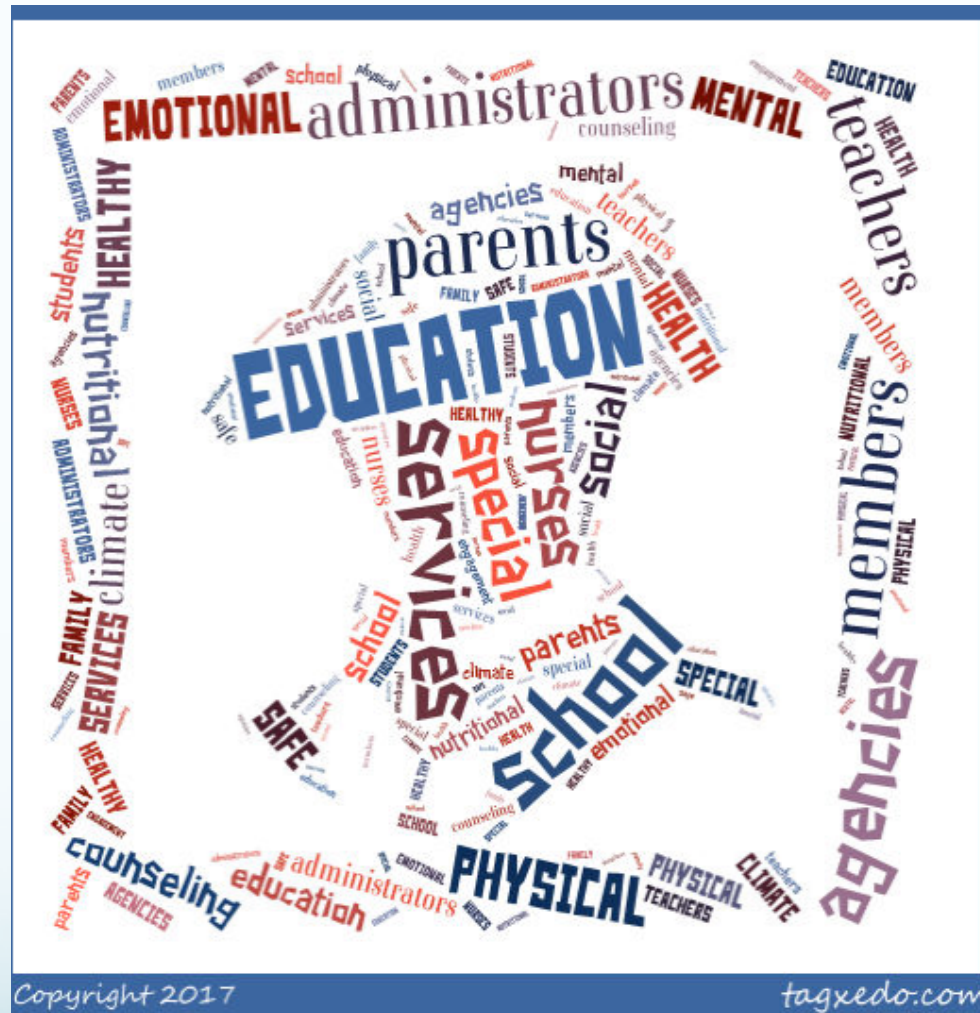


# Student Health and Wellbeing

Report to School Committee  
April 12, 2017



# Safe and Healthy Students



# Coordinated School Health Approach: Whole School, Whole Community, Whole Child

# District Priorities

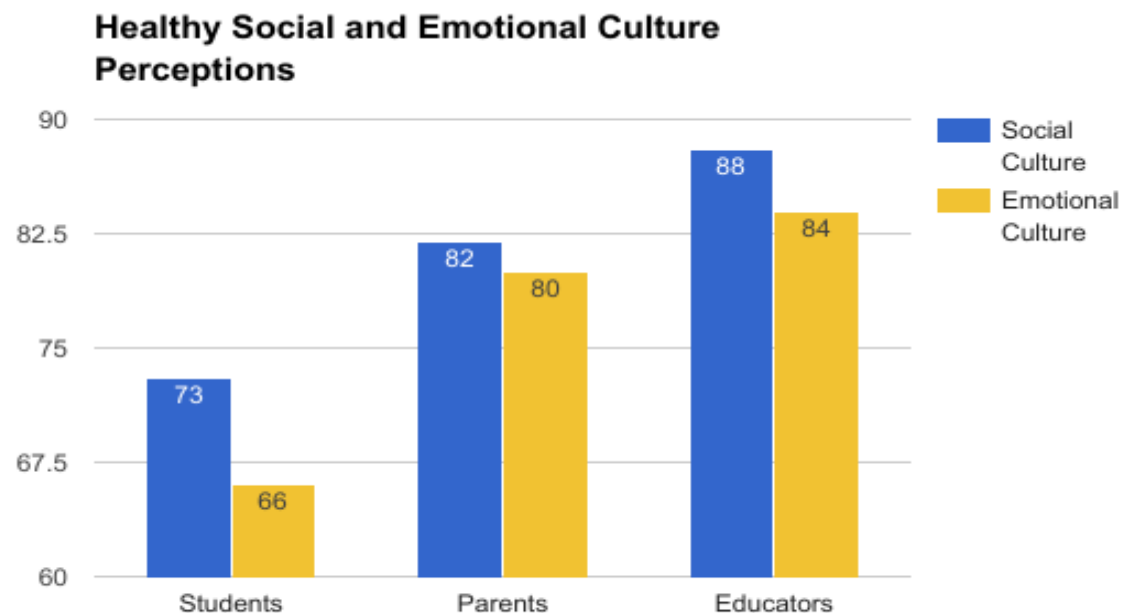
## to Support Student Health and Wellbeing

- Reinforce respectful, positive school cultures in order to empower members to act with kindness, empathy, and compassion.
- Communicate and model the importance of proper nutrition, exercise, and healthy living habits.
- Ensure a systematic response to students who are struggling with social, emotional, and/or mental health issues.

Priority: Reinforce respectful, positive school cultures in order to empower members to act with kindness, empathy, and compassion.

- 90% of students, parents, and educators will agree that their schools' social and emotional cultures are healthy.

