

Delano Public Schools

ISD #879

**Annual Update
Student Wellness
per Policy #533**

July 1, 2023

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, 2022-23 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 ,2023:

Areas of Strength:

1. Our school district and staff continue to successfully address increasing student mental health needs. Internal programs (Second Step, PBIS, Crisis Prevention Teams etc.) are continuously working to effectively connect students and families to vital mental health resources.
2. 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 2022-2023 goal/ progress updates (or their latest EOY Spring 23 report) below:

Submitted by:

Steven Schauburger
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 2022-23 Goal Wellness EOY Report-

EOY Elementary Student Wellness Report May 10th, 2023

The Delano Elementary School has successfully implemented and completed all school wellness building goals. Classroom teachers were successful in their efforts to promote and encourage students and families to bring a healthy snack during the day. Through the use of verbal check-ins, reminders, and informative teaching, students began to understand the importance of selecting healthy options for their daily snack. Teachers reported seeing a variety of fruits and vegetables, along with healthier crunchy options such as veggie straws and granola bars. The elementary special education department also has supported this implementation by creating a store in the staff lounge with healthy snacks. Students in the program manage the snack cart by monitoring the money and stocking the cart. Staff enjoy this option when in a pinch! Student and family engagement opportunities throughout the year were a success! The Walk, Roll, Stroll, Winter Medallion Hunt, and Tiger Dash 5K provided an opportunity for students and families to enjoy the outdoors while being active. All three events brought forth competitive attendance in comparison to years past and we were thankful for the beautiful weather for each event. We are looking forward to implementing these events again next year! Teachers and students successfully completed all four units of the Second Step curriculum. The population of students in need of mental health services continues to rise and the support of the Second Step curriculum, our PBIS committee, and secondary Qcomp meetings has positively benefited both students and teachers by offering opportunities to learn and discuss current trends. Students benefited from their exposure to social-emotional learning and began to learn, develop, and implement new skills to support their health and well-being throughout the school day. We are excited to have our school counselor back next year as she has greatly impacted our students and staff in many positive ways. We are thankful for her!

Addendum B: Delano Intermediate School's 2022-23 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 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

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 on a monthly basis.

We have also introduced a new system for addressing low-level behaviors. The system has been implemented and is being utilized by all staff. 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.

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 23-24 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 23-24 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 2022-23 Goals and Wellness EOY Report-

Goal 1: *Food and beverages will not be used as a reward for students.*

Progress Grade: B: *Classrooms are doing a great job of this. We need to keep monitoring foods in commons for special events like holidays and end of 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- *We honor them every month! The number of nominees is steady. MET GOAL*

Goal 3: *All DHS Staff will be offered the opportunity/motivation and training to recognize the physical and mental health needs of students and be provided with strategies to help students.*

Progress Grade: C- *Staff receives quarterly training through many PD opportunities but we'd like to see more access to the Vector Solutions training site. MET GOAL PARTIALLY*

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. Crisis Prevention team bi-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: A- *Participation in activities is ready or rising in most activities. Administration is looking to improve services in all age groups. MET GOAL*

22-23 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 Jonathan Friesen (students assembly and community /parent night speaker also)

DHS Counseling Center's Student to Staff Connections Survey (February)

March Student Wellness Olympics in Advisory Class

Escape the Vape Video Contest/Program

Vaping Education Modules

Third DHS Counselor (first time in a long time via a grant)

7-12 COMPASS program

Mental Health Awareness Month (May)
DHS Crisis Prevention Team Meetings
Co-Located Social Worker Redesign

DHS Mental Health Screeners used:

“My SAEBERS” 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.

