



# Wellness: A Measure of Success

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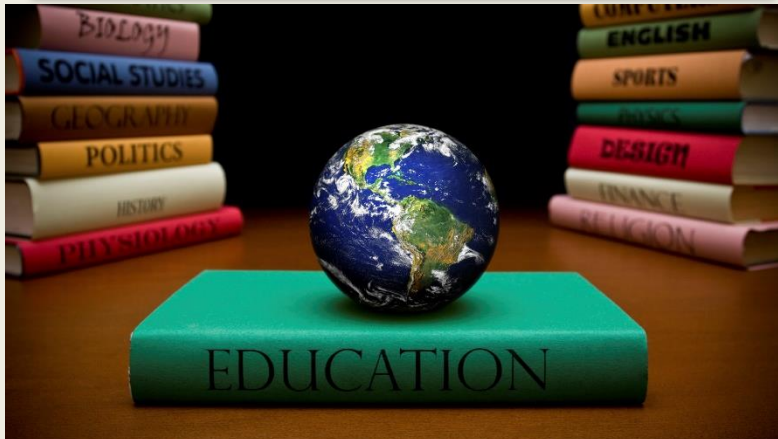
October 24, 2018  
2018 School Wellness Summit



California Department of  
**EDUCATION**



# Education...



**Yes, We Do Need Education...**

**Education leads to Longer lives, Better health!**



Education = Future

**Good health leads to better education outcomes**

**To succeed in school, attendance is critical**

# Overview of Wellness: A Measure of Success

- **Education and Health**
- **Improving Academic Success Through Wellness**
  - **Students:** Health Supports Achievement
  - **Programs:** Wellness Interventions
  - **Funding and Accountability:** LCAP, Dashboard and ESSA
- **Table Activity**



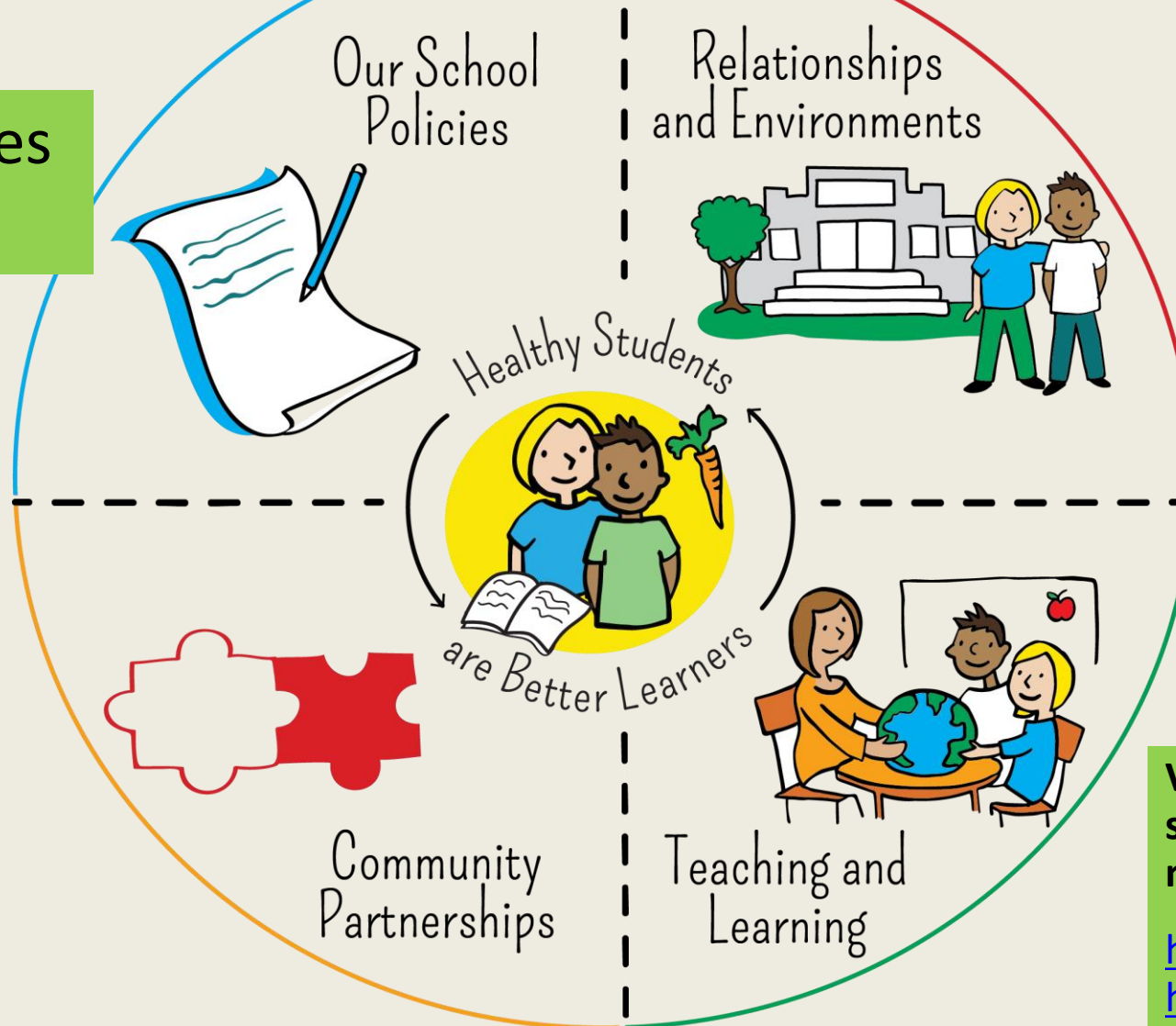
**What makes students  
want to “show up”  
for school?**

**What makes ed staff  
want to “show up”  
for work?**



# Healthy School Environments Promote Attendance and Engagement

Wellness Policies  
key framework



Visit the virtual healthy  
school environment for  
more examples:

<https://www.cdc.gov/healthyschools/vhs/index.html>

# Improving Academic Success through Wellness



Students

Programs

Funding





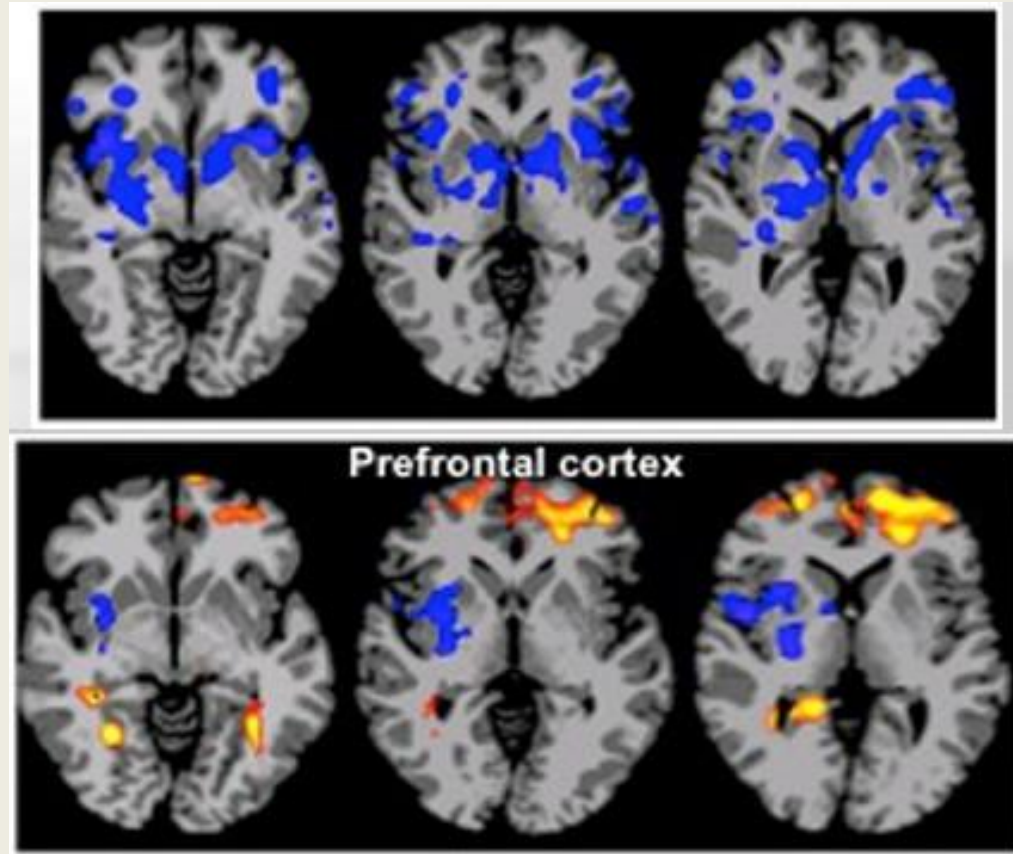
# Students

## Health Supports Achievement





# Nutrition is Important to Student Health and Academic Success!



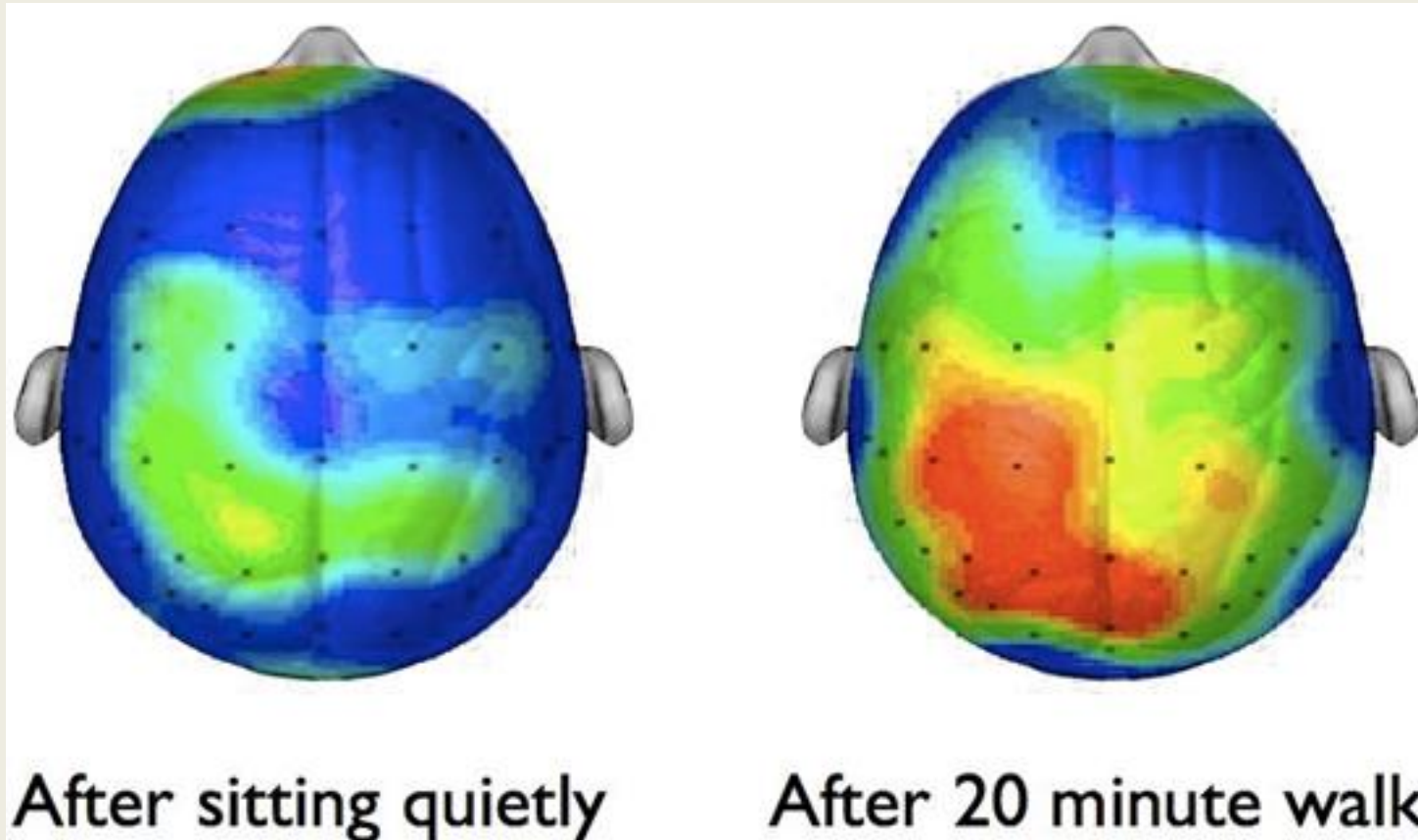
## Hungry Child

*The Mid-Brain is focused on food  
NOT READY TO LEARN  
Grouchy, Restless, Anxious*

