

WELLNESS

@ SAN DIEGO UNIFIED SCHOOL DISTRICT



District Wellness Support Team



Kate McDevitt

she/her/hers

District Wellness Supervisor
Nursing & Wellness Dept.
San Diego Unified School District



Kat Satterley

she/her/hers

Program Manager
Alliance for a Healthier Generation



Andrea Eaton

she/her/hers

Employee Wellness Chair +
Maintenance Senior Coordinator
Physical Plant Operations
San Diego Unified School District

Goals of our Time Together

Wellness Policy to Practice

Keys to building a culture of Health & Wellness
within a school district

Demonstrating what's possible with minimal funding!

Why are you here today?

What's your "Why"?

What motivates you to do this work?

Journey to Healthier School Communities



Brief History & Some Context

- Foundational work at UCSD with K-12 School Districts
- 2016: Creation of Wellness Supervisor position
- State & Federal Requirements; no funding for implementation

SDUSD Landscape

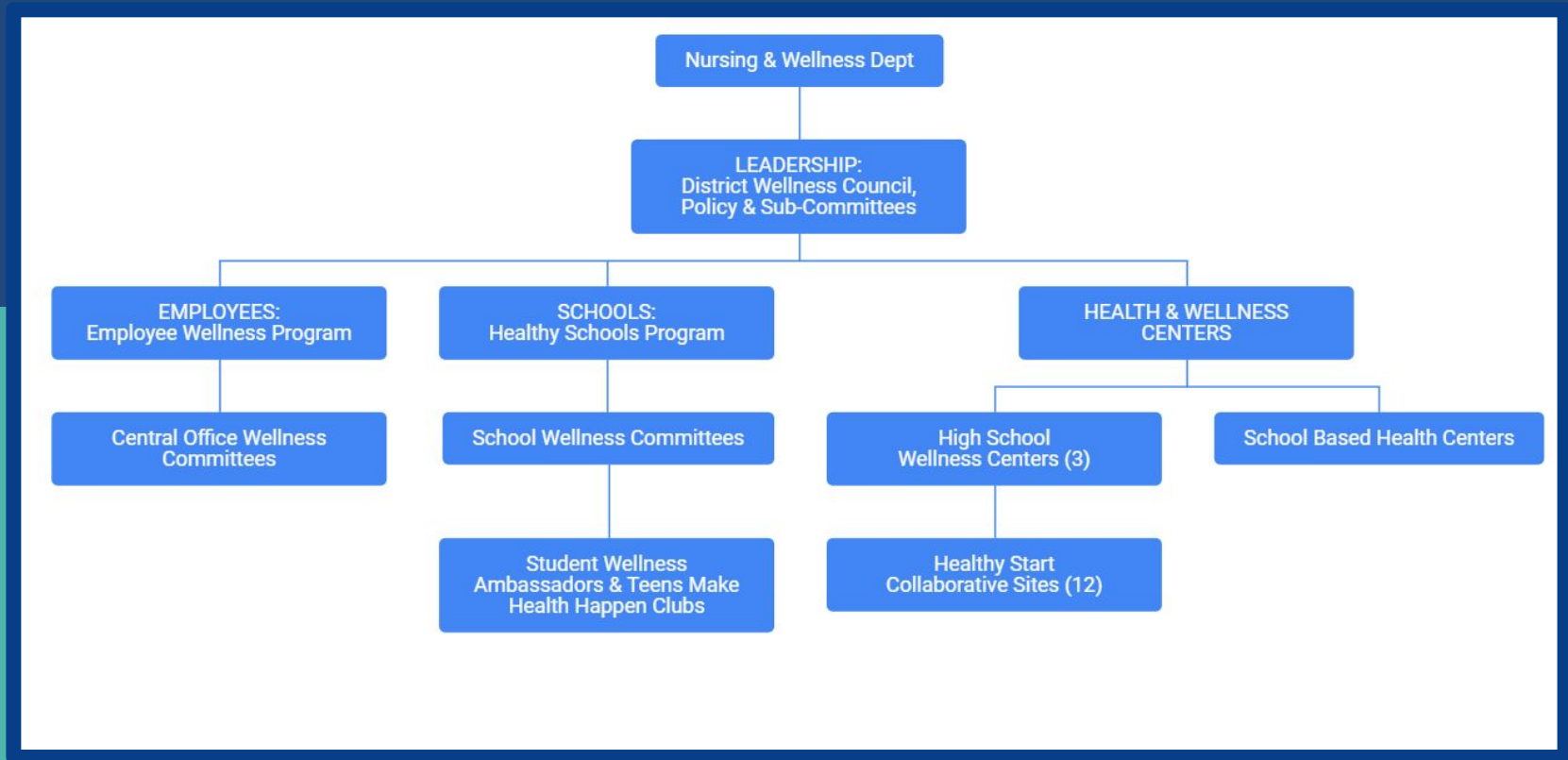
2nd largest district in California
~90,000 students (pre-K thru 12)
~ 14,000 Salaried employees