District and SWAC Goal

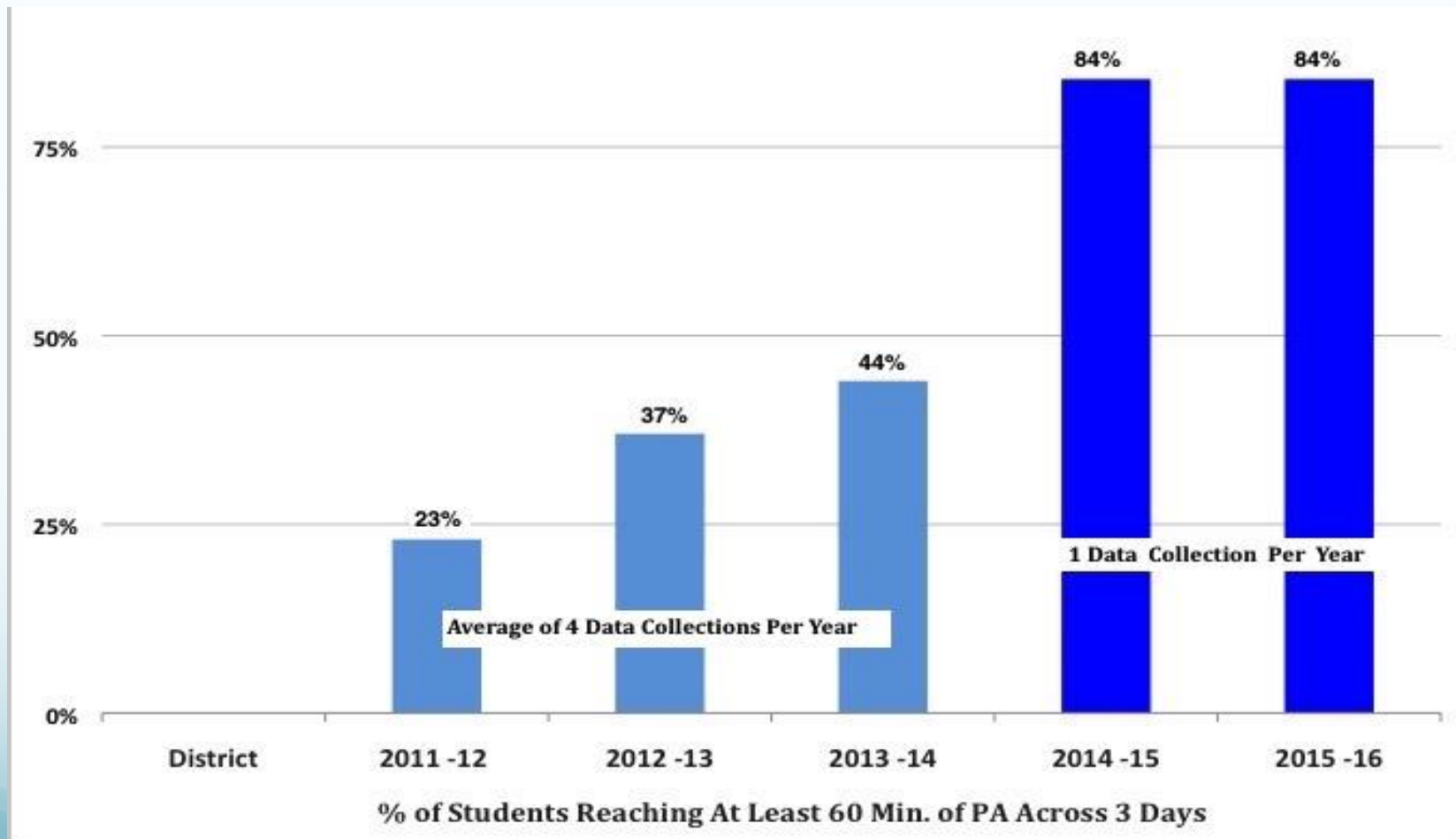




Priority: Communicate and model the importance of proper nutrition, exercise, and healthy living habits.

- 75% of students will participate in at least sixty minutes of physical activity each day (both during and outside of school). District and SWAC Goal
