



San Diego Unified
SCHOOL DISTRICT

Wellness Assessment in Action: San Diego Unified School District's Approach



Kate McDevitt
District Wellness Supervisor
San Diego Unified School District

Our District at a Glance

- * 2nd largest district in California
- * ~105,000 students (pre-K thru 12, not including charters)
- * ~ 14,000 Salaried employees

- * 226 total educational facilities
- * 117 elementary schools, including K-8
- * 25 middle schools
- * 24 high schools
- * 11 atypical/alternative schools
- * * 49 *charter schools*



San Diego Unified
SCHOOL DISTRICT

How do we move from Policy to Meaningful Practice?

Engagement

Assessment

Planning

Implementation

Monitoring

Step 1: Establish Wellness Governance

Superintendent & School Board

Superintendent's Designee for Wellness:

Program Manager of Nursing & Wellness, Michelle Bell

Thru LCAP :

District Wellness Supervisor, Kate McDevitt



District Wellness Council & Sub-Committees

** 10+ SDUSD Departments represented + Community Partners - 54% Growth in 2016-17*

Step 2: Revising District Wellness Policy (Using WellSAT & Partner Supports)



Step 3: SDUSD Framework for Wellness (Our “How To” Guide)



FRAMEWORK FOR WELLNESS: *EVERY HEALTHY STEP IS A STEP IN THE RIGHT DIRECTION.*

COMPONENTS OF THE FRAMEWORK FOR WELLNESS



- * Evidenced-Based
- * Responsibility and Accountability
- * Tools & Resources
- * Meets legal requirements
- * Aligns with Vision 2020 and LCAP

Step 4: Launch our School Site Wellness Program

Superintendent's Memo to Principals



Office of the Superintendent
Cindy Marten
Superintendent of Public Education
4100 Normal Street, Room 2219
San Diego, CA 92103
P. 619.725-5506
F. 619.291-7182

MEMORANDUM

To: Principals
From: Cindy Marten
Date: October 5, 2017
Subject: Board Policy 5030 Student Wellness/Policy Implementation

In the summer of 2017, the Board of Education took another step towards fulfilling our vision of having a quality school in every neighborhood by approving the revision of our District Wellness Policy (BP 5030 Student Wellness, formerly H-7700.)

San Diego Unified remains committed to providing an environment where students and staff can learn to make healthy choices for lifelong well-being. We acknowledge the strong relationship between students' health and learning, and that the district's mission cannot be accomplished without explicitly planning for and supporting student health and wellness. The Board of Education realizes wellness is a cornerstone of student success.

The District Wellness Council, in collaboration with our Nursing & Wellness Department, will continue providing support and guidance along the path to implementation.



Identifying & Training School Site Wellness Coordinators

(Great thanks to our amazing partners!)



Forming School Site Wellness Committees



Wellness Assessment

(School Site Implementation of Wellness Policy)



San Diego Unified School District 2016-17 Assessment - School Site Implementation of Wellness Policy

Deadline to Submit: **December 16, 2016**

Please submit completed form to Kate McDevitt, SDUSD Wellness Program Supervisor: kmcdevitt@sandi.net

School Name:	<u>Correia Middle School</u>
Principal Name:	<u>Jonathan McDade</u>
School Site Wellness Coordinator Name:	<u>Brenna Baringer</u>
School Site Wellness Coordinator Role/Job Title at School:	<u>Vice Principal</u>
Date Assessment was Completed:	<u>12-12-16</u>
Nursing & Wellness Dept Internal Code:	<u>5W30</u>

School Site Wellness Committee

	Current level of compliance (Mark with a 1, 2 or 3) 1 - Not in place; 2 - Partially in place; 3 - Fully Implemented	Current Activities: How our school is currently implementing (What, When & Where)	Responsibility (Name of School Site Staff Member)
Establish a School Site Wellness Committee (SSWC). This committee should have representation from school site employees, classified and certificated, that have a direct impact on students' physical, mental-emotional, nutritional, and educational well-being.	<u>3</u>	We have formed a diverse 19-person School Site Wellness Committee that will meet monthly starting December 12, 2016	<u>Brenna Baringer</u>
Review the SDUSD Framework for Wellness, developed by the District Coordinated School Health Council (CSHC) that outlines strategies for implementing the District Wellness Policy.	<u>3</u>	Distributed Wellness Framework to committee members electronically on 12-5-16 to read prior to 12-12-16 meeting. Reviewed SDUSD Framework components at	<u>Brenna Baringer</u>