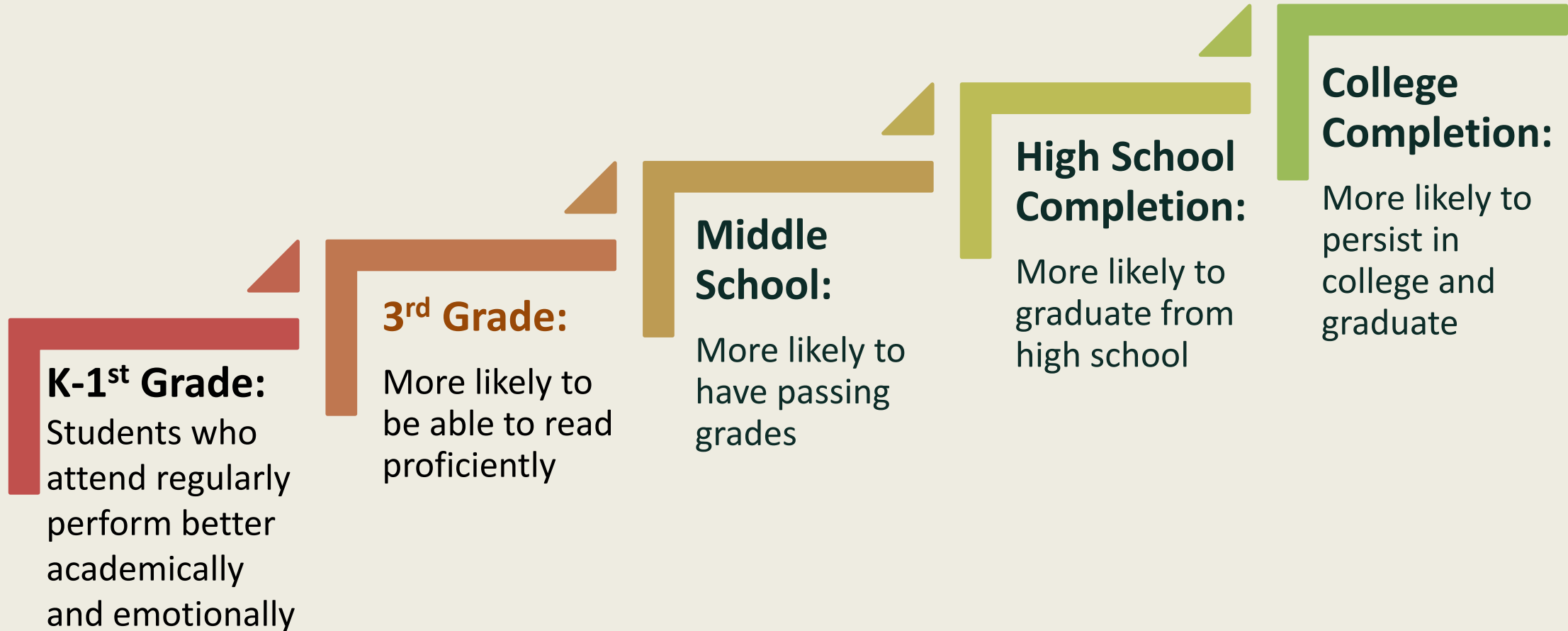
## After Eating

*The Front Brain is in working mode  
READY TO LEARN  
Calm, Organized, Thoughtful, Alert*

# Physical Activity Leads to Better Academic Achievement



# Attendance=Academic Success



**83% of chronically absent California kindergarteners and first-graders are unable to read on-level by third grade.**



# Chronic Absenteeism is an Academic Concern

- **10.8% of California students are chronically absent**
- **More than 50% of California schools have significant to extreme chronic absenteeism**
- **Rising chronic absenteeism costs schools ADA funding**

**Reference-CSBA Governance Brief**

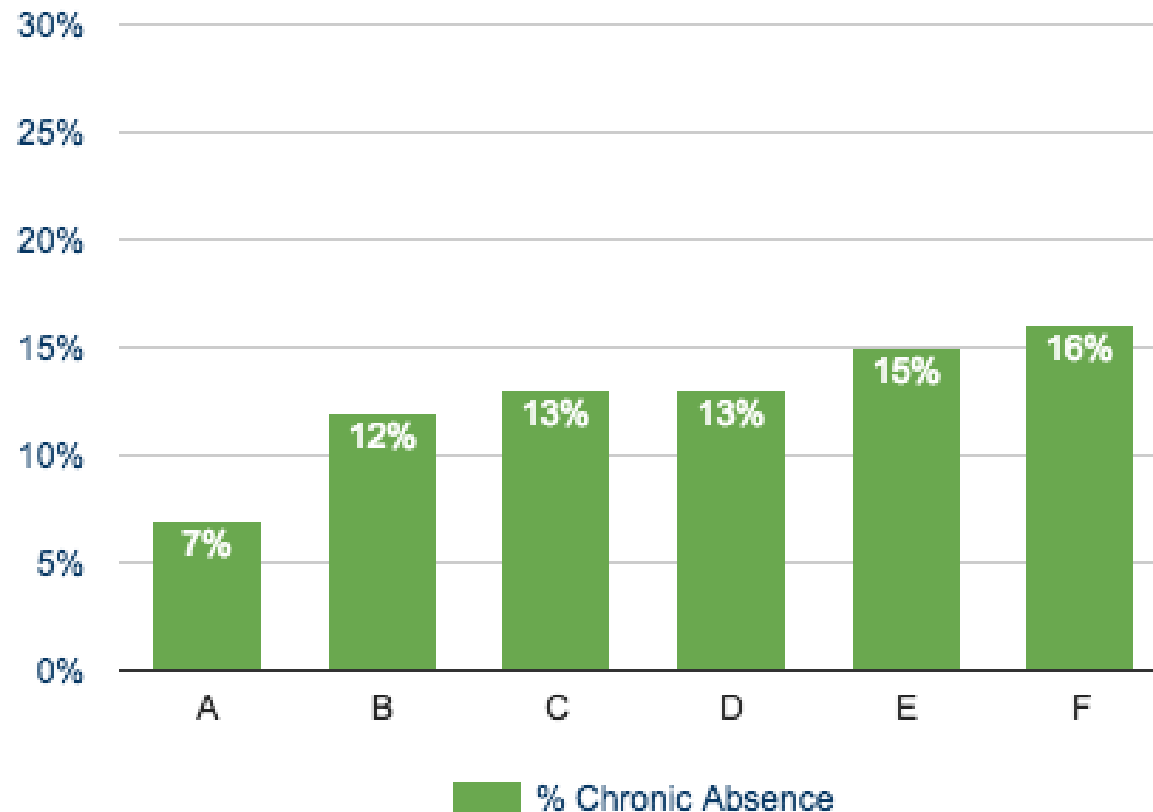
# What is Chronic Absenteeism?

