

Wellness Committee Board Update 2019-20 Recommendations

January 27, 2020

2018-2019 SMART Goal

Governing Priority: Student Wellness, Growth, & Success
Governing Objective: Create explicit and transparent systems and resources regarding student wellness, teaching, assessment and learning in order to provide consistent, equitable learning opportunities for students across the District that propel student participation, achievement, and post-secondary options.

SMART Goal	Specific	Measurable	Attainable	Relevant	Time-Bound
Based upon the findings of the initial data collection and completed needs assessment, the Wellness Committee will develop a multi-year, comprehensive wellness plan that provides specific guidance for the District's wellness programming options, both preventative and responsive, for students.	The Executive Directors of Student Services and Special Programs, and the Director of Benefits, will facilitate the Wellness Committee to yield a comprehensive report and recommendations for supporting the social/emotional/mental/and physical wellness of students. The recommendations will include the specific supports/interventions, necessary resources, cost projections, timelines, and what options are mandatory versus optional.	The comprehensive report will be submitted to the Superintendent, who will share the recommendations with the Superintendent's cabinet and Board of Education.	The Wellness Committee, with community partners or consultants as needed, are equipped to analyze student data, conduct needs assessments, and formulate a proposed plan to promote the overall wellness of students. The Superintendent will share the report with the Board of Education.	In the 2016 Children's Mental Health Report issued by the Child Mind Institute, 17.1 million youth are affected by mental health disorders before age 18. Students with mental health challenges are at risk for academic failure, substance abuse, suicidal ideation, and more. Additionally, childhood obesity has more than tripled since the 1970's. KSD data parallels many of these statistics. Schools are able to support healthier lifestyles and provide intervention.	<p>June 2019 A written, comprehensive plan will be presented by the Wellness Committee to the Superintendent.</p> <p>July 2019 The Superintendent and/or representatives from the Wellness Committee will present the comprehensive plan to the Board of Education for review and approval. Further, the Wellness Committee will meet regularly each school year to update and monitor progress and needs.</p>



Whole School, Whole Community, Whole Child (WSCC) model

For a complete summary of recommendations:

<https://docs.google.com/document/d/12ItisFoZYukJlwHhcCiUxRYXld9xdorJgHo9vpe2qH8/edit>

Counseling, Psychological & Social Services

- Standardize the utilization of the MTSS processes across sites to: identify students, provide systematic interventions, assess and monitor progress in order to support student needs, including social emotional health
- Ensure the six structural components of the Missouri School Counseling Program are in place for all school counselors
- Create a Crisis Manual and Resource Manual
 - Conduct a time-task analysis is recommended to determine if professional school in Kirkwood School District are spending the suggested percentages on each programmatic based upon their level.

https://docs.google.com/presentation/d/1YVPrQ36-6aoDyy4xk5wh9KzeF7b4Fqj0IRk0Gdn4BT0/edit#slide=id.gc6f73a04f_0_0

Health Services

- Require Stop the Bleed and CPR/AED training for key staff in all buildings
 - Monthly AED log charts
 - Continuous opportunities for professional development for school nurses to stay abreast of current trends in the health field.
 - Offer professional development for staff members (Epi-pen, First Aid, CPR, etc.)
 - Purchase additional AED (NKMS, ASC and Buildings and Grounds)
 - Purchase Stop the Bleed Kits

Social & Emotional Climate

- Effective use of a social-emotional risk screener K-12 (i.e.SAEBRS)
- Select and ensure instruction of social-emotional learning curriculum at all levels.
- Develop, or select, and teach curriculum to support digital citizenship instruction at all levels (Tier 1)

Access information at www.kirkwoodschoools.org-->Teaching & Learning-->Digital Citizenship

- Articulate and evaluate the roles of social emotional learning coaches, social workers, educational support counselors, school psychologists, and school counselors.
 - Expand training in support of restorative practices and/or trauma informed care.

Health Education

- Provide Youth Mental Health First Aid training for staff and Teen Mental Health First Aid Training for high school level students (systematic training and roll-out)
- Collaboration with teachers, students and families to promote Move to Improve and physical activity
- April 16 professional learning to address student and staff wellness
- Ongoing curriculum work with K-12 health educators, as part of Research phase of curriculum review cycle
- Foundational planning and work underway regarding curriculum development in 2020-21, with an emphasis on skills-based curriculum aligned with SHAPE America standards and CDC recommendations

Employee Wellness

- Develop programs for staff participation before or after school.
 - Improve overall participation in staff wellness
 - Provide incentives to teachers willing to try new approaches to wellness.
 - Explore opportunities for an on-site employee health clinic.
 - Personal Assistance Services (PAS) more visibility and awareness of our EAP services.
 - Half Day for Wellness PD on April 16

Family Engagement

- Health, safety and wellness should be incorporated as a regular feature of building or district updates and mass communication
- Plan for monthly wellness “themes” to support family engagement and student/adult wellness
- Intentional monthly communication with families regarding digital citizenship themes, instruction, and recommended at-home activities
- Family engagement opportunities with February 6 screening of *Angst* and panel discussion

Additional Component Areas

- Community Engagement
- Physical Education and Physical Activity
- Nutrition Environment and Services
- Physical Environment

Other Wellness Activities

- Coalition
- Healthy Schools Toolkit

Wellness Budget Update

BUDGET CATEGORY	SPENT	GOAL CATEGORY
Digital Citizenship	\$5500.00	Social & Emotional
Professional Development	\$12,492.00	Health Services, Counseling Services
Purchased Services	\$12,850.00	Health Education, Social & Emotional
Curriculum Resources	\$31,877.77	Social & Emotional

Total Budget	Total Spent	Total Remaining
\$127,737.00	\$62,719.77	\$65,017.23

Grant money & CEIS funds accessed	\$8000
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