

Wellness Plan Update

Kirkwood School District

Wellness Plan

- Modeled after the Whole School, Whole Community, Whole Child Model (WSCC)
- Emphasis is student and staff wellness
- Teams created action plans in 10 areas
 - Health Education
 - Physical Education/Activity
 - Nutrition
 - Health Services
 - Counseling, Social Services
 - Social/Emotional Climate
 - Physical Environment
 - Employee Wellness
 - Family Engagement
 - Community Engagement



First Year Priorities

HEALTH EDUCATION

- Provide CPR/First Aid training opportunities for staff members
- All nurses are currently certified
- Coaches are certified for MSHSAA
- “Stop the Bleed” training
 - In conjunction with BJC HealthCare
 - www.stopthebleedstl.org

First Year Priorities

PHYSICAL EDUCATION/ACTIVITY

- Move to Improve campaign continues
- Continued review of PE curriculum



First Year Priorities

COUNSELING/SOCIAL SERVICES

- Implement the structural components of the Missouri School Counseling Program
- Review and refine crisis manual and crisis resource book

First Year Priorities

SOCIAL/EMOTIONAL CLIMATE

- Purchase and implement a Social Emotional Learning curriculum
 - Second Step
 - Endorsed by numerous organizations, including CASEL (Collaborative for Academic, Social, and Emotional Learning) and the Department of Education
 - www.secondstep.org

First Year Priorities

SOCIAL/EMOTIONAL CLIMATE

- Implement a social/emotional screener at high school
 - Currently used at elementary and middle
 - mySAEBRS
 - Social, Academic, Emotional Rating Scale

First Year Priorities

SOCIAL/EMOTIONAL CLIMATE

- Train staff members in Restorative Practices
 - International Institute for Restorative Practices
 - Kirkwood specific training
- Training in Youth Mental Health First Aid
 - Designed to teach staff how to recognize and work with students who are experiencing a mental health challenge or crisis
 - Developed by the Missouri Institute of Mental Health at UMSL and supported by the Missouri Department of Mental Health
- Train the trainer in Crisis Prevention Institute de-escalation techniques and safety

First Year Priorities

DIGITAL CITIZENSHIP

Lessons developed from Common Sense Education

- Media Balance & Well-Being
- Privacy & Security
- Digital Footprint & Identity
- Relationships & Communication
- Cyberbullying, Digital Drama, & Hate Speech
- News & Media Literacy