- **Chronic absence** is missing so much school for any reason that a student is academically at risk
- Defined as **missing 10% or more of school for any reason**
  - About 18 days per year or 2 days a month



# Average Daily Attendance (ADA) Can Mask Chronic Absence

**Chronic Absence For 6 Elementary Schools in  
Oakland, CA with 95% ADA in 2012**





# Why Don't Students Show Up?

Asthma



Oral Health

Mental  
Health

Nutrition

Vision

**61% of the causes of absenteeism are health-related issues**

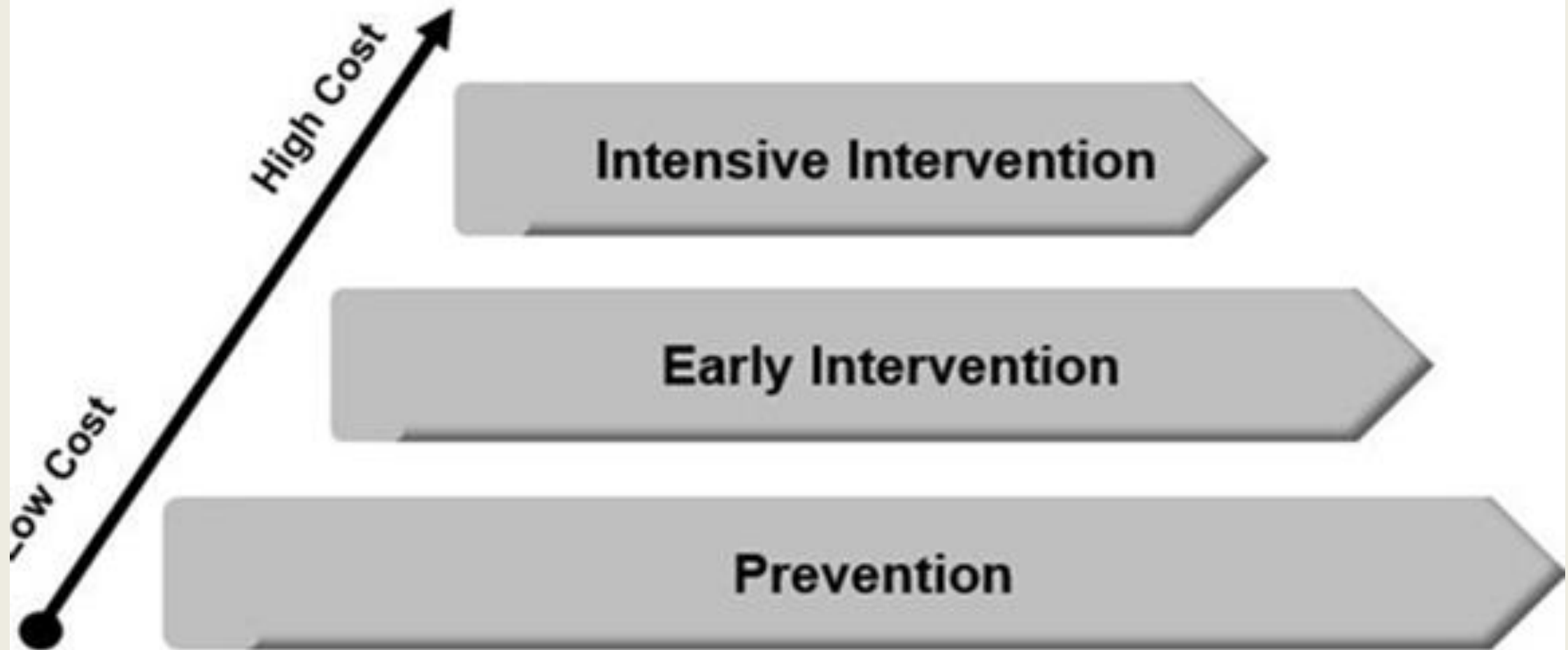
# Programs

## Wellness Interventions



# All Means All

Three Tiers to Reduce Chronic Absence in Schools:





# **School Breakfast: Tier One**

## **Low-Cost, Evidence-Based Intervention**

- **Breakfast provides multiple education benefits**
  - Score 17.5% higher on standardized math tests
- **Eating school breakfast=1.5 fewer absences per year**
- **3 in 5 students would increase their attendance if breakfast was available**
  - 60% of students eligible for free breakfast don't participate
  - Yet 95% of California's low-income students attended schools that operated the School Breakfast Program

# Mindfulness Practice-Tier One

- Clear, calm, and concentrated states of awareness
- Benefits for academic, athletic and interpersonal focus
- Reduced stress and anxiety
- Improved attendance

# School Based Health Services

## Multiple Benefits

- Reduces chronic absenteeism
- Supports children's health and academic achievement
- Reduces overall healthcare costs