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

Wellness at all Levels



Keys to Success

1. Supportive Leadership
2. Wellness Supervisor
3. Active Council
4. WSCC-Aligned Policy
5. Districtwide Systems
6. Consistency
7. Staff Wellbeing
8. Student Involvement
9. Strong Partnerships
10. The real heroes ...



Supportive Leadership



Cindy Marten
Superintendent of Public Education
P. 619.725-5606
F. 619.291-7182

MEMORANDUM

To: Principals
From: Cindy Marten *cm*
Date: July 25, 2019
Subject: Board Policy 5030 Student Wellness/Policy Implementation

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. 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.)

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

Former Superintendent Cindy Marten
United States Deputy Secretary of Education

Supportive Leadership



Superintendent Dr. Lamont Jackson
Championing Love, Belonging & Employee Wellbeing



Susan Barndollar, RN, MN, FNP
Executive Director,
Nursing & Wellness Department

Role of District Wellness Supervisor



- 12 month Classified Administrator
- Nursing & Wellness Department

As the Superintendent's designee(s) for Wellness, the Program Manager of Nursing and Wellness and the Wellness Supervisor will convene a representative district wellness council that meets a minimum of ten times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level Wellness Policy.

The Wellness Supervisor ensures appropriate communication of the wellness policy throughout the district. The Supervisor is responsible for supporting the District Wellness Council and the school sites.



WELLNESS

San Diego Unified
SCHOOL DISTRICT

Our wellness policy is the guiding document for San Diego Unified's efforts to create supportive healthy school environments for our students, staff and families.

Policy Components



Sub-Committees



5 Conditions of Collective Impact

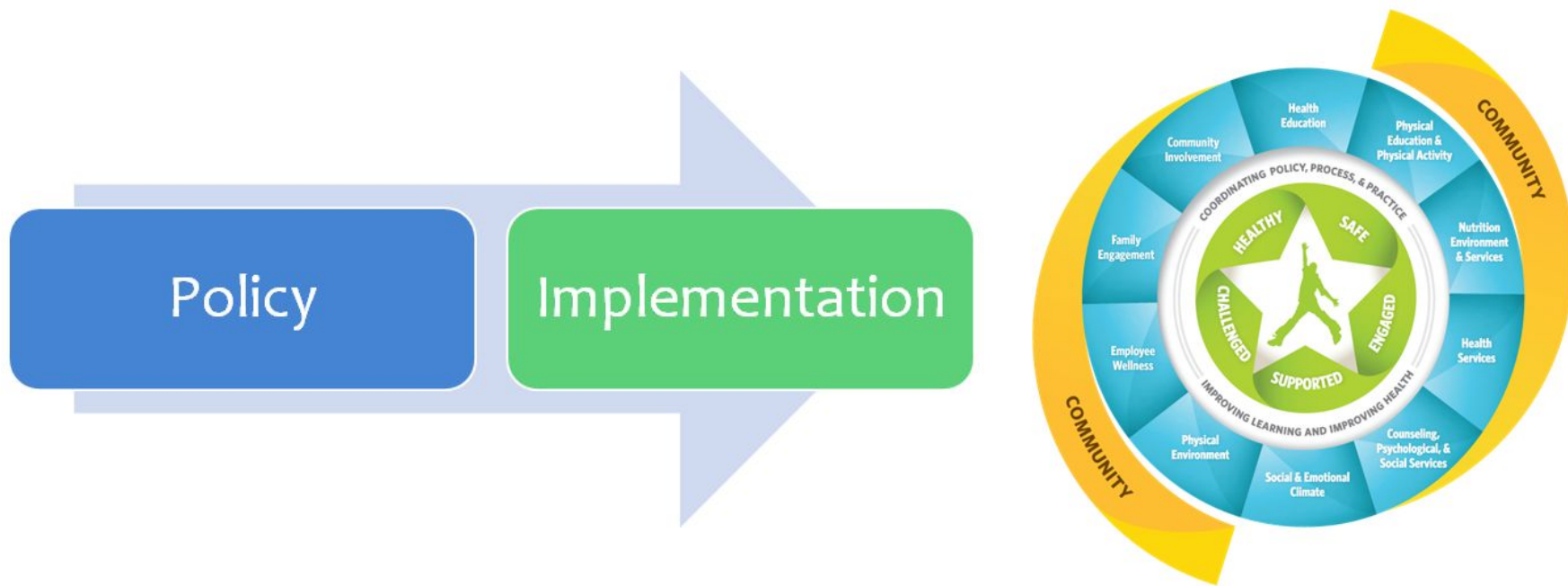


District Wellness Council

(Our Leadership Body)

