

# **Delano Public Schools**

**ISD #879**

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

**July 1, 2021**

## 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 2018-19, the Triennial Student Wellness Summary Report was submitted and presented to the district school board in August of 2019. Therefore, 2019-20 as well as 2020-21 were progress monitoring and data gathering years until our next Triennial Report-which is due in July of 2022. Below are some data sets that still need to be examined by the building and district wellness committees.

- The Minnesota Student Survey (grades 5, 7, 9 and 11) administered in 2019
- The 10th Grade Michigan University Survey (Year 1 and 2)
- The Minnesota Youth Tobacco Survey (administered to random 9-12th gr. PE/Health students)
- The National Youth Tobacco Survey (administered to random 9-12 th gr. Social Studies students)

However, due to the COVID-19 situation in 2020-21 and the fact that the latter three survey data sets (NYTS, MYTS and Michigan student surveys were not administered in the Spring of 2021) or have have not been made available to the school yet, we have gathered the individual building goal progress reports (below) and examined the data on school strengths and areas of improvements. In addition, data is still being gathered on the effects on several aspects of student wellness during and after COVID-19. This will be discussed as we move into the future. Our district wide committee did not meet due to COVID-19 limitations and efforts were instead focused on more immediate mental health and social distancing needs of students and staff in 2020-21.

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

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. **Improvements made: The Grab and Go lunches at the 7-12 high school offering more fruits and vegetables and nutritional balance were offered and extremely well-received by students.**

Areas of Improvement Needed: Competitive Foods and Beverages-The high school vending machine contract was negotiated and one water machine and one healthy snacks vending machine were added in the 7-12 High School because they did meet Smart Snack Guidelines and offered students healthy choices. We still need to encourage healthy, nutritional food and beverage or snack choices during the school day.

All three building student wellness committees met this year on a regular basis and provided 2020-2021 progress updates (or their latest report) below:

**Submitted by:**

Steven Schaubeger  
Delano Public Schools  
ISD #879  
District Wellness Coordinator

**Addendum A: Delano Elementary School's 2020-21 Goal Wellness Activities Report-**

*For the 2020-2021 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.*

During the 2020-2021 school year Delano Elementary School Health and Wellness Committee focused on nutrition, physical activity and mental health in a way that we felt worked for us in our classroom and school while staying socially distanced but still meeting the needs of our students.

**Nutrition:**

As a teaching staff we encourage our students to bring a healthy snack each day for snack time. We take time in the beginning of the year to teach the students about what a healthy snack is and is not. We communicate with parents about helping their child to pick a healthy snack each day. We also have the opportunity to have the students that do not have a snack to go to the lunchroom in the morning and they will give them a healthy snack for the day. On Fridays we have a food system that the lunchroom staff bags up dry goods for students in need to send home with them over the weekend.

**Physical Activity:**

We use Responsive Classroom at Delano Elementary which means we start out our day with a morning meeting, a greet, a share and an activity. This helps build community within our class and school. The students practice their social skills when greeting each other and we get physically active during our activity all while creating a community within our classrooms. We also held the Tiger Dash 5K and 1 mile run for our families on Saturday, May 1st. We had 140 participants who ran, jogged or walked the 5K and/or 1 mile. Kindergarten-3rd graders had the opportunity to participate in Field Day where our PE staff had 10 stations set up for each class to rotate through and a bouncy house obstacle course that was a highlight of the morning.

**Mental Health:**

This year our Kindergarten classes used the Second Step Program which is an anti-bullying program and health awareness curriculum that helps students navigate through elementary school being a healthy, friendly, caring person. The rest of the grade levels will be implementing this program fully for the 2021-2022 school year.

Our PBIS committee has monthly themes that focus on the overall mental and social emotional well being of all students. This year our themes were: Citizenship, Kindness, Gratitude, Empathy, Grit, Acceptance, Growth Mindset, Confidence and Teamwork/Sportsmanship. We also incorporate Yoga Calm into our classrooms with the help (videos) of our Music teacher Mrs. Rosholt. These focus on calming our bodies and minds to help us be mindful of ourselves and others.

Respectfully submitted,

Health and Wellness Committee  
Melanie Kern - Facilitator

**Goal:Met**

**Addendum B: Delano Intermediate School's 2019-20 Goal and Wellness Activities Report- \*Latest report submitted to date**

Delano Intermediate School Student Wellness Committee  
Rebecca Olmscheid, Corina Voinea, Kirsten Olson, Nicole Gohman, Kristy Klaphake  
2019-2020 Summary

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.

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 a new activity each week with their assigned Zero Hour Group. The following activities are offered during Zero-Hour: Physical Education activities, Cribbage, dice games, board games, arts and crafts, GROWL, Engineering, Junior Achievement, student aid club, and outdoor free play.

Delano Intermediate School celebrated Unity Day on Wednesday, October 23, 2019. 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. Students viewed videos with the topic of being an Upstander followed by a class discussion. Students then made Tiger Paws with a personal commitment on how they will be an upstander and show kindness to others. Students were given the following prompts to choose from in order to complete their Tiger Paws:

- I will be an upstander by...
- I will treat others with kindness by...
- I will do my part to end bullying by...

Classroom teachers then hung each tiger paw on the classroom door with a banner.



Additionally, students created a classroom puzzle piece where each student signed it as a way to show that all students are valuable and special people at DIS. The puzzle pieces were pieced together and displayed in the main hallway by the commons.



The final part of our Unity Day 2019 celebration was an all-school picture where we spelled out 'UNITY' as a way to show that we are united for kindness, acceptance, and inclusion.



## Additional DIS Wellness Resources and Initiatives 2019-2020

- \*DIS Snack Program
- \*The Sheridan Story (weekend food program)
- \*Kindness in Chalk - Tuesday, October 1, 2019
- \*Halloween Candy Collection- donated to Blue Star Mothers of Wright County who sent the candy to military personnel overseas
- \*Clothing/hygiene products Closet in Health Office - available for students who are in need of certain clothing items, winter accessory items, and hygiene products
- \*Influenza information sent to families
- \*DIS Service Day- care packages made for emergency personnel, table centerpiece decorations made for the Delano Senior Center and Delano nursing homes - Friday, January 17, 2020

**Goal:Met**

## **Addendum C: Delano High School's 2020-21 Goals and Wellness Activities Report-**

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

***Thirty-five students were nominated by staff and all nominees/random prize drawing winners' had their group photo taken at a monthly recognition ceremony with their picture posted in select district newsletters.***

***Students were informed and encouraged to participate on the DHS building wellness committee. Rewards (random prize drawings) certificates were donated by Subway, Emagine Theaters, the Tiger Activity Center, and Crossfit of Delano. In addition, 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. Fifty students were recognized from November through May.***

### **2020-2021 DHS Wellness Activities/Events/Resources**

Kindness in Chalk

**\*\*New\*\*** Best Buddies Mentor Program

**\*\*New\*\*** No Place for Hate Day

Unity Day

Sheridan Project

Suicide Awareness and Prevention Week

Compass program extended to Grade 7 and 8 students

Staff Workshop on Early Warning Signs of Onset Mental Health

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

Support curriculum for vaping/nicotine prevention was sought and may be purchased

**Goal:Met**