## California School Based Health Alliance

➤ <https://www.schoolhealthcenters.org/healthlearning/chronicabsence/chronicabsencecasestudies/>



# Schools to Get Medicaid Reimbursement

- Change in health care system to prioritize prevention and health promotion
- Policy change allowing school districts to bill Medicaid for more school health services



# What does this mean for CA schools?

- Additional Medicaid revenue for school health services
- Opportunity to expand delivery of school health services and programs leveraging Medicaid funding
  - Can improve chronic absenteeism and achievement
- Pending state plan amendment-initial rollout coming soon
- Resources developed by state Medicaid agency
- Toolkit- <https://www2.ed.gov/admins/lead/safety/healthy-students/toolkit.pdf>

# Funding

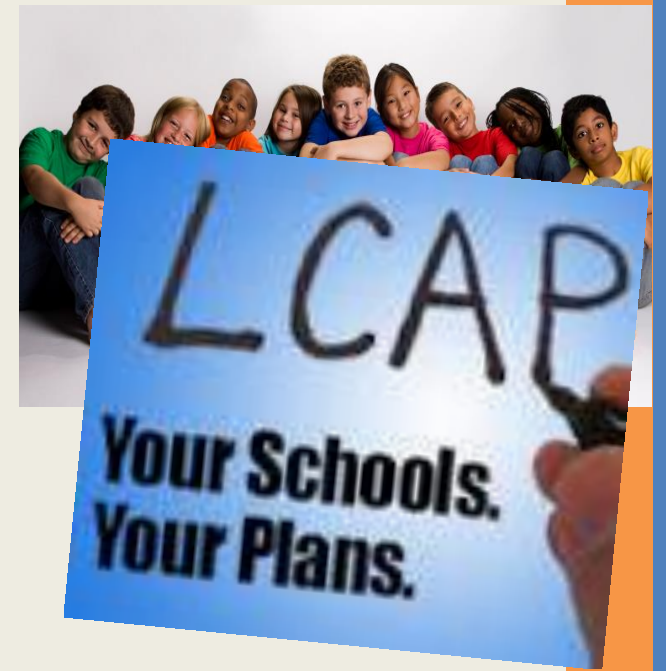
## LCAP, Dashboard and ESSA





# Local Control Funding Formula

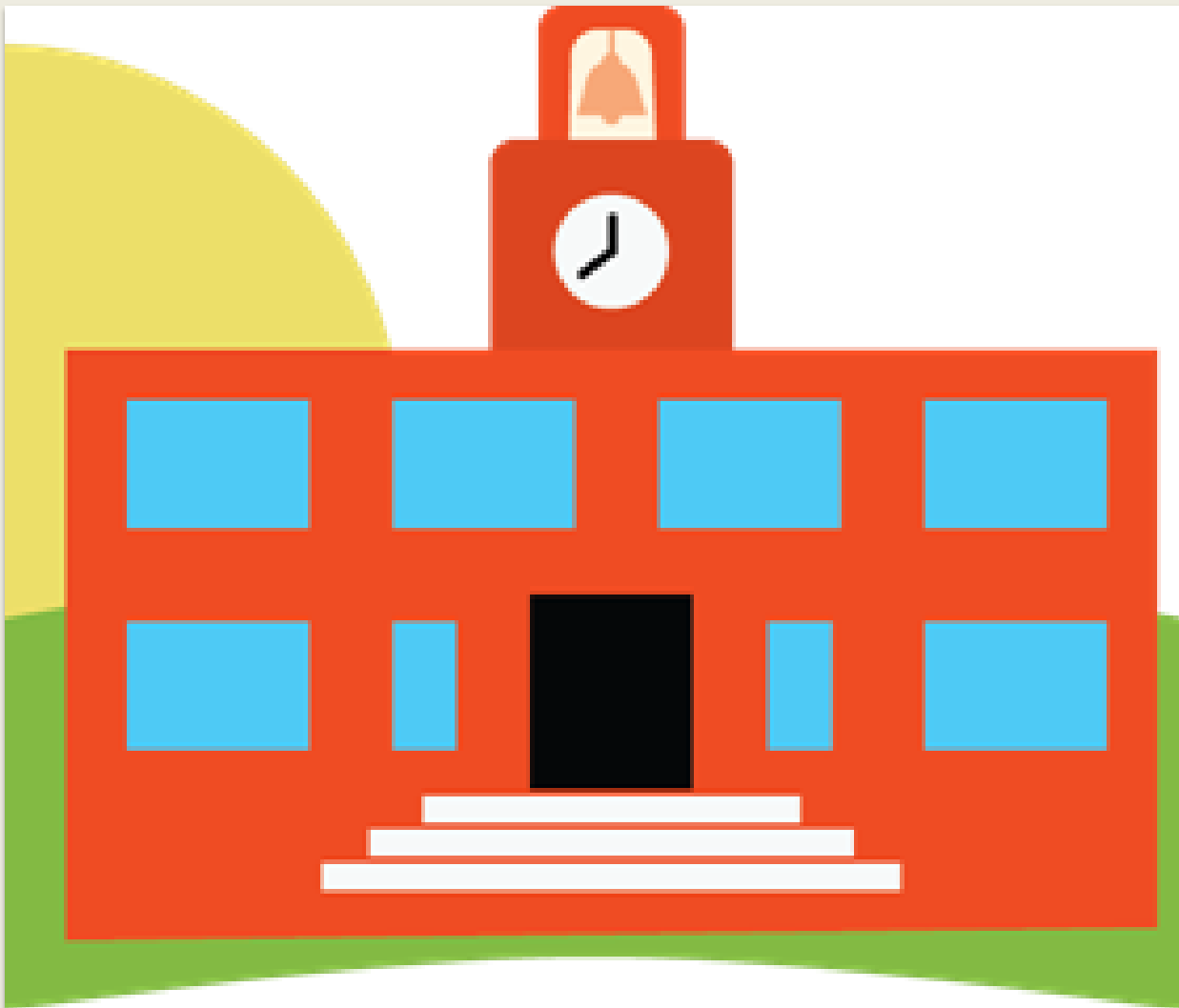
- **Law increased school budget-implemented 2013**
- **Biggest increases for districts with the greatest needs**
  - Low-income; Foster kids and English learners
- **Local Control Accountability Plan (LCAP)**
  - Used to allocate LCFF-New format 2017!





