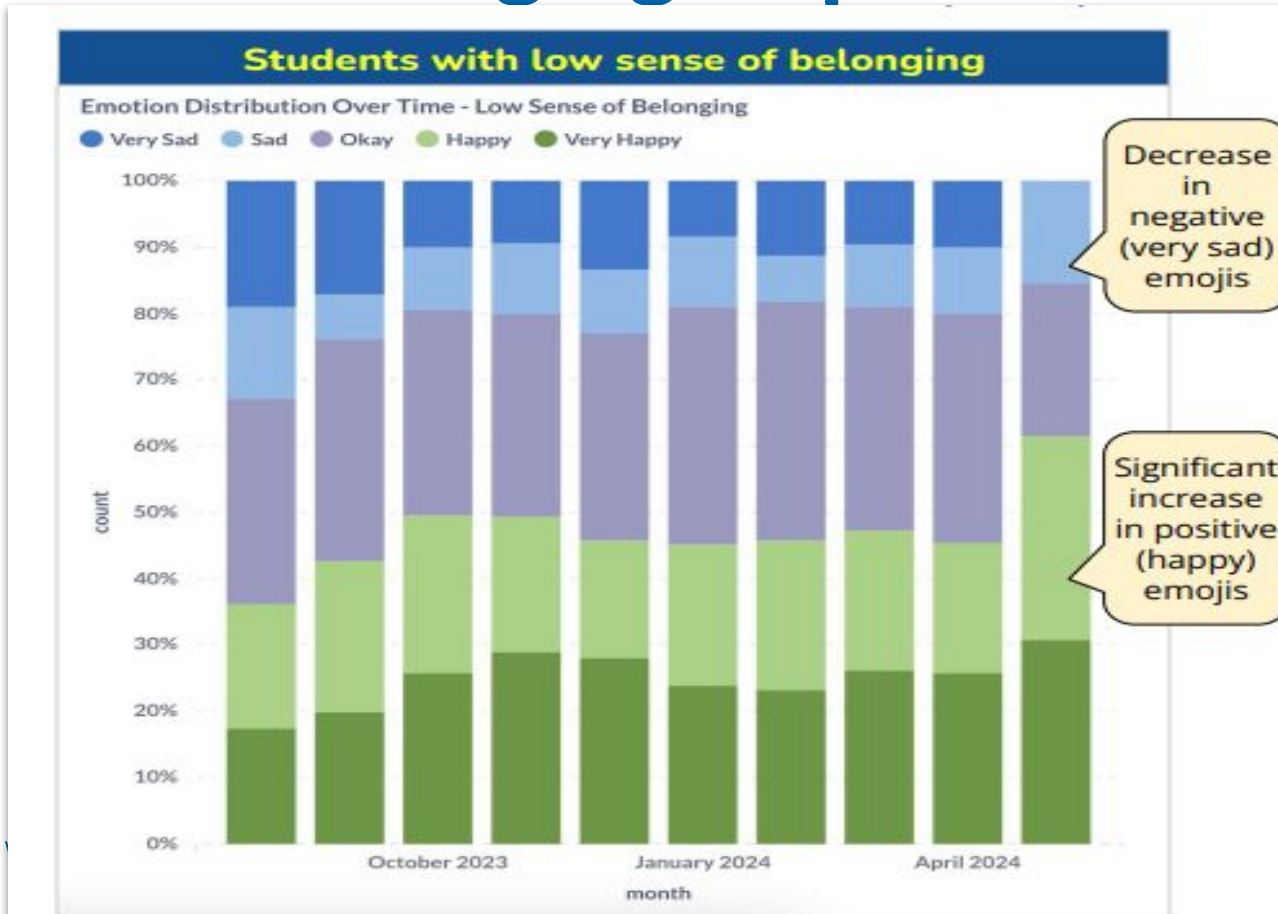
Districtwide average rating:



School average ratings:



Sense of Belonging Improvement



Mental Health Data

CHAC

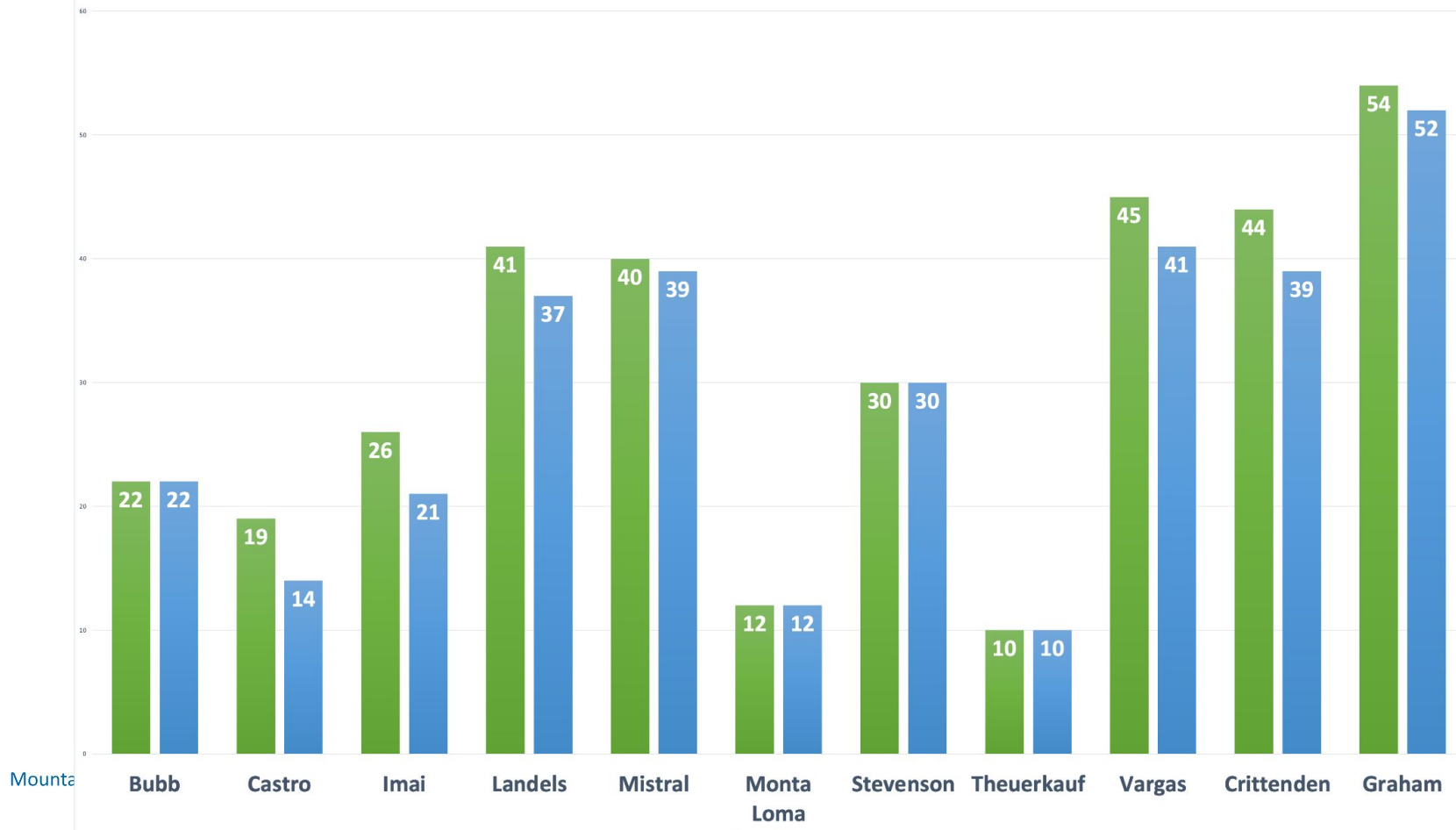
- Elementary: 245 Referrals & 226 Clients
- Middle School: 98 Referrals & 91 Clients
- Total Waitlist = 8
 - Waitlist was due to students being referred for group counseling when there wasn't a group to place them with. Counseling groups have a common need to address and are frequently social in nature.

Pacific Clinics

- Students served: 49 across 5 schools.

CHAC Counseling Services

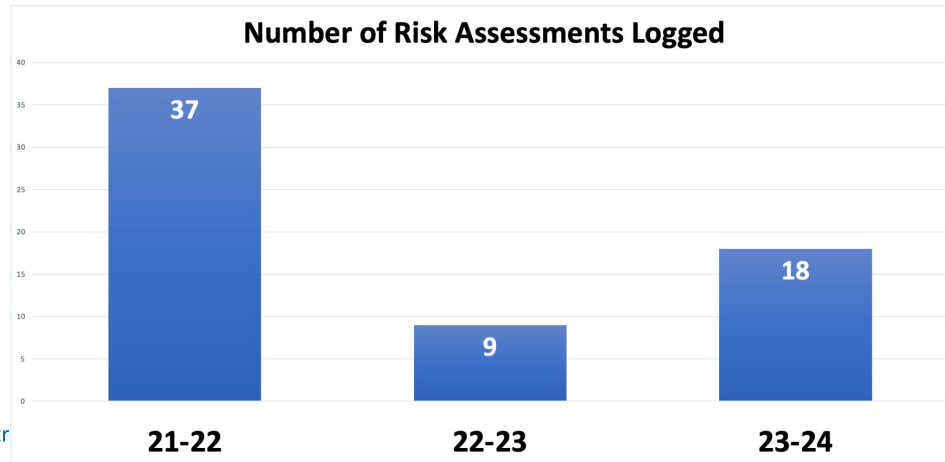
Referrals YTD - Clients YTD



Mental Health Data

Suicide Risk Assessments

- 2023-2024: 18
- 2022-2023: 9
- 2021-2022: 37
- The fluctuation of risk assessments logged by staff and clinicians across 3 years may be a function of form completion compliance. We will work to improve this area with new counseling staff.