- 90% of students will be able to identify the concepts connected to the “5-2-1-0” campaign and why they are important to their health. SWAC Goal

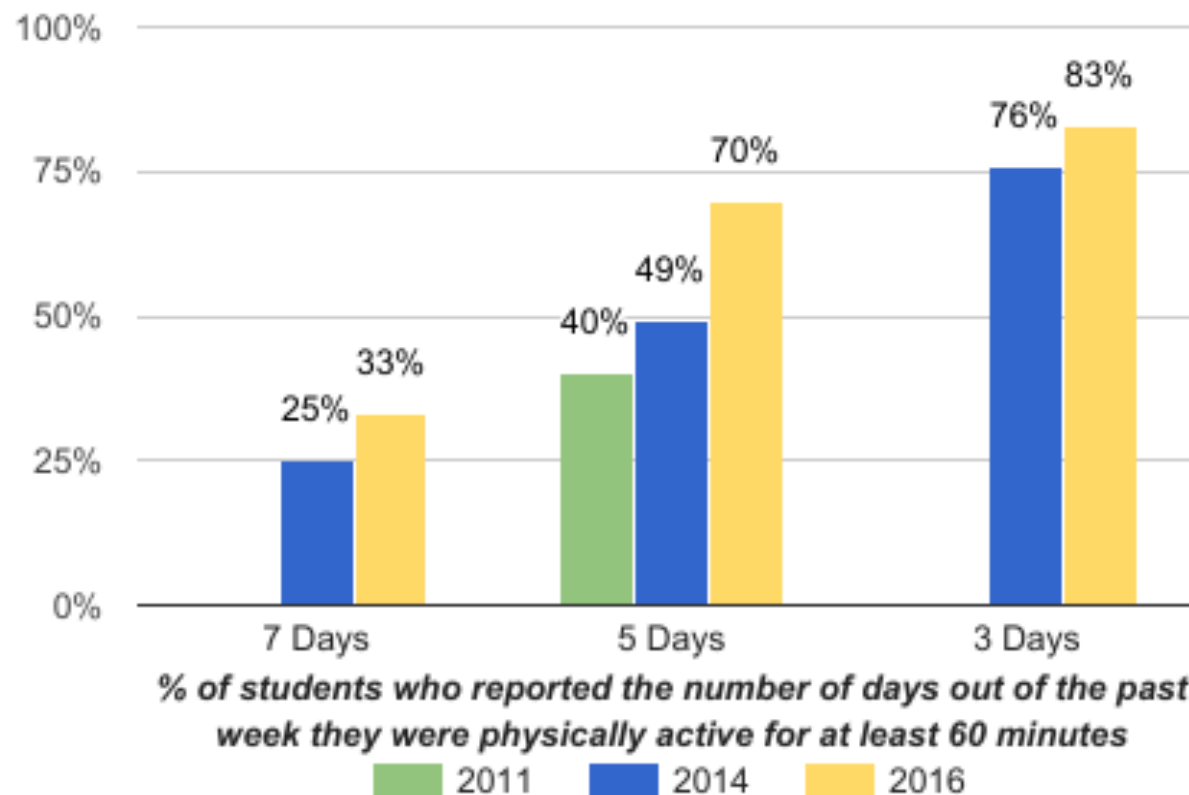
# Accelerometer & Pedometer Physical Activity Data