# Student Wellness Connects to Most LCFF/LCAP Priorities





**What is measured, is supported!**

# Chronic Absenteeism

- **New indicator to measure outcomes in LCAP and ESSA**
- **California data now available**

# California School Dashboard Tool for Schools

## New Accountability Tool

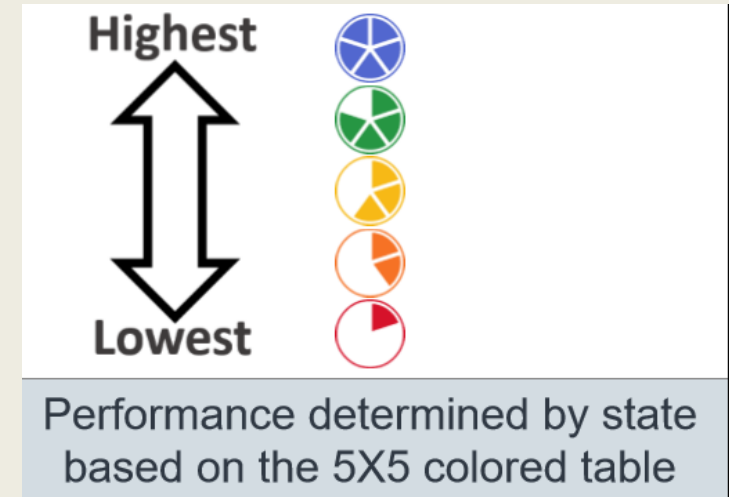
- Key source of information for Local Control Accountability Plans (LCAPs)
- Also used for Every Student Succeeds Act (ESSA) accountability
- State and local level indicators

**Reference-California School Dashboard**

# State Level Indicators

## Performance at District and School Level

| Improvement            | Outcome   |          |              |          |          |
|------------------------|-----------|----------|--------------|----------|----------|
|                        | Very High | High     | Intermediate | Low      | Very Low |
| Improved Significantly | Excellent | Good     | Good         | Good     | Emerging |
| Improved               | Excellent | Good     | Good         | Emerging | Issue    |
| Maintained             | Excellent | Good     | Emerging     | Issue    | Concern  |
| Declined               | Good      | Emerging | Issue        | Issue    | Concern  |
| Declined Significantly | Emerging  | Issue    | Issue        | Concern  | Concern  |



Data also by:

- Student sub groups
- Ethnicity



# California School Dashboard

## State Indicators

### **Chronic Absenteeism**

**LCAP Priority 5: Student Engagement**

**Suspension Rate**

**LCAP Priority 6: School Climate**

**English Learner Progress**

**Graduation Rate**

**College/Career Academic:**

**English Language Arts and Mathematics**

Evaluates  
Wellness Success

# The LCAP - Dashboard Connection

**The LCAP Actions  
and Services  
produce the  
results on the  
Dashboard**

*How are improved  
outcomes for each  
student achieved?*

**The Dashboard  
informs the  
updates to the  
LCAP**

*Are the Actions  
working?*

School Wellness Policies support LCAP & produce results on Dashboard

# Absenteeism is an Equity Issue

- Who is chronically absent in California?
  - 13.8% of low-income students BUT...
  - 25.2% foster youth are absent
  - 22.1% of homeless youth
  - 18.8% African American
- Many at-risk students face health disparities

All Means All



# Chronic Absenteeism Report Totals

## Can Mask Need for Intervention

Report Totals

| Name                                  | Cumulative Enrollment | Chronic Absenteeism Count | Chronic Absenteeism Rate |
|---------------------------------------|-----------------------|---------------------------|--------------------------|
| <a href="#">Santa Barbara Unified</a> | 15,687                | 1,504                     | 9.6%                     |
| <a href="#">Santa Barbara County</a>  | 71,517                | 6,414                     | 9.0%                     |
| <a href="#">Statewide</a>             | 6,405,496             | 694,030                   | 10.8%                    |

