

MUSD Wellness

District Wide School Health Council Requirements

MUSD School Health Councils

Also known as School Wellness Committees

The what, who, where, when, how, and why regarding local, state, and federal requirements







Duties of a School Health Council (SHC)

School Health Council (SHC) Duties

6 Step Process



The 6 Step Process represents the ongoing journey to create healthier environments. It requires stakeholders to continuously evaluate and improve upon health and wellness initiatives, and learn from successes and challenges to create sustainable change. When repeated each year, the 6 Step Process helps solidify healthy policies and practices and strengthen an organization's culture of health.

- Review the [MUSD Wellness Policy](#), [WSCC Model](#), [Healthy Schools Health Topics](#), and [School Wellness Committee Toolkit](#) (MUSD Wellness Policy labels School Wellness Committees as School Health Councils).
- [Assess strengths and opportunities](#) for improving policies and practices that promote student achievement and the wellbeing of students, staff, and teachers utilizing the Alliance for a Healthier Generation Thriving Schools Assessment twice per school year. [Create your free account HERE](#).
- Identify at least 3 action plan items, steps, and designees. Log completion dates. [Create your free account HERE](#).
- Implement action plan items, make connections, and utilize resources.
- Celebrate successes.

School Health Council (SHC) Duties

Duties in More Detail:

- Support the school in developing a healthier school environment
- Create the vision and health goals for the school
- Assist with policy development or revision to support a healthy school environment
- Promote parent, community and professional involvement in developing a healthier school environment
- Advocate for school health programs and policies within the broader school community
- Tap into funding and leverage resources for student and staff wellness
- Plan and implement programs for students and staff
- Evaluate program and policy efforts. Assess the effectiveness of your school policies and programs
- Provide feedback to the district regularly regarding progress on the implementation of the local wellness policy. Report celebrations and data collected to the district.

SHC vs District Wellness Committee

School Health Council (SHC)

Establishes site goals and supports school health programs with site administrator support.

Focuses on the needs of the students, employees, and community partners at a specific school.

Council includes students and adult stakeholders that support site specific health support, implementation, and needs.

District Wellness Committee

Establishes district goals and oversees school health and safety policies and programs with district administrator support.

Develops, implements, evaluates, and updates the district wellness policy. Organizes data and reports. Provides professional development.

Committee includes district, school, and community members.

Health Areas Addressed by SHCs

14 Health Assessments

1. Core Policies and Practices
2. Family and Community Engagement
3. Nutrition and Food Access
4. Local School Wellness Policy (*District Policy*)
5. Health Education
6. Physical Education and Activity
7. Social-Emotional Health
8. Staff Well-Being
9. Tobacco-Free Schools
10. School Health Services
11. Chronic Absenteeism
12. School Discipline
13. School Climate and Culture
14. Staff Capacity

10 Health Components

1. Physical education and physical activity
2. Nutrition environment and services
3. Health education
4. Social and emotional climate
5. Physical environment
6. Health services
7. Counseling, psychological and social services
8. Employee wellness
9. Community involvement
10. Family engagement



Suggested Team Members

At least 3 members must be present per meeting with agenda and sign-in sheet

Who should be invited to participate and provide support as needed:

- PE Teacher - Site Lead: ([See Stipend on Page 56 of CBA Addendum C](#) - viewing online)
- STEM Teacher
- Family Life Teacher
- School administrator (principal or VP)
- At least one representative from SSC, PBIS, and SAP Teams
- School nurse
- School counselor, psychologist, or behavioral health clinician
- Classroom teacher(s)
- Food Service Staff
- Custodian
- Security
- Recess and/or lunch staff
- Parent/guardian(s) - representative(s) can be from PTA, PTO, SSC, or have a child at the school
- Student(s) - Student Council Members and/or adult selected student representatives per grade level

Who should be invited to participate and provide support as needed:

Continued:

- Members of the general public (community member, local business representative, local youth organization, health care professional, promotoras, etc.)
- Community Partners (Madera County Department of Public Health, UCCE, Dairy Council of CA, Camarena Health, Kaiser, etc.)
- School Board Trustee Member (if/when needed)
- District Directors and/or Coordinators (if/when needed)