Data Collection Grades 1,3,4,6,7,9-12

# Self Reported Daily Physical Activity Levels

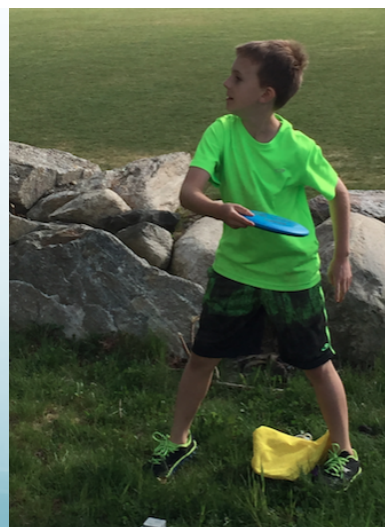
**3, 5 and 7 Day Physical Activity Levels**





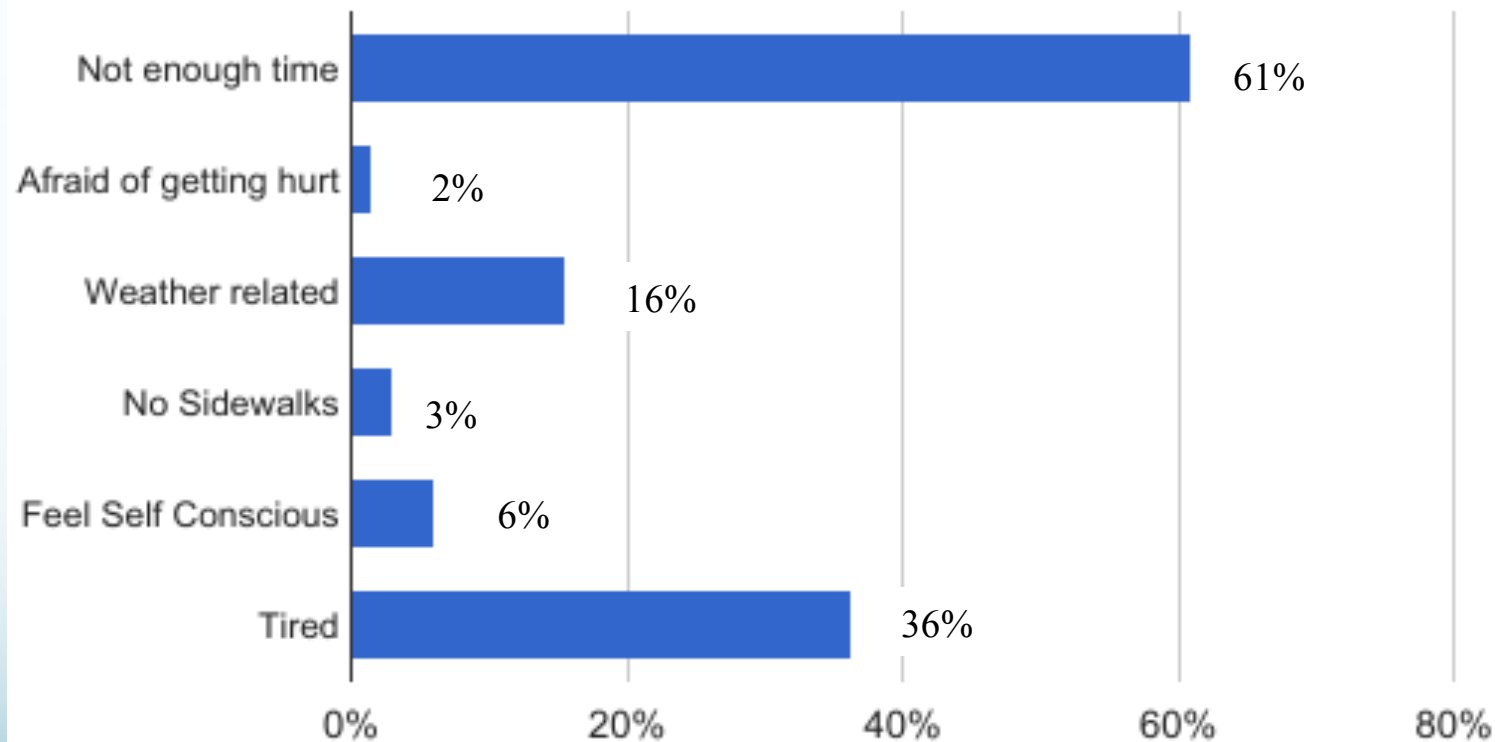


**93% of 7<sup>th</sup>-12<sup>th</sup> grade  
students self report that  
they believe it is important  
to be physically active**



