Delano Public Schools

ISD #879

Annual Student Wellness Update per Policy #533

July 1, 2024

Summary:

The District-Wide Wellness Committee's responsibility each year is to ***monitor student*** health and wellness issues related to whether or not the district is in compliance with the Healthy, Hunger-Free Kids Act of 2010 and the School District's Wellness Policy (#533). This committee consists of district parents, staff and administration. In 2021-22, the Triennial Student Wellness Summary Report was submitted and presented to the district school board in August of 2022. Therefore, 2023-24 was a progress monitoring and data gathering year until our next Triennial Report-which is due in July of 2025.

Our district continues to be in compliance this with the Healthy, Hunger-Free Kids Act of 2010 and the **School District's Wellness Policy** (#533) and we note the following as of July 1 ,2024:

Areas of Strength:

1. Our school, staff and parents continue to successfully collaborate on the increasing needs for student mental health while balancing/reinforcing the needs for good nutrition and physical activity.. Internal programs (Second Step, PBIS, MTSS, SST, Crisis Prevention Teams etc.) are continuously working to effectively connect students and families to vital mental health resources.
2. Our schools work diligently to provide nutritious meals daily and to educate students on healthy foods and beverages–including balanced, appropriate portion sizes. Students are offered a variety of extra and co-curricular activities in and outside of the school day to develop their physical and social-emotional well-being.

Areas of Improvement Needed:

1. Continued and additional training for students, staff and families regarding unique building level needs (i.e. healthy use of social media and technology in grades 7-12 and social emotional regulation in grades K-6).

All three building student wellness committees met this year on a regular basis and have provided their annual 2023-2024 goal/ progress updates (or their latest EOY Spring 24 report) below:

Submitted by:
Steven Schauberger
Delano Public Schools
ISD #879
District Wellness Coordinator

District Student Wellness Committee Members:
Kris Larson, Marla Dubay, Natasha Meyer, Sarah Grosshuesch, Jen Millard, Erika Granja, Kelly Froehle and Alexandra Turnbull

Addendum A: Delano Elementary School's 2023-24 Goal Wellness EOY Report-

EOY Elementary Student Wellness Report: May 17th, 2024

Promoting wellness goals for elementary students is essential for fostering their overall health and well-being. Delano Elementary School effectively achieved this objective during the 2023-2024 academic year through a comprehensive approach. Teachers played a crucial role in promoting healthier snacking habits, leading to improved student comprehension of nutrition and encouraging healthier choices.

Additionally, elementary teachers and staff addressed the holistic needs of their students, ensuring a positive and nurturing learning environment. Students experienced significant advantages from their engagement with social-emotional learning (SEL). Through SEL initiatives implemented at Delano Elementary School, students were provided with a structured framework to explore their emotions, develop empathy, and cultivate healthy relationships with peers and adults alike. Students gained strategies and skills to support their learning and development which empowered them to navigate the ups and downs of the school day with resilience and self-assurance. The Elementary's commitment to organizing engaging events like the Winter Medallion Hunt and Tiger Dash 5K encouraged physical activity among students and families. As participants laced up their shoes and hit the trail, they embarked on a journey of health, happiness, and togetherness. Beyond the physical benefits of exercise, spending time outdoors fostered a sense of community and connection among participants. We look forward to continuing and expanding on these events next year!

Addendum B: Delano Intermediate School's 2023-24 Goal and Wellness EOY Report-

Mid Year

Goal Area 1: Food and Beverage as Rewards

Delano Intermediate School has made progress in this area. Staff was made aware that the use of food and beverages as a reward is not allowed at the beginning of the school year. Their use as a reward is not a widespread practice. We have worked to make sure candy bar sales for school fundraisers do not happen during the school day. There are select classroom events where food and snacks are permitted. This will continue to be an area of growth.

Goal Area 2: Components of Total Fitness

Our physical education department has a year-long plan to address all of the components of total fitness and provide activities for students to develop each. Testing is scheduled to occur to monitor progress. Our physical education department reports being on track with this goal area.

