



Shorewood
SCHOOL DISTRICT

**Results Monitoring Document
R-4 Wellness**

Certification of the Superintendent: *With respect to Results 4 (Wellness), taken as a whole, the superintendent certifies that the proceeding information is accurate and complete, and is:*

- Making reasonable progress toward achieving the desired results
- Making reasonable progress with the exceptions noted
- Failing to make reasonable progress
- Presentation of Indicators for Approval
- Presentation of Baseline Data for Approval

Signed: Bryan Davis , Superintendent **Date:** 9/22/20

Executive Summary

This report contains the results for Results Policy 4 (R-4), which focuses on Wellness for our students. The information reflected in this report refers to district-wide data.

- On Indicator 1 on Policy R 4.1, I am recommending further discussion that leads to identification of correlating metrics that give evidence of student wellness. The current identified and approved metric (student referral data) as an indicator of appropriate expression and management of emotions does not definitively serve as a correlating source of evidence for this indicator. As we evolve in our analysis of policies and systems through an equity lens, we recognize that student discipline data is not necessarily an indicator of their ability to express and manage emotions.
- Overall, survey responses are within the ± 0.20 statistical significance range in all of the areas measured in the policy category. We will continue to provide Mindfulness instruction through RESET at the K-6 level and we have expanded the use of restorative practices in grades 7 and 8. The Pupil Services office is continuing to increase access to counseling services and support for students to aid them in stress management and promote wellness
- Indicators of student wellness show that overall, we are making progress in physical and emotional health and wellness results. Despite the Covid-19 pandemic and subsequent school closures, health and wellness results remained the same or slightly improved.

Disposition of the Board: *With respect to Results 4 (Wellness), the Board:*

- Making reasonable progress toward achieving the desired results
- Making reasonable progress with the exceptions noted
- Failing to make reasonable progress

Summary statement/motion of the Board:

Signed: _____, Board President **Date:** _____

Definition of Terms

- **Annual Student Survey:** This survey is done annually in the spring and covers various aspects of the student experience in all of our schools. It is given to students in grades 4 through 12.
- **Youth Risk Behavior Survey (YRBS):** This survey is given out every other year and asks very pointed questions of students in grades 6-12. This survey goes much deeper into risky behavior than our annual students survey.

R-4 Wellness

Students will develop and maintain habits that contribute to personal wellness

Superintendent Interpretation:

The board values social, mental and physical well-being for all students.

Develop and Maintain Habits: shall mean students, as age appropriate, understand how their decisions contribute to their well-being.

Personal Wellness: shall mean social, mental and physical well-being.

R-4.1 Appropriately express and manage emotions.	Superintendent	Board
	Making Reasonable Progress	Making Reasonable Progress
	Making Reasonable Progress with Exceptions	Making Reasonable Progress with Exceptions
	Not Making Reasonable Progress	Not Making Reasonable Progress

Superintendent Interpretation:

The board values the mental well-being for all students.

Appropriately Express Emotions: shall mean effectively and respectfully communicating feelings and needs to others.

Manage Emotions: shall mean students are able to appropriately control their behaviors.

Superintendent Indicator 1:

- Student referral data.

Evidence: N/A. The previously identified and approved metric (student referral data) as an indicator of appropriate expression and management of emotions does not definitively serve as a correlating source of evidence for this indicator. Furthermore, the Superintendent recommends further discussion that leads to identification of correlating metrics that give evidence of student wellness.

18-19 SY	# of Referrals	18-19 SY	# of students with referrals	18-19 SY	% of students receiving a referral
Hispanic	52	Hispanic	27	Hispanic	17.5%
Asian	37	Asian	21	Asian	11%
Black	187	Black	66	Black	30%
White	331	White	156	White	11%
Male	548	Male	228	Male	21%
Female	114	Female	58	Female	6%
Non F&R	406	Non F&R	205	Non F&R	12%
F&R	256	F&R	81	F&R	25%
Non ELL	632	Non ELL	267	Non ELL	14.5%
ELL	30	ELL	19	ELL	10%
Total	662	Total	286	Total	

R-4.2 Identify and manage stress, including maintaining reasonable balance between and among competing demands	<u>Superintendent</u> Making Reasonable Progress	<u>Board</u> Making Reasonable Progress
	Making Reasonable Progress with Exceptions	Making Reasonable Progress with Exceptions
	Not Making Reasonable Progress	Not Making Reasonable Progress

Superintendent Interpretation:

The board values when students are able to effectively navigate stress.

Identify Stress: shall mean students can recognize stressors.

Reasonable Balance: shall mean students are able to manage their time and commitments.

Competing Demands: shall mean family, school, extra curricular and other commitments.

Superintendent Indicator 1:

- The district average of students that “Always” or “Usually” agree on the annual student survey is greater than or equal to comparative school districts average on the following questions:
 - “When I feel stressed, I know how to cope.”
 - “I am able to get through challenging times.”
 - “There is at least one adult in my school that I can talk to about a personal problem.”

