District Wellness Committee
Monday, October 2, 2023

- Welcome
- Review of purpose of the Wellness Committee
- Discussion of completed modules (Discussion, possible action steps, etc.)
    - **School Health and Safety Policies and Environment**
    - **Employee Wellness and Health Promotion**
    - The rubrics for the two modules above were discussed and rated. We created statements of weaknesses and strengths for each section.
- Choose modules for completion
    - Modules – Bolded Modules will be completed for our Nov. 6 meeting.
        - *School Health and Safety Policies and Environment*
        - Health Education
        - Physical Education and other Physical Activity Programs
        - Nutrition Environment and Services
        - School Health Services
        - School Counseling, Psychological, and Social Services
        - Social and Emotional Climate
        - Physical Environment
        - *Employee Wellness and Health Promotion*
        - **Family Engagement**
        - **Community Involvement**
    - Complete Modules
        - Directions https://www.cdc.gov/healthyschools/professional_development/e-learning/shi.html
    - Future Meetings
        - November 6, 2023
        - December 4, 2023
        - January 2, 2024
        - February 5, 2024
        - March 4, 2024
        - April 1, 2024 Board Approval
        - May 6, 2024 Publish

- District Members in attendance:
    - Jennifer Lott
    - Amy Morstad
    - Nancy Papke
    - Renee Vulgaris
    - Hidi Borup
    - Miranda Hanley

School Health Index (SHI)

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Your School's SHI: Bull243656

SHI Edition: SHI 2017 (7th Edition)   Created: 09/05/2023   Last Activity: 10/02/2023

Modules/Questions   Overall Scorecard   Plan for Improvement

Module 1: School Health and Safety Policies and Environment

Scorecard & Planning Questions

Scorecard for Questions Completed in Module 1

#	Criteria	Fully in Place	Partially in Place	Under Development	Not in Place	Does not Apply
1.	Representative school health committee or team (CC.1)		2			
2.	Written school health and safety policies (CC.2)		2			
3.	Communicate health and safety policies to students, parents, staff members, and visitors (CC.3)			1		
4.	Overcome barriers to learning (CC.4)	3				
5.	Enrichment experiences (CC.5)			1		
6.	Local wellness policy (CC.6)			1		
7.	Standard precautions policy (CC.7)	3				
8.	Written crisis preparedness and response plan (CC.8)			1		
9.	School start times (CC.9)			1		
10.	Student involvement in decision-making (CC.10)				0	
11.	Staff development on unintentional injuries, violence, and suicide (S.1)			1		
12.	Access to physical activity facilities outside school hours (PA.1)				0	
13.	Prohibit using physical activity as punishment (PA.2)				0	
14.	Prohibit using food as reward or punishment (N.1)	3				
15.	Water testing (N.2)				0	
16.	Access to free drinking water throughout the school day (N.3)	3				
17.	Access to free drinking water throughout the extended school day (N.4)	3				
18.	All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards. (N.5)					n/a
19.	All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards. (N.6)					n/a
20.	At the high school level, beverages sold during the school day exceed the USDA's Smart Snacks in School nutrition standards. (N.7)					n/a
21.	All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards. (N.8)					n/a
22.	All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards. (N.9)					n/a
23.	All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards. (N.10)					n/a
24.	Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards. (N.11)		2			
25.	Food and beverage marketing (N.12)					n/a
26.	Prohibit tobacco use among students (T.1)	3				
27.	Prohibit tobacco use among school staff members and visitors (T.2)	3				
28.	Prohibit alcohol and other drug use among all students, school staff members, and visitors (AOD.1)	3				
29.	Enforce alcohol, tobacco, and other drug use policies (AOD.2/T.3)	3				
30.	Prohibit alcohol and tobacco advertising (AOD.3/T.4)	3				
31.	Written policies for carry and self-administration of quick-relief medications (CHC.1)			1		
32.	Professional development on chronic health conditions (CHC.2)			1		
33.	Non-discrimination on the basis of HIV infection policy (SH.1)	3				
34.	Confidentiality of HIV status (SH.2)	3				
35.	Professional development for all staff members on HIV policies or laws (SH.3)			1		
36.	Professional development for administrators and teachers on HIV, other STD, and pregnancy prevention (SH.4)				0	
37.	Non-discrimination on the basis of pregnancy or parenting status policy (SH.5)				0	
38.	Strategies to meet the needs of LGBT youth (SH.6)			1		

		Column Totals	36	6	10	0	-

Total Points/Maximum Points   52/93
Module 1 score   56%

Step 1: Identify Strengths and Weaknesses

According to these scores, what are the strengths and the weaknesses of your school's policies and environment related to students' health and safety?

Strengths

#	Description	Options
1	Nutrition is a strength due to Chartwells.	Edit | Delete
2	Policies for tobacco, alcohol and drug use and possession.	Edit | Delete

Add Strength

Weaknesses

#	Description	Options
1	Suicide awareness	Edit Delete
2	Narcan training	Edit Delete
3	Communication and Staff development of policies	Edit Delete

Add Weakness

Step 2: Recommended Actions

Actions

No Actions have been added.

Add Action   << Previous   Continue >>

Content source: National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, School Health Branch

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Module 9: Employee Wellness and Health Promotion

Summary

📊 Export Module (9) - Summary

📊 Export All Modules - Summary

Summary Of Questions Completed in Module 9

#	Criteria	Fully in Place	Partially in Place	Under Development	Not in Place	Does not Apply
1.	Health education for staff members (CC.1)			1		
2.	Health assessments for staff members (CC.2)		2			
3.	Promote staff member participation (CC.3)			1		
4.	Stress management programs for staff (CC.4)				0	
5.	Staff mental health promotion (CC.5)			1		
6.	Breastfeeding policy (CC.6)	3				
7.	Training for staff members on conflict resolution (S.1)		2			
8.	Training for staff members on first aid and CPR (S.2)			1		
9.	Programs for staff members on physical activity/fitness (PA.1)			1		
10.	Programs for staff members on healthy eating/weight management (N.1)				0	
11.	All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition (N.2)			1		
12.	Modeling healthy eating and physical activity behaviors (N.3/PA.2)				0	
13.	Programs for staff members on tobacco-use cessation (T.1)				0	
14.	Programs for staff members on alcohol and other drug use prevention and treatment (AOD.1)				0	
15.	Programs for staff members on chronic health conditions management (CHC.1)			1		
	Column Totals	3	4	7	0	-

Total Points/Maximum Points   14/45
Module 9 score   31%

Step 1: Identify Strengths and Weaknesses

According to these scores, what are the strengths and the weaknesses of your school's policies and environment related to students' health and safety?

Strengths

#	Strengths
1	We do have a lot of available benefits but employees are not aware.

Weaknesses

#	Weaknesses
1	There are things available to district employees such as free Mammogram screenings or shot clinics BUT they are not necessarily accessible to all. There are health assessments for employees but not a
2	Modeling healthy eating and physical activity
3	Expense of adding family members to our health insurance.
4	Benefits for classified/part time employees.

Step 2: Recommended Actions

Action 1