Goal Area 3: A greater sense of community and few low-level behaviors
This goal area has been an emphasis for our building. Our master schedule was modified to establish a designated time for every class to have a morning meeting. Our PBIS committee has worked to supply all activities, materials, and resources for this time period so there is continuity in themes and messaging across the building. Time has been designated for staff to receive PD and planning time every month.

Last year, DIS introduced a new system for addressing low-level behaviors. The system has been implemented and is being utilized by all staff. We have a much better system in place to help us monitor and identify problem behaviors. We have seen a decline in both tiger Tickets and Tiger Reminders. Schools typically experience fatigue with an initiative like this. We have incentives in place to continue to promote Tiger Pride.

The number of Tiger Reminders issued has been down each month this year. While we have seen a decline in low-level behaviors, we have seen an increase in mid-level behaviors that are office-managed. These trending behaviors have been discussed with grade levels and action has been taken to address each.

WS DIS Action Plan 11.23

End of Year

Goal Area 1: Food and Beverage as Rewards

Delano Intermediate School has made progress in this area. Staff was made aware that the use of food and beverage as a reward is not allowed at the beginning of the school year. Their use as a reward is not a widespread practice. We have worked to make sure candy bar sales for school fundraisers do not happen during the school day. There are select classroom events where food and snacks are permitted. This will continue to be an area of growth.

Goal Area 2: Components of Total Fitness

Delano Intermediate has completed and met this goal. The physical education department completed all end-of-year assessments. Students were honored at the end of the year for meeting "Presidential Fitness" standards. Students participated in a track and field event in May.

Goal Area 3: A greater sense of community and fewer low-level behaviors

This goal area has been achieved. All students participated in "Tiger Time" daily and participated in SEL lessons and activities. There was no evaluation tool used to gauge the effectiveness of this initiative in a quantifiable way. However, observations and qualitative data suggest that staff and students valued the time and effort to build community. The 24-25 master schedule will have a "Tiger Time" for all students and enhancements will be made to the plans already in place to make it more purposeful and effective. The PBIS team will explore an evaluation tool during the 24-25 school year.

The use of Tiger Reminders to address low-level behaviors was successfully implemented this year. Data was collected and used to look for school-wide trends. Because the system is new and there is no historical data for us to reference, it is difficult to determine if there is a reduction in the behaviors. The system will be adjusted/improved based on staff feedback.

Addendum C: Delano High School's 2023-24 Goals and Wellness EOY Report-

Goal 1: *Food and beverages will not be used as a reward for students.*
Progress Grade: B+: Our progress improved over last year. Staff has been provided resources, documents and lists of smart snacks or healthy alternative rewards/activities. We need to keep monitoring foods/beverages in commons for in classroom special events like holidays and end of the year celebrations. MET GOAL

Goal 2: *Students will be recognized monthly for making good choices in nutrition, physical activity and mental health (kindness)*
Progress Grade: A- Students are recognized each month by the school and principal reading their nomination. They get their picture taken for the website and newspaper. We honor them every month! The number of nominees is steady. MET GOAL

Goal 3: 1. *The DHS Wellness committee will research and write a long-term student wellness goal during 23-24 by May 15, 2024 for implementation (and/or further progression) in the 24-25 school year.*
Progress Grade: B+ The DHS number two wellness goal (below)) was written and approved in May of 2024. MET GOAL Note: 2024-25 will be a planning year and 2025-26 will be the implementation year:

"Goal #2": DHS staff and administration will design and implement (over the next two years'24-'25 and '25-'26) a student mentorship program that addresses the overall wellness (at-risk, social emotional, mental, academic needs, etc.) and transition needs (i.e. 6th to 7th grade, 8th to 9th grade,) for an identified/targeted group of students using various data points(SAEBERS/ACES/MTSS/Crisis Prevention Team/Academic/Attendance data etc.). Program success will be measured by the data benchmarks mentioned above.