# Reasons for not reaching at least 60 minutes of daily physical activity

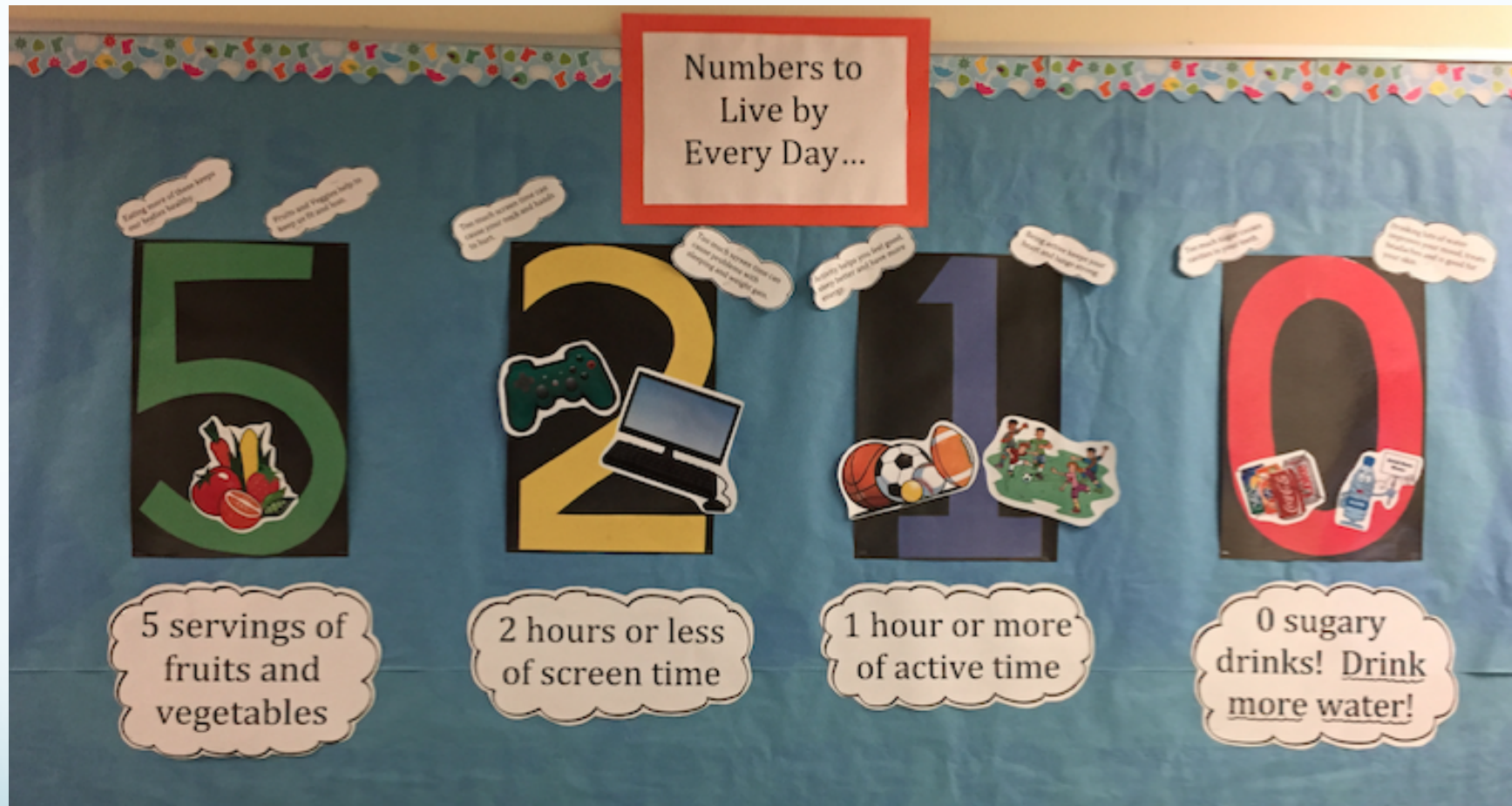
self reported by SHS students



***Students were allowed to choose multiple reasons***



# Healthy Habits



92% of students across the district can recall the 5-2-1-0 concepts and why they are important

# Priority: Ensure a systematic response to students who are struggling with social, emotional, and/or mental health issues.