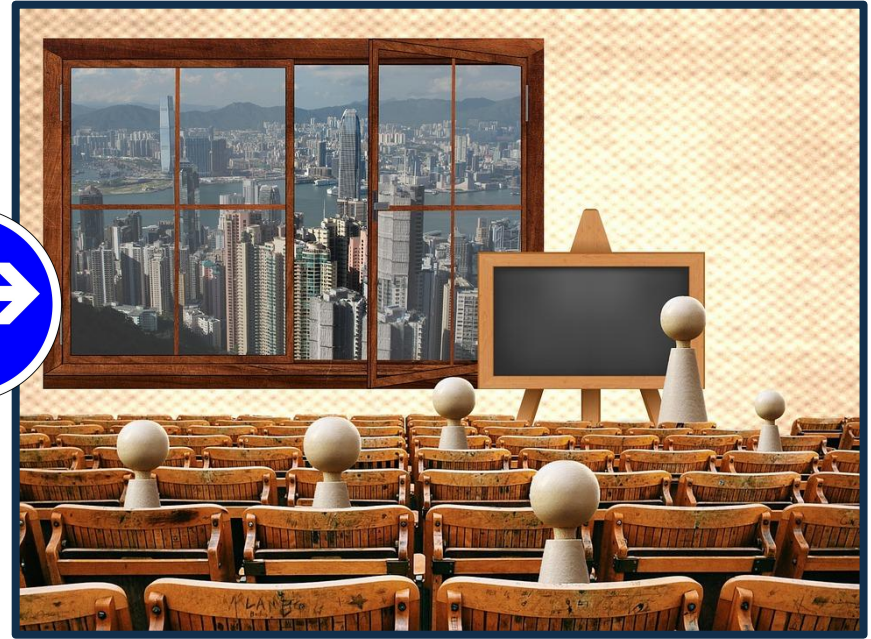
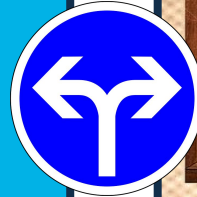


Host Meetings Virtually or on Campus

All MUSD Schools Must Have a School Health Council



Four Virtual Meetings



Four On Campus Meetings



Meeting Requirements

When Do We Meet?

- All School Health Councils are required to meet at least four times per school year. Save agendas and sign-in sheets for your records.
- Have a designee from your School Health Council join District Wellness Committee Meetings to gather information to share with your council. Click [HERE](#) for meeting dates and agendas.
- Have a designee from your School Health Council join other site teams that involve WSCC Model Components to gather information and share with your council. Examples include: PBIS, SSC, SECT, PTA/PTO.



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Implementation Strategies

Implementation Strategies

- **At Least Four School Health Council Meetings Required**
 - Attempt to schedule at strategic times (sub available, during prep if willing, working lunch if willing, etc.)
 - Merge your School Health Council with existing school committees – such as PBIS, SSC, SAP, etc.
- **Save agendas and sign-in sheets for school records and state reporting**
- **Utilize the Alliance for a Healthier Generation Thriving Schools Online Assessment**
 - Pre- and Post- assess school
 - Use the assessment to identify health priorities and guide actions implemented at school
 - Visit with your School Health Lead or District Coordinator of PE and Athletics for online support
- **Utilize the Alliance for a Healthier Generation Online Action Plan for site documentation and State Triennial Reporting Requirements.**
 - District personnel will compile qualitative and quantitative data at the end of each school year.
 - Unanswered items will be automatically identified as “Not In Place”
 - School districts are required to provide results to the public every three years.

Implementation Strategies

- Utilize partners and supporting organizations for support
- Reach out to [MUSD Departments](#) for support
 - Includes [Athletics and Physical Education](#), [Child Nutrition Services](#), and [Human Resources](#).
 - Includes all departments that fall under the Department of [Student and Family Support Services](#)
- Make meeting and action plan items specific to site needs
- Align action plan items with pre-determined district initiatives

Suggested Agenda Items

- Meeting One

- Prior to October 1
- Create meeting norms
- All council members join Alliance for a Healthier Generation, free.
- Council members complete the Thriving Schools Health Assessment. Assign a designee for each area.
- Identify district initiatives focusing on health: Is the district already requiring all schools to focus on a specific action plan item addressing health? What assessment item is the action specific to? Add it to your online action plan so predetermined action items are already included in your work plan.
- Health and Wellness Calendar Creation:
 - Identify key action plan items, implementation dates, and stakeholders.
 - School site meetings and wellness: What mini-training and/or activity will be included each month? Monthly focus and/or weekly announcement focus ([elem.](#), [m.s.](#), [h.s.](#))
 - Example: August - [Brain Energizers](#), [Daily Mile](#), scheduling - recess prior to lunch option, [Tips for Teachers](#), & Documenting PE Minutes; September - [Recess activities and unified rules \(other resource\)](#)/[free SEL Empowerment Program](#); October - [Healthy Celebrations and Incentives](#), [Safe Routes to School](#), Smarter Lunchroom Assessment; November - [Employee Wellness Survey \(other resource\)](#)- What are school employees interested in; December - Jingle Bell Jog; January - [Employee Health Challenge Activity](#); February - [Kids Heart Challenge](#); March - [March Madness Step Challenge](#), [Nutrition Month](#); April - [School Garden](#) Smarter Lunchroom Assessment; May - [Movement Challenge](#); June - Review Employee Wellness Survey, actions initiated, and celebrate.
 - Are any trainings specific to health and wellness needed for employees (district led or site led) ?