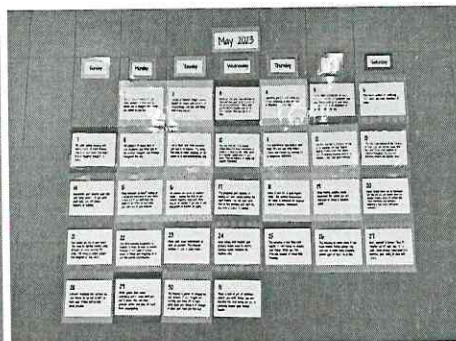
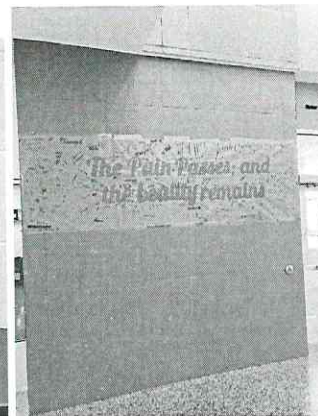
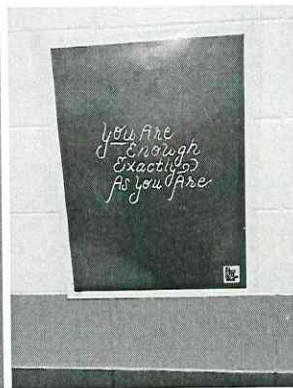
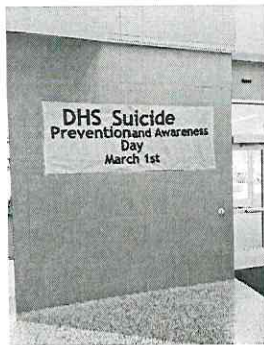
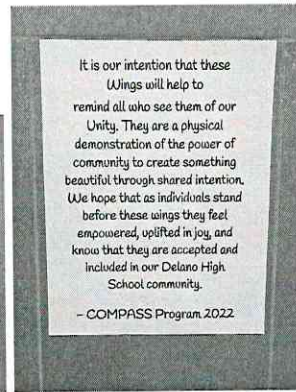
DIS Mental Health Screeners used:

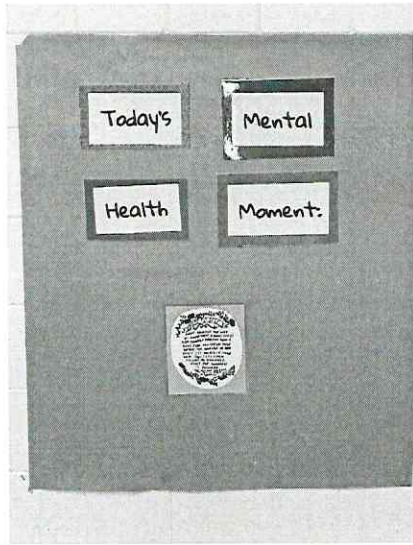
DIS will also be using the My Saebrs next school year as a screener for all students. My Saebrs allows students to self-assess their social, emotional, and academic behavior; however, it is not considered a “mental health screener.”

DES Mental Health Screeners used:

DES will also be using the My Saebrs next school year as a screener for all students.







Addendum D:

Food Service Wellness update 6/23

School Meals - During the spring of this school year we were able to add several new items to the menu due to some new equipment we purchased for the HS and at the ES. Homemade pancakes, french toast for breakfast and stir fries and new soups for the salad bar at the HS were just a few of the options added to our menus.

A Farm to School grant also allowed us to purchase many MN grown products that we have not been able to purchase in the past. We purchased some Ground Beef for the ES and IS and some beef patties for the HS for an end of the year BBQ from a farm in Elgin, MN. We have also been purchasing several lettuce varieties including spring mix, romaine crunch, and butter lettuce from a farm in Medford MN and some tomato varieties from Owatonna. A farm in East Grand Forks provided some local potatoes that were roasted and added to the salad bar at the HS and also used in some soups. Local eggs were also purchased and used for baking, egg salad sandwiches, boiled eggs on the SB and used in french toast for breakfast.

Pork roasts, brat patties, country sausage and cheese curds were purchased from local farms and used for various meals this year. The farm to school grant runs through February of next year so I have made connections for local maple syrup and butter for next year as well as expanding products used from the farms that we connected with this year. It has been really fun to be able to purchase so many awesome products and to have them so well accepted by the students.

This summer I will be working on getting a new nutrient analysis program set up that will be a great way to access nutrient information for the foods on our menus.

On March 17, 2023, Governor Walz signed the Free School Meals bill into law. This will take effect with the 2023-24 school year. This legislation provides the reimbursement for a free breakfast and lunch to students who receive meals through their school's participation in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Each student will receive one breakfast and one lunch each day that school is in session. This reimbursement will not cover second entrees, ala carte purchases or second meals, additional milks, etc.