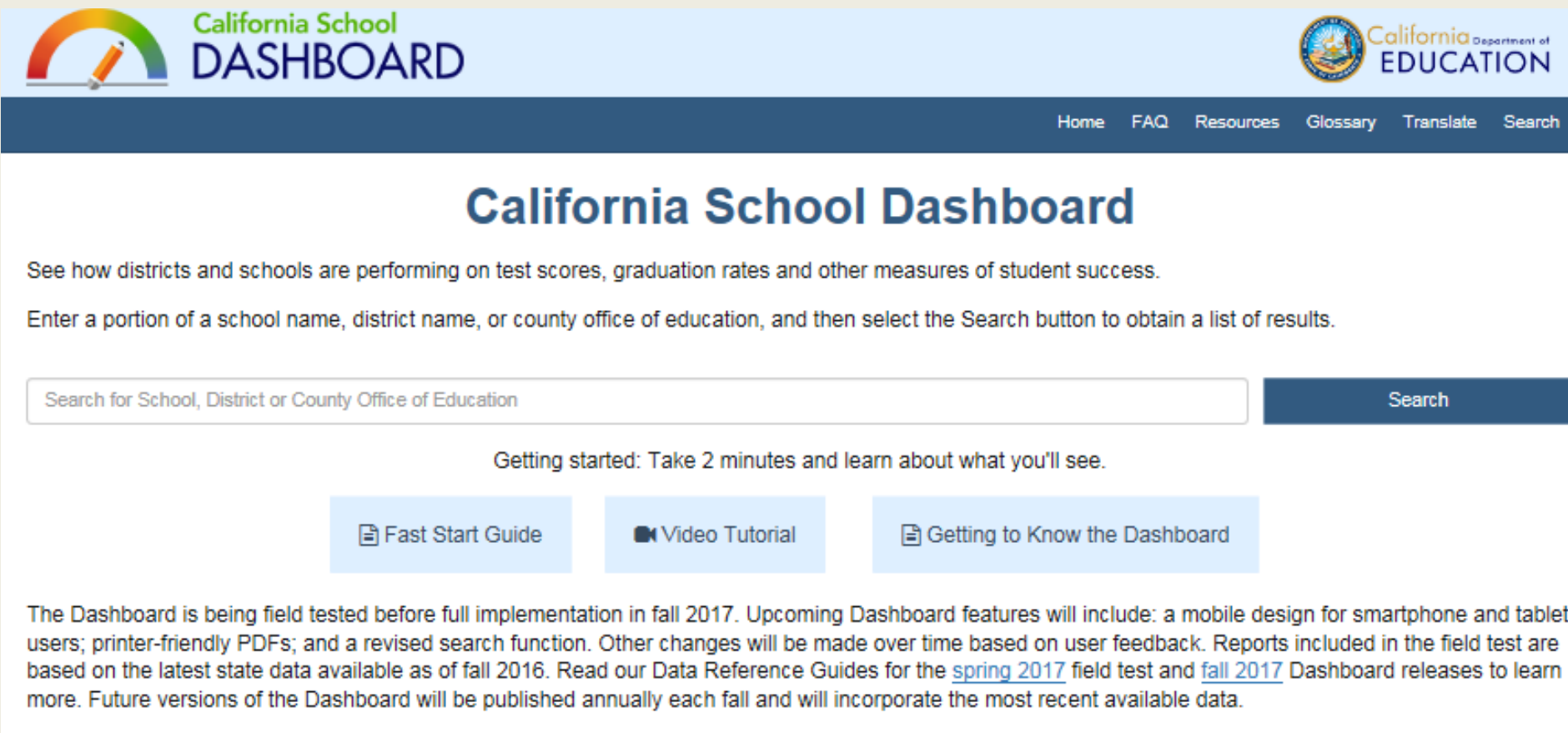
| Ethnicity                        | Cumulative Enrollment | Chronic Absenteeism Count | Chronic Absenteeism Rate |
|----------------------------------|-----------------------|---------------------------|--------------------------|
| African American                 | 175                   | 17                        | 9.7%                     |
| American Indian or Alaska Native | 81                    | 17                        | 21.0%                    |
| Asian                            | 514                   | 27                        | 5.3%                     |
| Filipino                         | 91                    | 6                         | 6.6%                     |
| Hispanic or Latino               | 9,331                 | 986                       | 10.6%                    |
| Pacific Islander                 | 18                    | 0                         | 0.0%                     |
| White                            | 5,276                 | 431                       | 8.2%                     |
| Two or More Races                | 126                   | 9                         | 7.1%                     |
| Not Reported                     | 75                    | 11                        | 14.7%                    |

| Subgroup                        | Cumulative Enrollment | Chronic Absenteeism Count | Chronic Absenteeism Rate |
|---------------------------------|-----------------------|---------------------------|--------------------------|
| English Learners                | 240                   | 51                        | 21.3%                    |
| Foster Youth                    | 72                    | 19                        | 26.4%                    |
| Homeless Youth                  | 95                    | 13                        | 13.7%                    |
| Migrant Education               | 11                    | 1                         | 9.1%                     |
| Socioeconomically Disadvantaged | 593                   | 111                       | 18.7%                    |
| Students with Disabilities      | 279                   | 80                        | 28.7%                    |



# For More Info about the CA School Dashboard

<https://www.caschooldashboard.org/#/Home>



The screenshot shows the homepage of the California School Dashboard. At the top, there is a header with the California School Dashboard logo on the left and the California Department of Education logo on the right. Below the header is a navigation bar with links for Home, FAQ, Resources, Glossary, Translate, and Search. The main content area features the title "California School Dashboard" and a brief description: "See how districts and schools are performing on test scores, graduation rates and other measures of student success." Below this is a search instruction: "Enter a portion of a school name, district name, or county office of education, and then select the Search button to obtain a list of results." A search input field with the placeholder text "Search for School, District or County Office of Education" and a "Search" button are provided. Below the search field, there is a section titled "Getting started: Take 2 minutes and learn about what you'll see." which contains three buttons: "Fast Start Guide", "Video Tutorial", and "Getting to Know the Dashboard". At the bottom, a paragraph states: "The Dashboard is being field tested before full implementation in fall 2017. Upcoming Dashboard features will include: a mobile design for smartphone and tablet users; printer-friendly PDFs; and a revised search function. Other changes will be made over time based on user feedback. Reports included in the field test are based on the latest state data available as of fall 2016. Read our Data Reference Guides for the [spring 2017](#) field test and [fall 2017](#) Dashboard releases to learn more. Future versions of the Dashboard will be published annually each fall and will incorporate the most recent available data."

California School  
DASHBOARD

California Department of  
EDUCATION

Home FAQ Resources Glossary Translate Search

## California School Dashboard

See how districts and schools are performing on test scores, graduation rates and other measures of student success.

Enter a portion of a school name, district name, or county office of education, and then select the Search button to obtain a list of results.

Search for School, District or County Office of Education

Search

Getting started: Take 2 minutes and learn about what you'll see.

Fast Start Guide Video Tutorial Getting to Know the Dashboard

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# Every Student Succeeds Act (ESSA)

- **Signed into law 2015; in effect 2017-18**
  - Replaces No Child Left Behind
  - \$2.6 billion for California
- **New opportunity to align federal work with state priorities**
  - Includes chronic absenteeism and other non-academic indicators