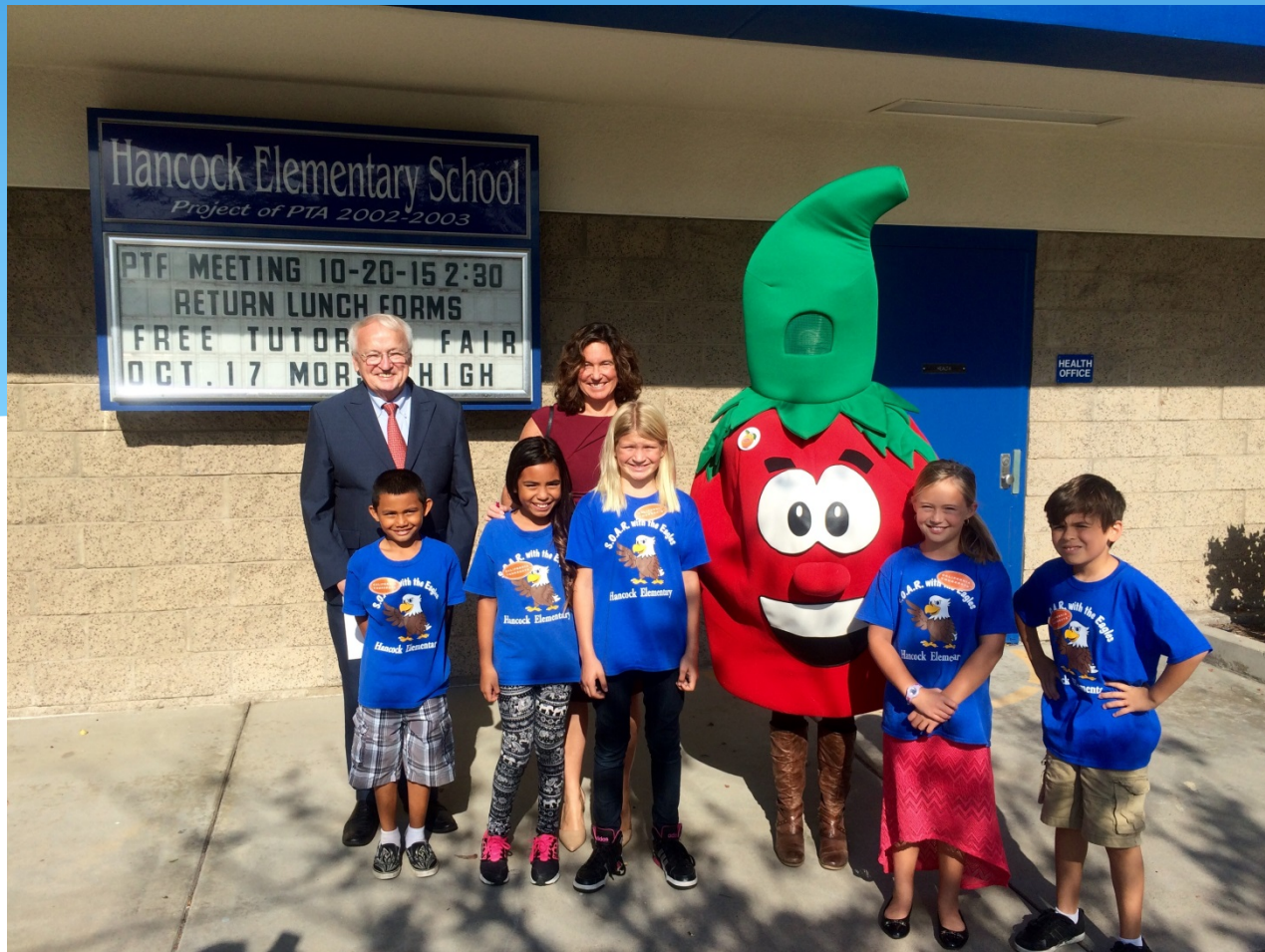
School Site Action Plan:

- one (1) student wellness strategy
- one (1) staff wellness strategy
- one (1) family engagement strategy



**Important Question:
Schools, what do you need to be
successful?**

Implementation of Strategies & Support from Council



Reporting Success!

School Site Annual Report



School Site Wellness: 2016-17 Student Strategies

Healthy Celebrations



Nutrition Education



Increased Physical Activity & “Brain Breaks”



TOP 5

- 58% Physical Activity
- 43% Health Education
- 33% Parent & Community
- 30% Site Wellness Committee
- 29% Social-Emotional

Mindfulness in the Classroom

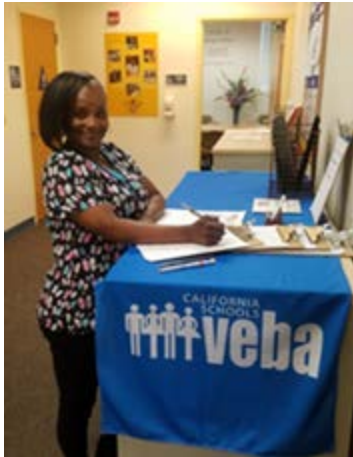


Health Fairs



School Site Wellness: 2016-17 Employee Strategies

Workshops & Health Screenings



Modeling Healthy Behaviors



Increased Physical Activity



TOP 3:

42% Physical Activity

31% Social Emotional

30% Health Education

SDUSD "high utilizer" for onsite wellness services and 84.64% of VEBA's total Health Screenings (01/17 - 05/17)



School Site Wellness Program 2016-17 End of Year Reports

- * **93% - Increased awareness of District Wellness Policy**
- * **90% - Increased awareness of resources to improve health & well-being**
- * **83% - Increased understanding of correlation between health & achievement**
- * **57% - Plans to invite students to join School Site Wellness Committee in 2017-18**



SDUSD District Wellness Initiative

District Wellness Policy & Council

School Site Wellness Program (178)

High School Wellness Centers (6)

Wellness Integration in our District's Central Offices

Student, Family & Community Advocacy for Wellness

Closing Reflections

- * **Power of Partnerships – nationally & locally**
- * **LCAP Integration**
- * **Identified site contacts**
- * **Tools & training for shared structure**
- * **Sites empowered to ID own strategies**
- * **Celebrate Successes!**

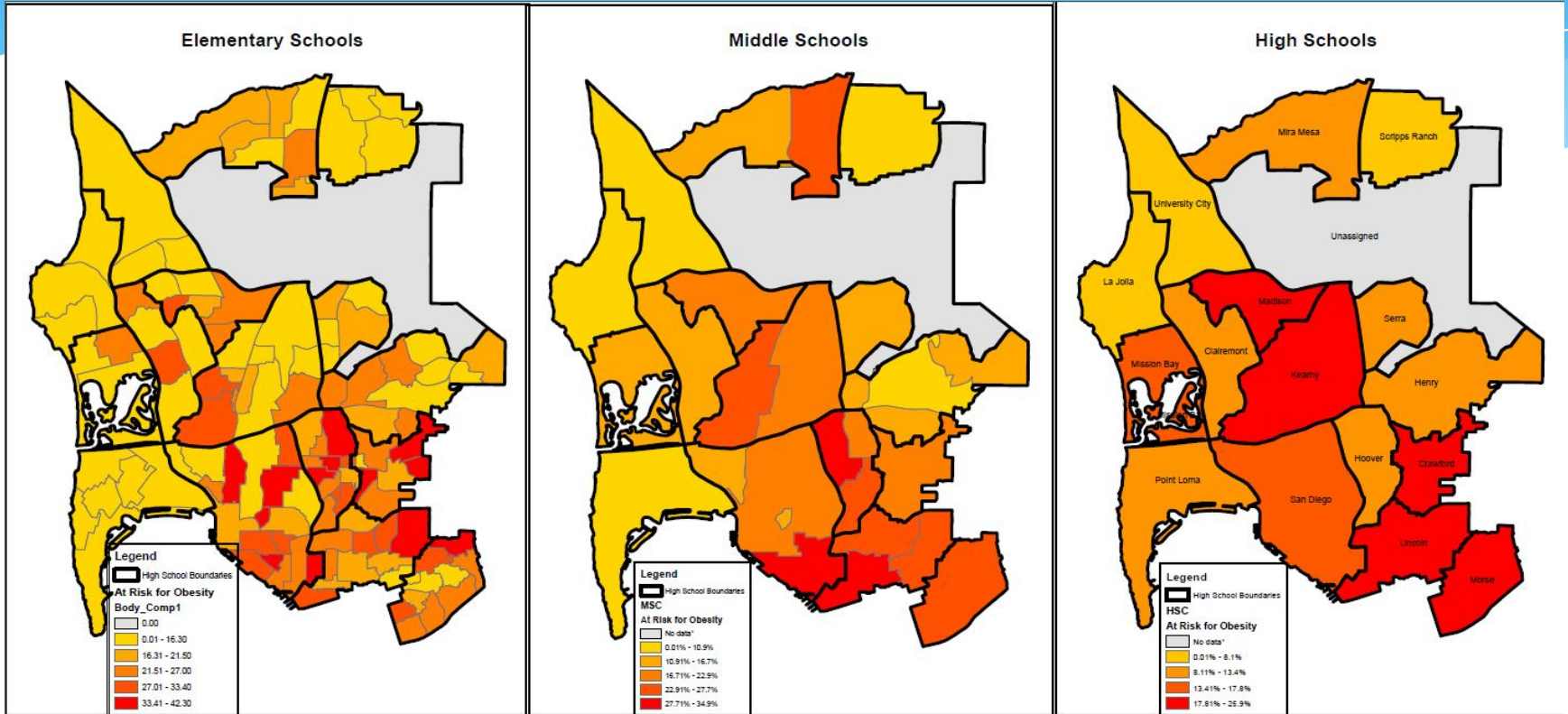


Always continue to ask questions, listen, educate, advocate, evaluate & improve!

Thank you.



FITNESSGRAM: % Students “At Risk” in Obese Category



By Alex Bautista & Asad Dalmar

**Body Composition Results for the Physical Fitness Test, 2015-16
[Percentage of Students "At Risk" in Obese Category]**



Source: California Department of Education