

Delano Public Schools

ISD #879

Triennial Student Wellness and Policy #533 Compliance Report

July 1, 2019

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 is made of up district parents, staff and administration. We met twice this year (November 26, 2018 and March 4, 2019,). We use a two year cycle whereas the 2018-19 school year was a district/building goal implementation/monitoring year and an overall district continuing compliance year. 2017-18 was a building data gathering and goal formulation year.

This year, we continued to review the policies and the data from all required areas of the 2010 Act. The committee determined that our district is currently in compliance in all areas: Nutrition/Education, Competitive Foods and Beverages, Other Foods and Beverages, Food and Beverage Marketing, Physical Activity, Student Wellness Activities and Wellness Communication (to the public). The Annual Student Wellness Summary Report (2018-19) will be posted on the district's website in late August 2019.

Continued Areas of Strength: **School Food Service Meals-** The district continues to provide healthy, safe and clean environments while serving a variety of meals that meet federal nutritional guidelines. **(Absence of gratuitous) Food and Beverage Marketing and Physical Activity-** The district does not promote poor nutritional choices via poor advertising/marketing and the district actively encourages a high amount of K-12 exercise, activities, arts and athletic opportunities.

Continued Areas of Improvement Needed: **Competitive Foods and Beverages-**The vending machines were removed from the 7-12 High School and Elementary School staff lounge in June 2018 because they did not meet Smart Snack Guidelines. The Global Market and After School Snack program by the HS Volunteers sells snacks. **Communication-** The district has improved and continued to use a variety of methods (emails, newsletters etc.), more frequent and a consistent message of all of the wellness (mental, social, nutritional, physical) opportunities available. The K-6 school student/parent population will also benefit from specific, more frequent communication and collaboration on smart snack-time/bag lunch choices that parents choose to send with their student to school.

The committee also continued productive discussions in the areas of improvement. The progress of the 2018-19 SMART Student Goals for each school building was discussed at each meeting. The committee monitored and added ideas to the SMART goals for 2019-20. The committee confirmed that each building's wellness committee has at least six members to coordinate and plan to best implement these goals. The committee also recognizes that there is

no district budget for implementing the goal programming and directs each building administrator to collaborate with the building wellness committee to mitigate any costs, if any, for implementing these goals. Each building will continue its current goal into the 2019-20 school year. Documentation (addendum A-C) for each building's goal and wellness activities is attached to this report.

In 2019-20, the District-Wide Wellness Committee will meet at the end of November, February and April to once again review compliance with the 2010 Act and Policy #533. In addition, it will collect information from each building's wellness committee about the progress towards each of its 2019-20 building SMART goals. We will collect and submit documentation of that progress for next year's report. A large portion of that data will hopefully come from the two student surveys completed in March of 2019--The 10th Grade Michigan University Survey and the Minnesota Student Survey (grades 5, 7, 9 and 11). In closing, our committee is also looking for more parent and staff members to fill positions due to recent resignations.

Submitted by:

Steven Schauburger
Delano Public Schools
ISD #879
District Wellness Coordinator

and the

2018-19 DELANO DISTRICT #879 WELLNESS COMMITTEE MEMBERS:

1. Tara Williams
2. Sarah Gierke
3. Larissa Barta
4. Cari Deis
5. Darlene Sundheim
6. Janet Berzins
7. Jenny McMahan
8. Kim Finn
9. Kris Larson
10. Mary Stoddard
11. Michael Johnson
12. Monica Kunkel
13. Tina Prior
14. Steven Schauburger
15. Mary Ziebell Principal at St. Max (St. Max Rep)

Addendum A: Delano Elementary School's 2018-19 Goal Wellness Activities Report-

During the 2018-19 school year the Delano Elementary School Health and Wellness Committee focused on students and staff physical health as well as social-emotional and mental health. We are seeing a rise in anxiety with some our students so at the Kindergarten level we have incorporated Yoga Calm. This curriculum was taught throughout the school year and focused on SEL skills and mindfulness. The students worked on breathing techniques, complimenting peers and were mindful of how they entered the music room (acknowledging fatigue or excitement and discussed how that would influence their day in class).