Suggested Agenda Items

- **Meeting Two**

- Prior to December 1
- Review and enhance online action plan.
- Review Health and Wellness Calendar: Identify key action plan items, possible revisions needed, implementation dates, and stakeholders.
- Ask for help - Does a leader need help with a jog-a-thon, school health fair, walkability assessment, jingle bell jog, healthy fundraiser, healthy food sales idea, healthy party strategy, attendance incentives, peaceful playgrounds, school culture and climate initiative, student engagement strategy, school safety plan, etc.?
- Health and Wellness Celebrations: Have action plan items been accomplished?
- Review PE minutes and documentation. Send to the Department of Athletics and Physical Education.

Suggested Agenda Items

- **Meeting Three**
 - Prior to March 1
 - Apply for Healthy Schools Award
 - Review and enhance online action plan.
 - Review Health and Wellness Calendar
 - Ask for help
 - Health and Wellness Celebrations
 - Review PE minutes and documentation. Send to the Department of Athletics and Physical Education.

Suggested Agenda Items

- Meeting Four

- Prior to June 1
- Council members review and update the Thriving Schools Health Assessment.
- Council members review and update the Online Action Plan.
- Health and Wellness Calendar Review:
 - Identify key action plan items that will be replicated next school year.
- Review PE minutes and documentation. Send to the Department of Athletics and Physical Education.



Alignments: Laws, Stakeholders & Learning

Laws and Regulations

- **Law and Child Nutrition funding**
 - 2004 - State education agencies require districts to create a Local District Wellness Policy and form District Wellness Committees.
 - [2010 - Healthy, Hunger-Free Kids Act](#) - Districts that participate in the National School Lunch Program and/or the School Breakfast Program require schools to establish School Health Councils that convene to review school-level issues. Tasks include convening, planning, and implementing wellness efforts that comply with the District Wellness Policy and are specific to the needs of the school site.

Student Benefits

- There is a positive relationship between [dietary](#) behaviors and academic performance ([LINK](#))
- There is a positive relationship between [physical activity](#) and academic performance ([LINK](#))
- Students with higher grades are less likely to use tobacco products ([LINK](#))
- Students with higher grades are more likely to get eight or more [hours of sleep](#) ([LINK](#))
- [Recess](#) increases physical activity and improves student educational outcomes ([LINK](#))
- [Recess](#) combined with SEL improves student abilities to share and negotiate, improves social interactions, increases school connectedness, and improves school climate ([LINK](#))
- [Recess](#) with physical activity positively enhances grades, test scores, classroom behavior, school attendance, memory, attention, and concentration ([LINK](#))
- [SEL & Positive School Culture and Climate](#) increases improved attitudes about self, others, and school, increases graduation rates, decreases suspension and expulsion rates, increases attendance, increases connectedness, improves academic programs and behaviors, and saves money on remedial programs ([LINK 1](#) | [LINK 2](#))

Employee Benefits

- Higher energy and engagement ([KP Thrive](#))
- Decrease stress ([KP Thrive](#))
- Increases communication ([KP Thrive](#))
- Lowers health risks ([KP Thrive](#))
- Improves mental health ([KP Thrive](#))
- Creates an enjoyable work environment ([KP Thrive](#))
- Decreases teacher burnout ([CASEL Data](#))
- Increases teacher ability to develop and manage nurturing relationships with their students, serve as behavioral role models for students, and regulate emotions. ([CASEL Data](#))

Other Benefits

- **Family Benefits**

- Increased engagement in school health enhances systems of support for students ([CASEL Data](#))
- Student academic achievement increases when parents are engaged in their children's school activities ([LINK](#))
- Students choose healthier behaviors when parents are engaged in their children's school activities ([LINK](#))
- Students have better social skills when parents are engaged in their children's school activities ([LINK](#))

- **Community Benefits**

- SEL prepares youth to obtain stable employment in young adulthood - support local businesses and organizations ([CASEL Data](#))
- SEL is a strong return on investment - Every \$1 invested provides an \$11 return ([CASEL Data](#)) Safe Routes to School ensure all community members have access to safe walking and wheeling routes in their surrounding communities
- Partnerships between schools and community health centers increase health access for all and, reduce system barriers, and increase confidence in utilizing the health system

Aligns with the MUSD Community Compact

★ Equity Before Equality <i>Will this prioritize equity before equality?</i>	★ Student Centered Decision Making <i>Is this focused on students' needs?</i>	★ Collaborative Culture <i>Will this facilitate a collaborative culture in our district?</i>
★ Excellence for All <i>Will this promote excellence for all?</i>		
★ Learning Organization <i>Will this further the development of our learning organization?</i>	★ Community Relationships <i>Will this foster and deepen relationships with our community partners?</i>	★ Results Oriented <i>Will this be measured effectively and be results oriented?</i>
HONESTY + COMPETENCY = TRUST		

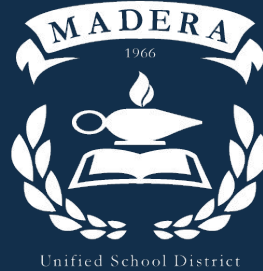
WE BELIEVE



PERFORMANCE

Health is a Human Right ([AFHK](#))

WE BELIEVE



“Where the futures of children are driven by their aspirations and inspired by their circumstances”