Goal 4: *Administration and staff will monitor current trends/data and surveys to make adjustments in programs that address students' mental health needs.*
Progress Grade: A Many protocols and practices (i.e. MTSS, SST, Crisis Prevention Team-now weekly meetings) are in place to support students' daily mental health needs at DHS. MET GOAL

Goal 5: Administration and staff will monitor and current trends/data and surveys to make adjustments in activity programs.
Progress Grade: Participation in activities is steady in most activities. Administration is looking to improve services in all age/gender groups. MET GOAL

23-24 DHS Programs and Activities Implemented (so far) to support the overall health and wellness of our students;

Fall and Spring Walk and Roll/Bike to School

Unity Day 10. 19 .23
Kindness in Chalk Day
Bully Awareness Day/Week , Nov. 14-18
Suicide Prevention Day/ Week including 988 Awareness
Speaker Ellie Krug (evening students/community /parent speaker)
DHS Counseling Center's Student to Staff Climate Survey (February)
Third DHS Counselor (first time in a long time via a grant)
7-12 COMPASS program
Mental Health Awareness Month (May)
Weekly DHS Crisis Prevention Team Meetings
Co-Located County Social Worker/TherapistRedesign

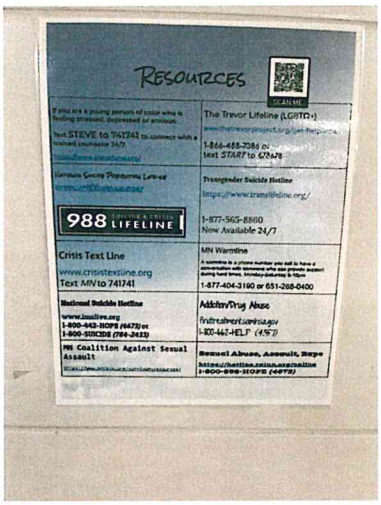
DHS Mental Health Screeners used:
"My SAEBRS" social skills screener is used by HS counselors.
Strengths and Difficulties Questionnaire (SDQ), PHQ-9 for youth, Self-Evaluation of Stress and Self-Esteem, and ACOPE (Adolescent Coping Orientation for Problem Experiences), and the ACE's Questionnaire (Adverse Childhood Experiences) are used by the HS social worker.

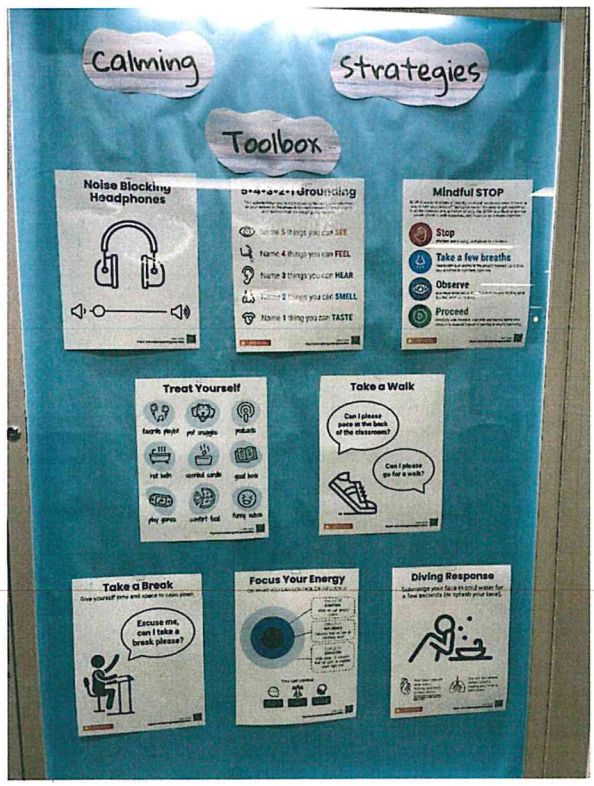
DIS Mental Health Screeners used:
DIS will also be using the My Saebrs next school year as a screener for all students. My Saebrs allows students to self-assess their social, emotional, and academic behavior; however, it is not considered a "mental health screener."