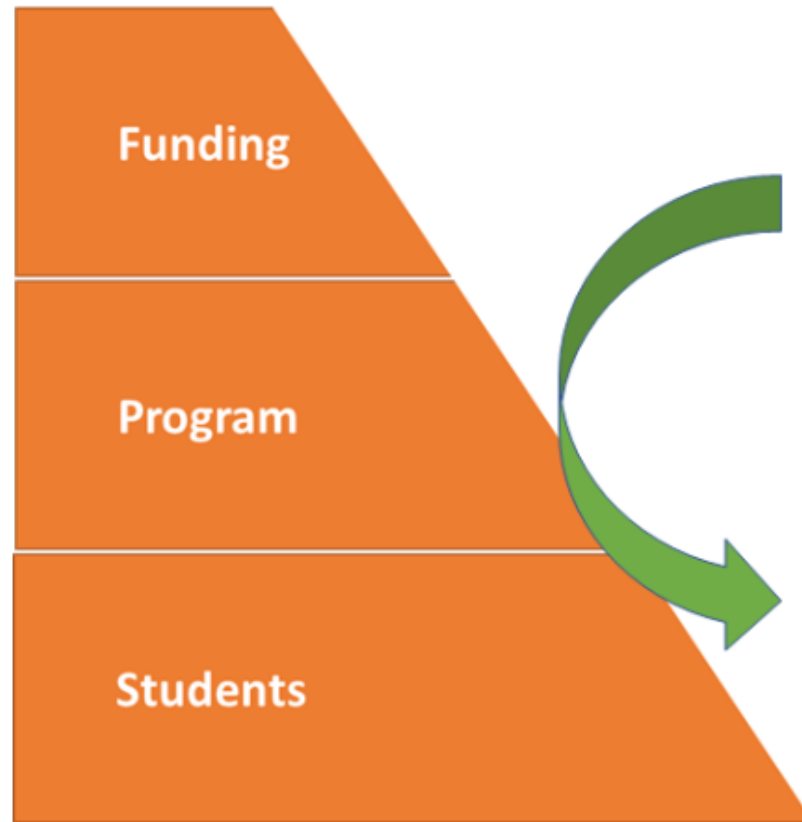
**Reference-ESSA Implementation by  
Healthy Schools Campaign**

# Opportunities Under ESSA for Title 1 Schools

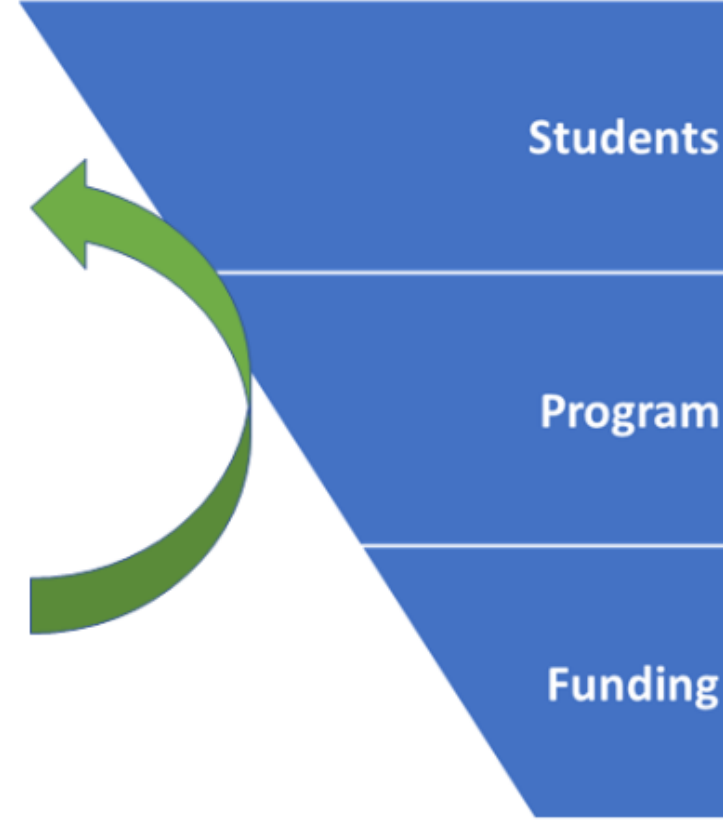
- State accountability system
- Needs assessments
- Flexibility in use of funding
- Professional development programming (Title II)
- Safe, Supportive and Academic Enrichment Grant Program (Title IV, Part A)
  - Health, physical education, nutrition education

# Re-orienting the Planning Mindset

Planning for Compliance



Planning for Performance



# Discussion

At your tables, discuss wellness support to reduce chronic absenteeism in your school or community

- What are the **students'** health-related **needs**?
  - What wellness data would you consider?
- What **programs** could you implement?
- What **funding and resources** are available?





# Recommendations for School Leaders

## 1. DataQuest, Dashboard, and District Data

- District's Level of Support status on the LCFF Web page at <https://www.cde.ca.gov/fg/aa/lc/>
- “Bright spots”-where is absenteeism low? Why?

## 2. Attendance Team and Stakeholder Engagement

## 3. Program Supports and Partnerships

## 4. District integration –LCAP, ESSA, Site Improvement

# Resources

## **California School Board Association and Attendance Works**

### **Policy Brief: Seize the Data Policy Brief and Full Report**

<https://www.csba.org/GovernanceAndPolicyResources/ResearchAndPolicyBriefs>

<https://www.attendanceworks.org/policy/state-education-policy/california/seize-the-data-opportunity-in-california/>

## **California Food Policy Advocates**

### **School Breakfast: Reducing Chronic Absenteeism & Supporting Student Success**

<https://www.attendanceworks.org/policy/state-education-policy/california/seize-the-data-opportunity-in-california/>

## **Healthy Schools Campaign**

### **ESSA: Key Opportunities to Support Health and Wellness**

<https://healthyschoolscampaign.org/wp-content/uploads/2016/08/ESSA-Implementation-Key-Opportunities-to-Support-Health-and-Wellness.pdf>

## **Using Needs Assessments to Connect Learning + Health**

<https://healthyschoolscampaign.org/wp-content/uploads/2018/03/ESSA-Needs-Assessments.pdf>

# Resources Continued

**California Department of Education**

**California School Dashboard**

<https://www.caschooldashboard.org/#/Home>

**Local School Wellness Policy**

<https://www.cde.ca.gov/ls/nu/he/wellness.asp>

**California School Wellness Policy Collaborative**

<https://www.healthyeating.org/Schools/School-Wellness/California-Collaborative>

**Attendance Works**

<https://www.attendanceworks.org/>

# *Questions? Please contact me*



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**For more information about student  
wellness visit the CDE web page at**  
[\*\*https://www.cde.ca.gov/ls/nu/he/  
wellness.asp\*\*](https://www.cde.ca.gov/ls/nu/he/wellness.asp)

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Get Healthy San Mateo <http://www.gethealthysmc.org/pod-yellow/healthy-schools-video>