- 14+ Departments, ~35 Community Partners, Parent Groups, Student Leaders
- Meet Monthly; Collective Impact

A Shared System Across All Sites





Healthy Schools Program

A School Wellness Committee at Every Site,
led by a School Wellness Coordinator



Build Support

Who are the decision makers?



How do we include students, families, and staff insights?



Build Support

Establish a School Wellness Committee with staff, students, parents/caregivers and community partners.



Assess



Develop a plan



Explore resources



Take action



Celebrate success

Assess

What is currently happening?



Build Support



Assess



Develop a plan



Explore resources



Take action



Celebrate success

Assess topics for improvement with evidence-based policies and practices (e.g., chronic absenteeism, staff well-being).

Develop a Wellness Action Plan

If health is a priority...



...maybe multiple departments work together.



Build Support



Assess



Develop a plan



Explore resources



Take action



Celebrate success

Set measurable goals based on school priorities and health equity. Then, create a detailed Action Plan for each goal.

Explore Resources

What resources already exist?



Which community partners can help?



Build Support



Assess



Develop a plan



Explore resources



Take action



Celebrate success

Map resources to Action Plan, including school district, community partners, and Healthier Generation support.

All hands on
deck to
overcome
obstacles.



Take Action



Build Support



Assess



Develop a plan



Explore resources



Take action



Celebrate success







Connect stakeholders to resources. Adjust course based on feedback, student achievement, and health outcomes.

Together,
we improved
health and
learning!



It's exciting
school health is
more integrated
into our culture.

Celebrate Success

- 
Build Support
- 
Assess
- 
Develop a plan
- 
Explore resources
- 
Take action
- 
Celebrate success

Acknowledge small victories, share big successes, and evaluate and reflect on progress and challenges.

Benchmarks



Build Support

By November, form a team of 4-8 people or join an existing team



Assess

By January, complete *SDUSD Thriving Schools Integrated Assessment* in Healthier Generation Action Center



Develop a plan

By February, identify priority areas of improvement, set measurable goals and create a detailed wellness action plan



Explore resources

February - March, map district and community resources, schedule professional development and programming.



Take action

February - May, track improvements and barriers and receive support to adjust course as needed.



Celebrate success

May - June, evaluate and reflect on progress and challenges. Share successes with community.

Building the Capacity of our Coordinators



- Welcome & Orientation Video
- Wellness Coordinator Institute
- Monthly Virtual “Huddles”
- EOY Champions Celebration Dinner
- \$400 Stipend, if deliverables met

**Instrumental: HG/KP's Cohorts Quarterly Workshops
& KP Thriving Schools Action Planning Grants



MONTHLY DELIVERABLES CHECKLIST

This toolkit covers student, staff, and family wellness, providing ready-to-use resources and engaging activity ideas to save you time and effort. With step-by-step guidance, you can inspire healthy habits and cultivate a culture of wellness for the overall success of your school community!

HUDDLE RECAP:

LINK: HUDDLE RECORDING

Need to review the past monthly huddle? Click the link for the recording.

GOOGLE CLASSROOM:

LINK: SIGN UP FOR THE GOOGLE CLASSROOM

Need to access the resources covered in the huddle? Click the link for the Google Classroom.

ACTION ITEMS TO COMPLETE BY NEXT HUDDLE:

- REVIEW DESIGNATION EMAIL
- COMPLETE GOOGLE FORM: GETTING FORM
- REVIEW THE TOOLKIT - PICK 1+ MORE MONTH
- REGISTER FOR THE WELLNESS INSTI OCTOBER

NEED SUPPORT?
Contact Us!
Email

Wellness Committee Monthly Toolkits

Powered by HealthCorps

- ❖ Monthly Deliverables Checklist
- ❖ Wellness Bulletin Board Kit
- ❖ Scripts for AM Announcements
- ❖ Family Wellness Newsletter
- ❖ Staff Engagement Resources
- ❖ Healthy Celebration Ideas
- ❖ Student Wellness Ambassador Activities

SEPTEMBER

SCHOOL WELLNESS COMMITTEE MONTHLY TOOLKIT

Your source for relevant and easy-to-implement health and wellness curriculum

TRANSITIONING BACK TO SCHOOL



This toolkit covers student, staff, and family wellness, providing ready-to-use resources and engaging activity ideas to save you time and effort. With step-by-step guidance, you can inspire healthy habits and cultivate a culture of wellness for the overall success of your school community!