Evidence:

The following data was collected from the Spring 2018, 2019, & 2020 Student Survey

Statement	2018	2019	2020		Difference r
	Shorewood Average	Shorewood Average	Shorewood Average	Comparative Average	
When I feel stressed, I know how to cope.	2.89	2.81	2.86	2.82	+0.4
I am able to get through challenging times	3.08	3.05	3.07	2.99	+0.08
There is at least one adult in my school that I can talk to about a personal problem	3.13	3.13	3.21	3.07	+0.14

R-4.3 Understand and avoid risky behaviors.	<u>Superintendent</u>	<u>Board</u>
	Making Reasonable Progress	Making Reasonable Progress
	Making Reasonable Progress with Exceptions	Making Reasonable Progress with Exceptions
	Not Making Reasonable Progress	Not Making Reasonable Progress

Superintendent Interpretation:

The board values students making healthy choices that keep them and others safe from harm.

Understand Risky Behaviors: shall mean students know about unhealthy/unsafe choices.

Avoid Risky Behaviors: shall mean students know how to make healthy/safe choices.

Superintendent Indicator 1:

- The district average of students that “Always” or “Usually” agree on the annual student survey is greater than or equal to comparative school districts average on the following questions: “I have a healthy lifestyle.”

Evidence:

The following data was collected from the Spring 2018, 2019, & 2020 Student Survey

Statement	2018	2019	2020		
	Shorewood Average	Shorewood Average	Shorewood Average	Comparative Average	Difference From previous year
I have a healthy lifestyle	3.20	3.14	3.22	3.13	+ .08

Superintendent Indicator 2:

- (Reported Bi-Annually) The percent of students answering “No” to the question, “During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?” on the Youth Risk Behavior Survey

Evidence: We did not administer the Youth Risk Behavior Assessment in 2019-20

R-4.4 Practice behaviors that encourage physical health	Superintendent	Board
	Making Reasonable Progress	Making Reasonable Progress
	Making Reasonable Progress with Exceptions	Making Reasonable Progress with Exceptions
	Not Making Reasonable Progress	Not Making Reasonable Progress

Superintendent Interpretation:

The board values student engagement in healthy lifestyles.

Practice Behaviors: shall mean students participate in physical activity(s)

Physical Health: shall mean a healthy body.

Superintendent Indicator 1:

- Percent of 7-12 students that are participating in at least one extra-curricular sport.

Evidence: 51.1-% (486 of 951) of students in 7-12th grade participated in at least one extra-curricular sport.

Superintendent Indicator 2:

- The district average of students that “Always” or “Usually” agree on the annual student survey is greater than or equal to comparative school districts average on the following questions:
 - I exercise at least 3 times per week
 - I have a healthy lifestyle
 - I get enough sleep most nights

Evidence:

The following data was collected from the Spring 2018, 2019, & 2020 Student Survey

Statement	2018	2019	2020		Difference
	Shorewood Average	Shorewood Average	Shorewood Average	Comparative Average	
I exercise at least 3 times per week	3.31	3.20	3.36	3.27	+ .9
I have a healthy lifestyle	3.20	3.14	3.22	3.13	+ .9
I get enough sleep most nights	2.83	2.71	2.92	2.77	+ .15

Superintendent Indicator 3:

- The district average of parents that responded we are doing “Good” or “Great” on the annual parent/community survey in the area “Fostering students’ physical wellness”

Evidence:

The following data was collected from the Spring 2018, 2019, & 2020 Parent Survey

	2018	2019	2020
Statement	% Agree	% Agree	% Agree
Fostering students’ physical wellness	79% (495 of 626)	78% (246 of 315)	82.4% (540 of 655)

Superintendent Indicator 4:

- Percent of 7-12 students that are getting a “C” or better in their physical education courses.

Evidence: Due to the pandemic we were unable to compare second semester grades to grades from the previous year.

The following is data collected from Semester 2 grades for the 2017-18 school year:

Spring 2018	Current	Target	Spring 2019	% Change	5 Year Target	Spring 2020
Hispanic	83.7%	86%	92.3%	+8.6%	93%	N/A
Asian	98.2%	98%	94.3%	-3.9%	93%	N/A
Black	83.9%	86%	78.1%	-5.8%	93%	N/A
White	95.3%	95%	93.8%	-1.5%	93%	N/A
Male	91.4%	92%	90.8%	-0.6%	93%	N/A
Female	94.0%	94.3%	91.8%	-2.2%	93%	N/A
Non ELL	92.2%	93%	91.5%	-0.7%	93%	N/A
ELL	95.7%	95%	88.5%	-7.2%	93%	N/A
Overall	92.4%	92.8%	91.2%	-0.4%	93%	NA

R-4.5 Understand the value of good nutritional habits	<u>Superintendent</u>	<u>Board</u>
	Making Reasonable Progress	Making Reasonable Progress
	Making Reasonable Progress with Exceptions	Making Reasonable Progress with Exceptions
	Not Making Reasonable Progress	Not Making Reasonable Progress

Superintendent Interpretation:

The board values when students make healthy eating and drinking choices and why those choices are important.

Good Nutritional Habits: shall mean both eating and drinking food/beverage that is healthy.

Superintendent Indicator 1:

- The district average of students that “Always” or “Sometimes” agree on the annual student survey is greater than or equal to comparative school districts average on the following questions:
 - I make healthy eating choices most of the time

Evidence:

The following data was collected from the Spring 2018, 2019, & 2020 Student Survey

Statement	2018	2019	2020		Difference
	Shorewood Average	Shorewood Average	Shorewood Average	Comparative Average	
I make healthy eating choices most of the time	3.0	2.97	3.07	2.91	+ .16