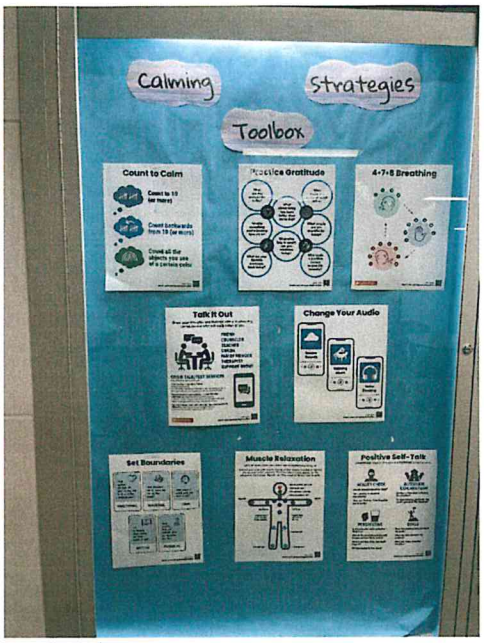
DES Mental Health Screeners used:
DES will also be using the My Saebrs next school year as a screener for all students.

EXAMPLES OF DHS STUDENT RESOURCES:

Thoughts of suicide, mental health, substance use, emotional distress?
CALL OR TEXT
988 SUICIDE & CRISIS LIFELINE
YOU MATTER, TALK TO US.
Positive Self-Talk
Box Breathing


RESOURCES
SCAN ME
The Trevor Lifeline (LGBTQ+)
1-866-488-7386 or
text START to 678678
Transgender Suicide Hotline
https://www.translifeline.org/
1-877-565-8860
Now Available 24/7
988 SUICIDE & CRISIS LIFELINE
Crisis Text Line
www.crisistextline.org
Text MN to 741741
MN Warmline
1-877-404-3190 or 651-268-0400
National Suicide Hotline
1-800-442-HOPE (4673) or
1-800-SUICIDE (784-2433)
Addiction/Drug Abuse
1-800-467-HELP (4357)
MN Coalition Against Sexual Assault
Sexual Abuse, Assault, Rape
1-800-656-HOPE (4673)


Calming
Strategies
Toolbox
Noise Blocking Headphones
Name 5 things you can SEE
Name 4 things you can FEEL
Name 3 things you can HEAR
Name 2 things you can SMELL
Name 1 thing you can TASTE
Mindful STOP
Stop
Take a few breaths
Observe
Proceed
Treat Yourself
Take a Walk
Can I please pace in the back of the classroom?
Can I please go for a walk?
Take a Break
Excuse me, can I take a break please?
Focus Your Energy
Diving Response



Talk It Out

Share your thoughts and feelings with a trustworthy, caring person who will really listen to you.

FRIEND
COUNSELOR
TEACHER
COACH
FAMILY MEMBER
THERAPIST
SUPPORT GROUP

CRISIS TALK/TEXT SERVICES

Free, confidential, and available 24/7.

Crisis Text Line — Text MH to 741741
www.crisistextline.org
You will quickly (typically in 5 minutes or less) be connected with a crisis counselor who can support you with any painful emotion.

National Suicide Prevention Lifeline — 1-800-273-8255
Chat online: www.suicidepreventionlifeline.org/chat
A national network of local crisis centers that provides emotional support to people in suicidal crisis or emotional distress.

The Trevor Project — Call 1-866-488-7386 | Text START to 678678
Chat online: www.thetrevorproject.org/get-help-now
A crisis service aimed at supporting LGBTQ+ youth.

Learn more
tinyurl.com/calmhgstrategiestoolbox

988
LIFELINE
CRISIS TEXT LINE
Text MN to
741741

May is
Mental
Health
Awareness
Month
31 Ways to Make the World Around You Work for Your Mental Health