- 90% of students, parents, and educators will agree that their schools' social and emotional cultures are healthy. District and SWAC Goal
  - Develop a comprehensive approach to support students experiences significant social, emotional, and/or mental health issues. District Goal
- All students will be able to identify at least one way they can access the help and support they need in the school environment when they or a friend are struggling with social, emotional, or mental health issues.

SWAC Goal

  - Ensure that health curriculum and other elements of students' school experience are providing age-appropriate information to students regarding stress management and emotional regulation, including information regarding the benefits of proper exercise, sleep and nutrition. SWAC Goal

# Supports available in the District

- Student Support Teams
- Clinical Coordinators
- Psychiatric Consultation
- UMass Child Psychiatry Fellows
- Mental Health First Aid Trainings
- “Check and Reflect” Surveys and Follow up
- Social Work Wrap Around Services
- Community Partnerships

# “Check and Reflect”

## Early Elementary Check & Reflect Survey

Name \_\_\_\_\_

How are you feeling today?

Circle the face that shows how you feel:



My thermometer is at: 1-2-3-4-5



Write Your  
Number Here

Remember:

➤ When you get to a 3 or higher:

- Take a break
- Tell an adult
- Take a deep breath

➤ Teachers are here to help!

## Upper Elementary Check & Reflect Survey

Name \_\_\_\_\_

1. How are you feeling today? (Circle your answer)

- |           |              |           |
|-----------|--------------|-----------|
| • Happy   | • Frustrated | • Calm    |
| • Sad     | • Scared     | • Excited |
| • Worried | • Angry      |           |

2. My thermometer is at:  
1 – 2 – 3 – 4 – 5

Write Your  
Number Here



Remember:

➤ When you get to 3 or higher, you can:

- Relax: Square breathing, tighten and relax muscles.
- Think: Positive self-talk, big deal or little deal?
- Take a break.
- Ask an adult for help.