SUPPORT STUDENT WELLNESS

WELLNESS BULLETIN BOARDS

Interactive educational materials, updated monthly, to be printed and displayed on a bulletin board by the School Wellness Committee.

STUDENT-LED MORNING ANNOUNCEMENTS

Messages that can be read by the Student Wellness Ambassador in school-wide announcements. Mindful Monday is a 5-minute guided mindfulness exercise, while Wellness Wednesday provides practical tips for healthy living.

STUDENT WELLNESS AMBASSADOR ACTIVITY

Quick activities to engage your students in hands-on learning about the monthly wellness theme

SUPPORT STAFF WELLNESS

COORDINATOR'S RESOURCE GUIDE

Guide for short activities to maximize staff wellness. Includes staff gratitude and team building ideas

STAFF RESOURCE NEWSLETTER

Monthly newsletter for all staff that provides resources on district health and wellness offerings.

SUPPORT FAMILY WELLNESS

FAMILY NEWSLETTER

A monthly newsletter that updates SDUSD families on upcoming events, resources, and ideas for wellness. Intended to be shared with families through channels determined by the principal (email, website, etc).

HEALTHY CELEBRATIONS & FUNDRAISERS

HEALTHY CELEBRATION IDEAS BY MONTH

Learn about healthy ways to celebrate with students and staff

HEALTHY FUNDRAISERS GUIDE

HOW TO USE THIS TOOLKIT

Click on the title of the resource you would like to access to explore the SDUSD school wellness catalogue!

CLICK OR SCAN



FOR VIDEO INSTRUCTIONS


REQUEST ON-SITE ACTIVITIES

From 

CAFE O'YEA DEMONSTRATION

Want to host a fun activity for students during lunch, class time, or a special event? Schedule a Cafe O'Yea with HealthCorps and they will host an interactive health-related activity at your school!

COMPLETE REQUEST FORM

A woman with glasses and a dark jacket is sitting at a table in a bright, open-plan office space. She is smiling and looking slightly to the right. In the background, there are many other people sitting at tables, and a large window is visible. A teal banner is overlaid on the bottom left of the image.

Mari Arandia
HealthCorps Program Coordinator

Annual Analysis of School Data, Needs & Successes



The District Wellness Council, in coordination with the District Wellness Program Supervisor, will review and utilize data provided by the School Site Wellness Committees, as well as other data currently collected by the district for evaluation purposes.

Communicating our Outcomes

- ❖ Annual Council Presentation
- ❖ Board Presentation
- ❖ Triennial Assessment

Recognition for our Collective Work

District Wellness Initiative

Awards & Recognition



CALIFORNIA GREEN RIBBON SCHOOLS

2021 WORKPLACE HEALTH ACHIEVEMENT **GOLD**

2020 WORKPLACE HEALTH ACHIEVEMENT **GOLD**

2019 WORKPLACE HEALTH ACHIEVEMENT **GOLD**

2018 WORKPLACE HEALTH ACHIEVEMENT **GOLD**

2017 WORKPLACE HEALTH ACHIEVEMENT **SILVER**

WE'RE PROUD TO BE ONE OF AMERICA'S HEALTHIEST SCHOOLS BRONZE AWARD

California State PTA HONORARY SERVICE AWARDS



Kaiser Permanente Thriving Schools Honor Roll
Champions for Healthy Schools



SAN DIEGO COUNTY CHILDHOOD OBESITY INITIATIVE
Working Together to Shape a Healthier Future

Awarded by Alliance for a Healthier Generation

Proud to be one of AMERICA'S HEALTHIEST SCHOOLS

2022 AWARDEE

KAISER PERMANENTE. KOHL'S Careso National UNIVERSITY | harmony

Benchley-Weinberger Elementary	Edison Elementary	Field Elementary	Fletcher Elementary	Florence Elementary	Hancock Elementary
Horton Elementary	La Jolla Elementary	La Jolla High	Lafayette Elementary	Miramar Ranch Elementary	Mt. Everest Academy
Normal Heights Elementary	Ocean Beach Elementary	Rowan Elementary	Taft Middle	TRACE Alternative	Wilson Middle