I think we will continue to struggle with sourcing products to use on our menus, especially whole grain products. Our supply chain has been a constant challenge and sourcing products that comply with our regulations has been time consuming and frustrating at times. New regulations are tightening sodium restrictions and adding sugar guidelines and this could really limit the available products we have to use. It is a constant challenge to comply with regulations while not pushing so far that the products are something that the students do not want to eat.

In summary, we have definitely moved towards more creative and scratch cooking whenever possible, and will continue to add new items to our menus to add variety and broaden the foods served. I always love feedback from students and parents and look forward to another school year!

Action Plan Template

School Wellness Policies

Background

The Healthy Hunger Free Kids Act of 2010 requires Local Educational Agencies to update or modify their wellness policy, as appropriate. When your wellness committee meets on a regular basis throughout the school year, consider using an action plan to ensure progress is being made on your wellness policy and procedures.

Developing an action plan will help your school or district prioritize a few action steps each year. You may use the chart on the following page as a template to organize your plans. Add additional rows if necessary. Be sure to consider all areas such as nutrition guidelines for school meals and snacks, physical fitness activities, and related school activities. After writing the action plan, evaluate what additional resources, if any, will be needed for each action step.

Tip: When developing your wellness plan, ensure your activities are well grounded in your goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider your resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has [tips for developing SMART objectives](#).

School Wellness Policy Action Plan

School Name: Delano Public Schools c.) Delano Elementary

Date: May 15, 2023

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates?	Measurement How is progress measured?	Lead Person Who is the go to?	Stakeholders Who will be involved and or impacted?	Complete? Spring 2023
General: Food and beverages will not be used as a reward for students.	a. Provide teachers with a list of non-food reward examples. b. Discuss changes at back-to-school staff training. c. Follow-up mid-year to discuss challenges and determine additional communication needed.	This year and before the beginning of next school year.	<ul style="list-style-type: none"> Verbal check-ins with staff to ensure compliance. Share occasional reminders with staff either verbally or via email that outline snack expectations and rewards. Informal student questioning related to their knowledge of what a healthy snack looks like. Teacher survey at end of the school year. 	Administration	Teachers, staff, and students.	1a. Yes, May 2023
1. Provide a broad range of yearlong student and family opportunities to engage in physical activities beyond the school day.	Plan and implement the following family health activities: 1a. Fall - Walk, Roll, Stroll 1b. Winter - Medallion Hunt 1c. Spring - Tiger Dash 5k	1a. October 2022 1b. January 2023 1c. May 2023	Participant involvement will be measured at each activity.	Building Staff Administration	Students, families, parents, and staff.	1a. Yes, October 3

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates?	Measurement How is progress measured?	Lead Person Who is the go to?	Stakeholders Who will be involved and or impacted?	Complete? Spring 2023
2. Second Step curriculum will be implemented monthly during the first four months of school and resources and strategies will be reviewed and applied throughout the last five months of the school year to address social-emotional learning and student and staff well-being.	<p>d. Provide all teachers with access to Second Step curriculum.</p> <p>e. Discuss the action plan of implementation during workshop week and encourage teachers to focus on one unit each month during the first four months of school.</p> <p>f. Follow up with teachers after winter break, when all units have been taught, to determine the use of resources moving forward.</p>	This year and before the beginning of next school year.	<ul style="list-style-type: none"> Discussions at staff meetings, primary, and secondary Qcomp meetings to ensure our social-emotional curriculum is being implemented. Share out PBIS monthly characteristics that align with the curriculum as a reminder to staff to be implementing Second Step. Measure student knowledge by designing common verbiage and action steps when addressing student behavior to understand whether or not students are grasping the information. End of the year secondary Qcomp meeting to discuss the implementation, success, and challenges of the curriculum. Reviewing district goals relating to social-emotional learning. Did we meet the goal? 	Administration	Teachers, staff, and students.	1a. Yes, May 2023