3. I tell an adult when I am upset at school: Yes or No

# “Check and Reflect”

## SHS Mental Health Check and Reflect Form

Grade 9-12

\* Required

**1. I am having a good day today. \***

*Mark only one oval.*

- ☐ Not really  
☐ Somewhat  
☐ Yes

**2. When I need support, I most often talk to. \***

*Check all that apply  
Check all that apply.*

- ☐ A friend or sibling  
☐ An adult or parent  
☐ No one  
☐ Other: \_\_\_\_\_

**3. I know at least one thing that I can do to help me feel better when I'm having a bad day. \***

*Mark only one oval.*

- ☐ Yes  
☐ No

**4. Talking to others helps me feel better. \***

*Mark only one oval.*

- ☐ Never  
☐ Sometimes  
☐ Most of the time

**5. Doing an activity helps me feel better. \***

*Mark only one oval.*

- ☐ Never  
☐ Sometimes  
☐ Most of the time

**6. Having quiet time (taking a break) helps me feel better. \***

*Mark only one oval.*

- ☐ Never  
☐ Sometimes  
☐ Most of the time

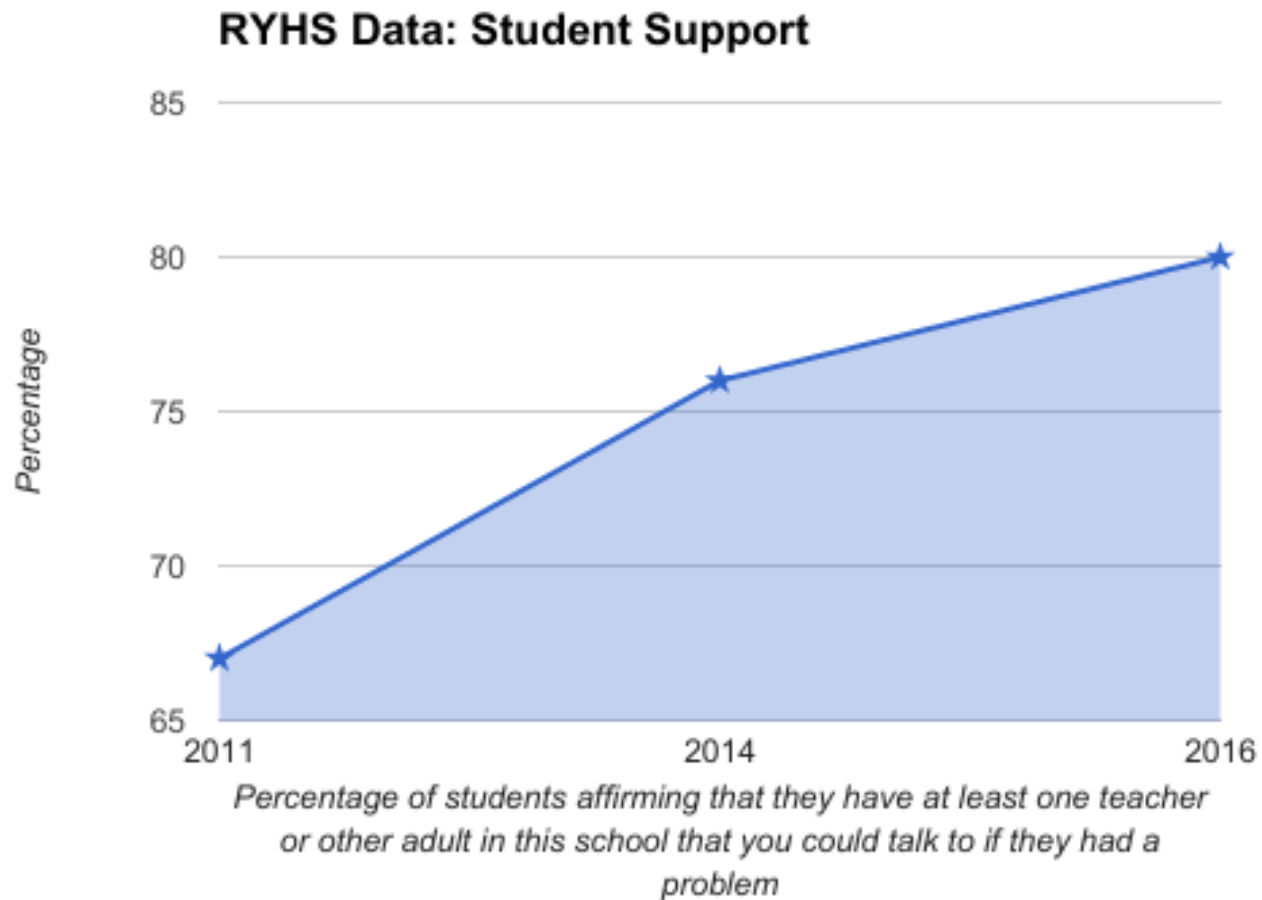
**7. What grade are you in? \***

*Mark only one oval.*

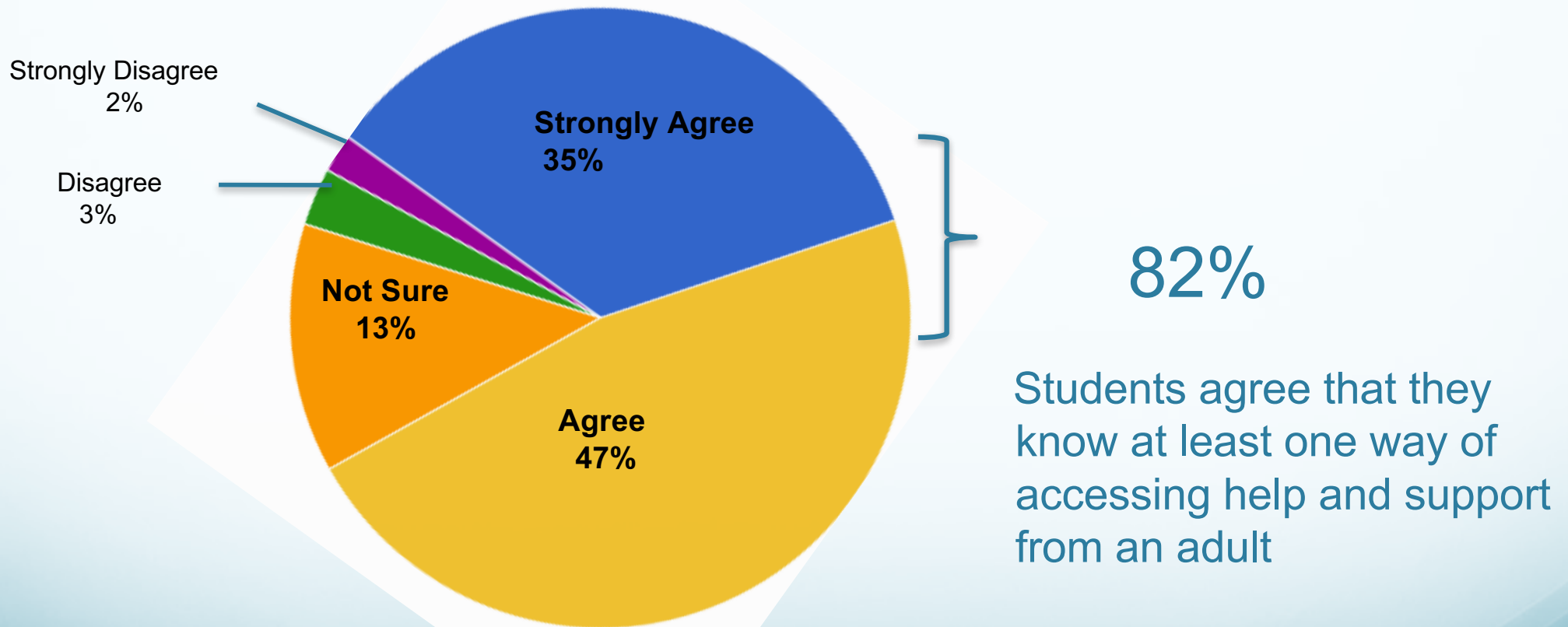
- ☐ 9  
☐ 10  
☐ 11  
☐ 12



# Regional Youth Health Survey



# April 2017 Student Survey



# Mental Health First Aid

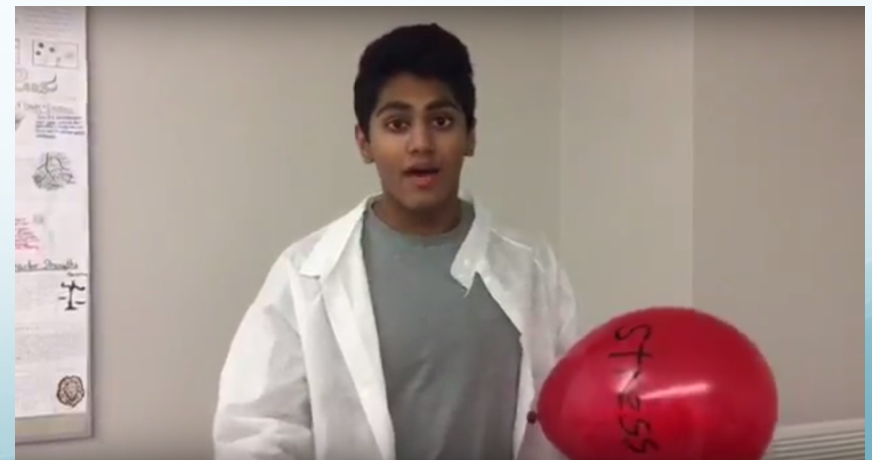