Castro Wellness Center

- Drop In Services
 - 2095 of total drop-in to the wellness center in 2023-2024
- Individual Counseling
 - 6 individual counseling
- Staff Training
 - 2 Staff meeting presentations on Trauma Informed practices
- Parent Support:
 - Parent Workshops held in wellness center
- FUERTE group for Newcomer Students begun this year.
 - FUERTE is a process group for addressing the traumatic stress and experiences of entering and acclimating to a new country.
 - 2 groups of up to 6 students

2023-24 Activities Summary

Health & Wellness in 2023-24

- Fall and Spring SEL Surveys were completed at Elementary and Middle Schools
- Student Social Emotional written reflection and check-in implemented at all elementary schools
- CHAC provided SEL whole classroom lessons for TK-5
- SEL themes and activities aligned with #BetterTogether
 - Provided a monthly SEL focus and activities related to and included in #BetterTogether resources
 - These themes were integrated within the student reflection and check-in prompts.

Health & Wellness in 2023-24

- H&W Committee
 - Health and Wellness Committee met 4 times this school year.
 - Local School Wellness Policy (LSWP) Annual Goals have been met
 - Health and Wellness Promotion activities throughout the year included Suicide Prevention, Nutrition Awareness, Substance Abuse Awareness, and Mental Health Awareness months.
 - MVWSD Mental Health Services Posters were created and disseminated to all schools .

Health & Wellness in 2023-24

- SEL Workgroup

- The SEL Workgroup met 4 times this school year.
- The SEL Workgroup worked diligently to synthesize CASEL guidance and CDE Transformational SEL framework and developmental targets leading to the development of our Draft SEL Guidebook
- This guidebook will anchor the initial implementation of school-based school counseling and SEL activities within a comprehensive SEL program.

Health & Wellness in 2023-24

- Transition from CHAC to District school-based counseling
 - The District hired 9 new school counselors.
 - Health and Wellness Coordinator worked with schools to insure existing student counseling needs for a smooth transition into next school year.
 - Director and Coordinator began the planning process for 2024-2025 SEL activities and materials.

Considerations

- Immensely grateful to the long-standing partnership with CHAC, which provided our students and community with universal SEL instruction and targeted mental health interventions.
- Elementary SE check-in data indicates student growth in our most vulnerable group of students experiencing low belonging.
- We see a gradual decline across grade levels in overall sense of belonging results from the SEL Survey.
- Pivot to District school counseling team shifted focus from Wellness Center readiness to designing comprehensive school counseling program.

Considerations

Transition from contractor to School-Based Counselors

- Opportunities:
 - Building a comprehensive school-based counseling program
 - Expanding and refining SEL classroom instruction from outside providers to embedded school counselors
- Work to consider moving forward:
 - Explore opportunities through California Youth Behavioral Health Initiative (CYBHI) for revenue generation to strengthen our continuum of care.
 - Marrying the roles fulfilled by CHAC with existing school counselor responsibilities & practices at school sites to calibrate with ASCA National model will take time for all stakeholders to achieve mastery.
 - Continue improving on integrating the comprehensive school-based counseling program within the MTSS.

Considerations

SEL Implementation and Improvement

- CHAC has successfully initiated elementary SEL explicit instruction
 - Our next step is to sustain CHAC's work with a new school-based counseling team
- The SEL Workgroup culminating work is presented in the Draft SEL Guidebook, which will anchor comprehensive SEL program implementation.
- We will continue to solicit input and feedback from stakeholders on refinement and implementation of a comprehensive SEL program.
 - This includes exploring, planning, and piloting curriculum

Next Steps

Looking Ahead to 2024-25

- Three Year Review of Health and Wellness policy and goals.
- Health & Wellness promotion activities will continue.
- Further refine the comprehensive SEL program and implementation of SEL activities within the context of the MTSS.
 - Continue to evaluate the use of SEL instructional practices and materials including curriculum.
- Continue cohort training in SEL practices & competency learning targets.
- Examine infrastructure necessary for revenue generating opportunities through CYBHI.
- Implement comprehensive school counseling program with 12 counselors guided by the ASCA National Model.