Each month our PBIS committee had a theme that focused on the overall well-being of students. The teachers would incorporate each theme into lessons throughout the month. The themes were: teamwork, kindness, gratitude, empathy, grit and perseverance, sportsmanship, citizenship, confidence, and acceptance. The students grew tremendously throughout the year in promoting these themes.

Delano Elementary has been designated as an "Active School" which means that we integrate physical activity before, during and after school for at least 60 minutes daily. We got our families busy with our Walk, Roll & Stroll in the fall, family winter activity night and the Tiger Dash and 1 mile fun run in the spring. Promoting families being active together is important to Delano Elementary.

For the 2019-2020 school year the Delano Elementary School would like to continue to focus on the areas of: Physical Well-Being and Social-Emotional/Mental Health for both students and staff. In addition to these goals we would like to continue our work with our healthy snack initiative. If students are not able to bring a healthy snack from home they can sign up to get a healthy snack each morning from the lunchroom. We will keep working to promote these goals into the next school year.

Addendum B: Delano Intermediate School's 2018-19 Goal and Wellness Activities Report-

Delano Intermediate School Student Wellness Committee

Rebecca Olmscheid, Corina Voinea, Kirsten Olson, Nicole Gohman, Kristy Klaphake
FALL 2019 UPDATE

The student wellness goals at Delano Intermediate School are to promote peer interaction, relationships, and exercise by providing activities for students to participate in during Zero Hour Wednesdays and to bring awareness of the dangers of improper use of social media.

Thus far this school year, DIS has implemented a variety of programs to meet our student wellness goals. All students in grades 4-6 participate in a Life Skills class as part of their specials class rotation. Within the Life Skills curriculum, students are exposed to a unit on digital citizenship in which they explore how to be safe while using social media, engage in discussions on cyberbullying including bystanders and upstanders, and talk about which types of conversations should be done face to face, which should be done over the phone, and which can be done through texting. Within this unit, students are presented with activities on how difficult it is to understand emotions through text messages and learn critical information about their digital footprint.

All students at DIS are able to participate in Zero-Hour activities each Wednesday during the school year from 8-9 am. Students participate in each activity group for six weeks and then move to a new activity group. At the beginning of the year, all students completed a survey to state which activities they are most interested in. The following activities are offered during Zero-Hour: Physical Education activities, school newspaper, coding, board games, arts and crafts, GROWL, Engineering, and outdoor free play.

Delano Intermediate School celebrated Unity Day on Wednesday, October 24, 2018. Unity Day is celebrated as a way to show our support for the prevention of bullying and show that we are united for kindness, inclusion, and acceptance of everyone. Each classroom spent at least 30 minutes on a Unity Day Lesson and activity. The lesson included a short video and discussion time. Students then made a Unity Day Chain of Kindness. Each student received one strip of paper and wrote about one of the following statements

***I show kindness by...**

***I am kind to others when I....**

***Someone was kind to me when...**

When students finished their prompt, the entire class formed a circle and each student read aloud what they wrote while the teacher stapled the chain together. Our Unity Day chain was made of three colors- 4th grade is black, 5th grade is white, and 6th grade is orange. The chains from each classroom were collected and weaved together to make one long chain. The Unity Day Chain of Kindness is displayed in the main commons area of the school with a large Unity Day banner. The banner was crafted by students in the arts and crafts class during Zero Hour. Students in this class also made smaller posters to display around the school.



On November 5, 2018, parents, guardians, and educators were invited to attend a free workshop at Delano Elementary School which was presented by Erin Walsh- 'Say Yes to No- Parenting for Success in the 21st Century.' Participants learned the basic pillars of children's brain development, how trends in society and culture have a critical impact on children's development and explored effective praise and ineffective praise. Participants also learned parenting strategies that foster self-discipline and respect in children and why self-discipline is important for a child's success and happiness. This workshop was offered to all district families, community members, and district employees. The turn-out was outstanding!

Delano Intermediate School is offering a variety of opportunities for our students in order to support their physical, social, emotional, and mental health needs. We will continue to offer programming to meet each student's individual needs throughout the school year.