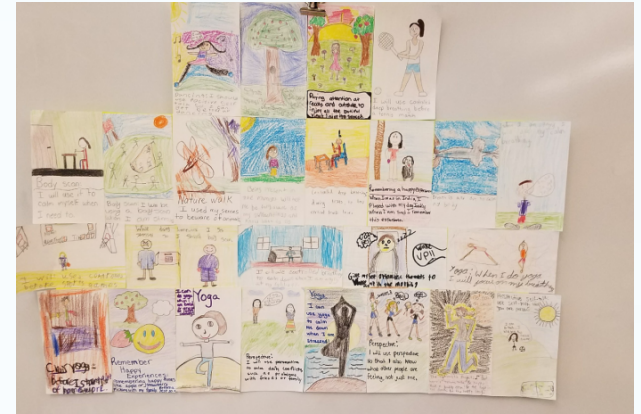


- Teaches skills to identify and help individuals developing a mental health problem or experiencing a mental health crisis
- Over 200 SPS staff have been trained since Spring of 2014

# Health Education



Learning experiences designed to help students learn about their health by increasing their knowledge and influencing their attitudes and behaviors.



# Communication to Promote Health and Wellness

utilizing various media to more effectively communicate information  
and awareness      SWAC Goal

Shrewsbury Coalition for Addiction Prevention & Education  
(SCAPE)

SHS

Athletic Department  
Website &  
Parent Athlete Nights

SPS Department of Nursing  
Website

Superintendent's  
Student Learning Goal



# Thank you!



## Questions?

# References

- Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D. and Schellinger, K. B. (2011), The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, 82: 405–432. doi:10.1111/j.1467-8624.2010.01564.x
- Garcia, D. (2016), 60 Min. of PA 2011 -16 Unpublished Raw Data, Grades 1,3,4,6,7, 9-12
- Central MA Regional Public Health Alliance, (2016). Regional Youth Health Survey, Unpublished Raw Data, Grades 7 -12