National Award Winners



PROUD
TO BE
ONE OF

AMERICA'S HEALTHIEST SCHOOLS

Key Partnerships



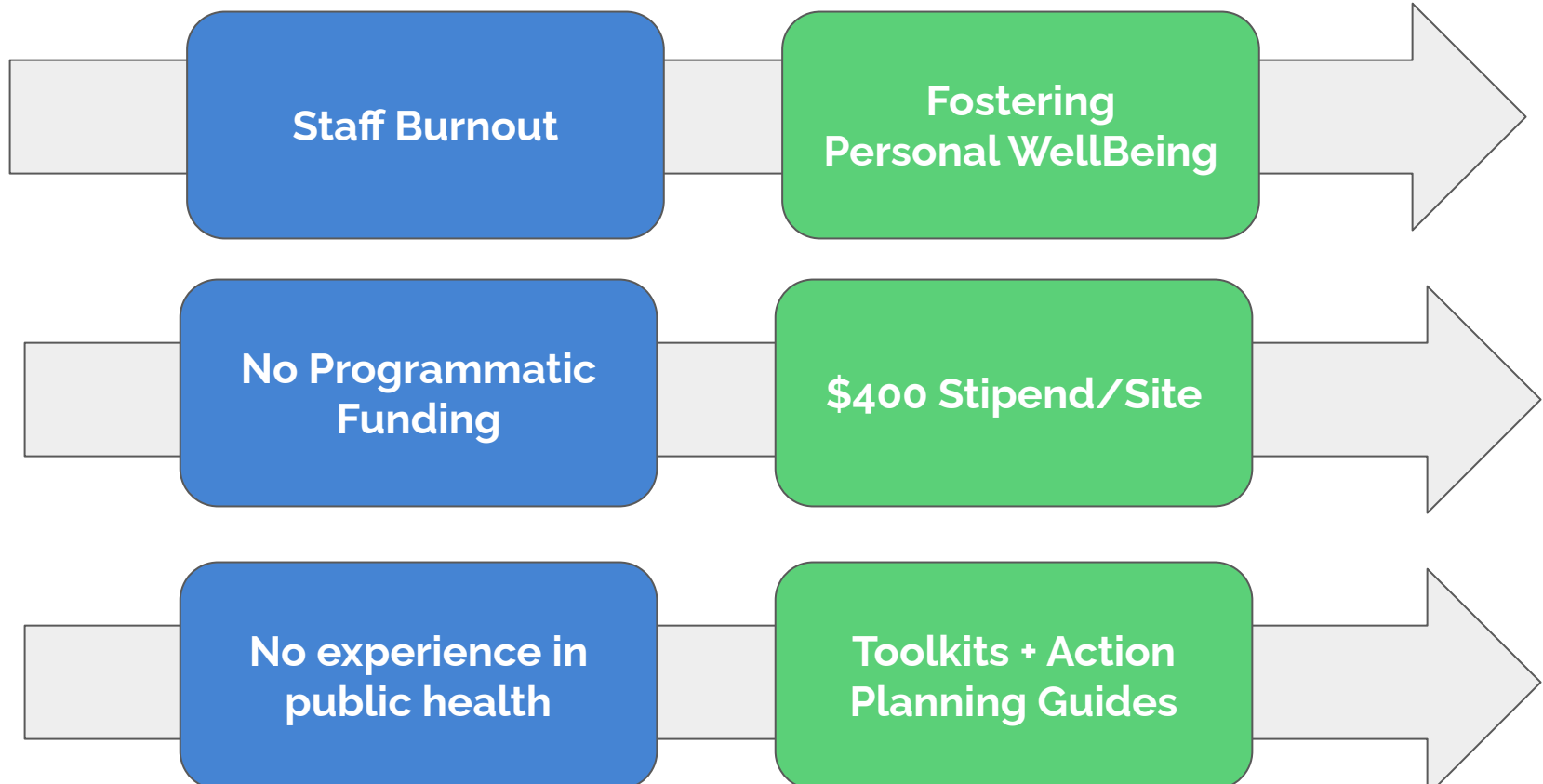
THRIVING SCHOOLS
a partnership for healthy students, staff & teachers



CALIFORNIA SCHOOLS
VEBA



Learnings from Challenges





What's Next for Us?



Student Voice in Student Health



Teens Make Health Happen Clubs



Student Wellness Ambassadors

Just Getting Started?

Meeting you where you are in the process.



Building a Sustainable System

- ❖ Dedicated District Wellness Lead
- ❖ Strong Wellness Council
- ❖ Shared Districtwide System
- ❖ Coordinator at every school
- ❖ Financial sustainability: scale carefully
- ❖ Build competencies of Champions





Thank you!