Delano Intermediate School Student Wellness Committee

March 2019 update

Rebecca Olmscheid, Corina Voinea, Kirsten Olson, Nicole Gohman, Kristy Klaphake

- *Grade-level Life Skills course- digital citizenship, study skills, anxiety/stress management, character education, time management.
- *Zero Hour Activities each Wednesday
- *DIS Snack Program
- *Kindness in Chalk- Wednesday, October 1, 2018
- *Unity Day- Wednesday, October 24, 2018
- *Parent speaker available to all district families- 'Say Yes to No- Parenting for Success in the 21st Century.'- Monday, November 5, 2018
- *DIS Student Party- Friday, January 18, 2019
- *The Sheridan Story (weekend food program)
- *Clothing Closet in Health Office- available for students who are in need of certain clothing items or winter accessory items
- *Influenza information sent to families
- *Kindness Month (Grades 4-6, March 2019)

Delano Intermediate School Student Wellness Committee

May 2019 Reflection and Progress

Rebecca Olmscheid, Corina Voinea, Kirsten Olson, Nicole Gohman, Kristy Klaphake

Delano Intermediate School successfully met our student wellness goals of promoting peer interaction, relationships, and exercise by providing activities for students to participate in during Zero Hour Wednesdays and to bring awareness of the dangers of improper use of social media. In order to successfully meet these goals, Delano Intermediate has given students a variety of activities and events including classroom lessons to support their social, emotional, physical, and mental health. The following programs, activities, and lessons were used this school year:

- *Grade-level Life Skills course- digital citizenship, study skills, anxiety/stress management, character education, time management.
- *Zero Hour Activities each Wednesday
- *DIS Snack Program
- *Kindness in Chalk- Wednesday, October 1, 2018
- *Unity Day- Wednesday, October 24, 2018
- *Parent speaker available to all district families- 'Say Yes to No- Parenting for Success in the 21st Century.'- Monday, November 5, 2018

- *DIS Student Party- Friday, January 18, 2019
- *The Sheridan Story (weekend food program)
- *Clothing Closet in Health Office- available for students who are in need of certain clothing items or winter accessory items
- *Influenza information sent to families
- *Kindness Month (Grades 4-6, March 2019)
- *PBS Learning Media self-paced lessons designed to enhance literacy that focus on "Nutrition: What your body needs" and "Ratio and Proportional Reasoning: Food Labels" within the Grade 6 Special Education classroom

Future goal ideas: We would like to keep our current goals.

Addendum C: Delano High School's 2018-19 Goals and Wellness Activities Report-

Goal One: The DHS Building Wellness Committee will provide "Health Challenges" in the areas of nutrition and exercise schoolwide once a month and provide incentives for students who accomplish healthy tasks. (i.e Tiger Pride for nutrition, exercise, tracking healthy choices)

Goal met: *Students were informed and encouraged to participate on the DHS building wellness committee. An incentive program was created to award recognition slips for healthy snacks at the after school volunteer snack booth or at the global market. For example, students were recognized/awarded for bringing a healthy bag lunch, working out in the TAC or making a positive mental/behavior health choice for themselves or others. Thirty-six students were recognized from November through May.*

Goal Two: The DHS Building Wellness committee will develop a staff incentive program and recognize staff that voluntarily attend two school activity events and one fine arts performance in 2018-19. The goal is to be visible, engage in follow up dialogue with students (relationship building), and show interest in the attendance of/participation in activities, academics and arts.

Goal partially met: *An incentive, recognition program was created in November for staff to attend students' activities and develop relationships/dialogues with students. Staff members filled out a paper slip documenting the type of event and the benefits of the subsequent dialogue/student-relationship dialogue with the student(s). Staff attend many events in athletics, fine arts and district activities, home and away. The staff member then submitted the slip for a random monthly prize drawing. Approximately 95% of staff attended at least two student activities November through June. However, documentation of the follow up dialogue varied from month to month. Winter activities were better attended/documented than spring activities with low documented participation (submitted slips in the drawing box) in March and April.*

2018-2019 DHS Wellness Activities/Events/Resources

Kindness in Chalk

Unity Day/Chain Activity

Suicide Awareness and Prevention Week

Compass program extended to Grade 7 and 8 students

Bounce Back Project Presentation for students, parents, staff, community members

Co-located Therapist available from Central MN Mental Health Center

Chemical Health Counselor from Central MN Mental Health Center available for students

Wright County Resource Navigator