School Wellness Policy

Action Plan

School Name: Delano Public Schools b.) Delano Intermediate School

Date: ____ November 4, 2022 ____

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete ?
General: Food and beverages will not be used as a reward for students.	Provide teachers with a list of non-food reward examples. Discuss changes at back-to-school staff training. Follow-up mid-year to discuss challenges and determine additional communication needed.	This year and before the beginning of next school year.	Verbal check-ins with staff to ensure compliance. Teacher survey at end of the school year.	Principal	Teachers, staff, students	Complete but goal only partially met
Students can identify the components of total fitness (flexibility, cardiovascular endurance, muscular endurance, power, speed and agility)	Teach the 5 components of total fitness (flexibility, cardiovascular endurance, muscular endurance, power, speed and agility) Assess initial skill level Provide opportunities for students to improve their fitness level in each area. Provide students ideas for ways to improve their fitness level in each area. Reassess	By the end of the school year.	EOY assessment and participation data	PE dept.	PE teachers and students	Complete and goal met

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete ?
	Reward accomplishments in each area.					
<p>Students feel a greater sense of community, belonging, and a stronger connection to their school peers and teachers.</p> <p>There is a reduction in low level behaviors that negatively impact the learning environment.</p>	<p>All classrooms will have a morning meeting (Tiger Time) time built into the schedule each day.</p> <p>All teachers will follow the same scope and sequence of topics and lessons.</p> <p>The PBIS team will serve as representatives to identify the topics that need to be addressed within a grade level as well as across the building.</p> <p>Staff receive training on the activities and lessons they will be leading with their class</p>	Daily	Data collected for the site improvement plan	DIS Admin.	Administration, Site Based Leadership Team, and PBIS team.	Complete and goal met

DHS School Wellness Policy

22-23 Action Plan

School Name: Delano Public Schools (c.) High School _

Date: Updated: May 31, 2023

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
General: <i>Food and beverages will not be used as a reward for students.</i>	<ol style="list-style-type: none"> <i>Provide teachers with list of non-food reward examples.</i> <i>Discuss changes at back-to-school staff training.</i> <i>Follow-up mid-year to discuss challenges and determine additional communication needed.</i> 	<i>This year and before the beginning of next school year.</i>	<ul style="list-style-type: none"> <i>Verbal check-ins with staff to ensure compliance.</i> <i>Teacher survey at end of school year.</i> 	<i>Principal</i>	<i>Teachers, staff, students</i>	Goal MET
1. Students will be recognized monthly for making good choices in nutrition, physical activity and mental health (kindness)	<ol style="list-style-type: none"> 1a. Establish clear criteria for staff to nominate students 1b. Share the Google Nomination Form with all school staff 1c. Collected donated prizes from area businesses 	Monthly - November 2022 through May 2023 PA announcement to recognize nominees each month on the 30 th	A Google Spreadsheet will be kept to analyze which student grades, genders and area of nomination is recognized.	Steven Schauburger, Asst. Principal	Students, families, teachers, staff, office staff and administration	Goal MET

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
		Prize Drawing on the 30 th also				
2. All DHS Staff will be offered the opportunity/motivation and training to recognize the physical and mental health needs of students and be provided with strategies to help students.	2a.Create a TIGER Bingo game with Vector Solutions Modules/Videos 2b.Explain the parameters of the game to staff at a faculty meeting 2c. Collect prize donations for staff 2d. Create a March Student Wellness Advisory Olympics	a. December 1, 2022 b. January 5, 2023 c. December 2023 d. March 1-31, 2023	We will obtain a baseline of staff participation levels and total modules watched as well as the specific modules that we need to address in the future	Breeze Bestland, teacher Grace Carver, student Nancy Stellrecht, teacher	Staff, students, families	Goal partially MET
3. Administration and staff will monitor and current trends/data and surveys to make adjustments in programs that address students' and staff mental health needs.	3a.Analyzing data on current programs such as Suicide Prevention Week and Unity Day 3b. Add/modify programs as needed 3c. Direct resources to where they are needed	a. All year b. i.e. Added vaping education curriculum c. i.e. Using co-located social worker		Administration, School Social Workers, School Counselors and Intervention Teams	Staff, students, families, outside county resources	Goal MET

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
4. Administration and staff will monitor and current trends/data and surveys to make adjustments in activity programs	4a. Collect data on current student participation trends 4b. Meet with students and coaches. 4c. Conduct surveys on activity participation	November 16, 2022 through June 1, 2023	Ongoing, proactive actions to use best practice in motivating students to participate in activities. Review the data	Eric Erlandson, AD Steven Schauburger, Asst. Principal, Administration	Students, families, coaches, staff	Goal MET