



Maplewood Richmond Heights School District
Ensuring a Healthy Sustainable Future

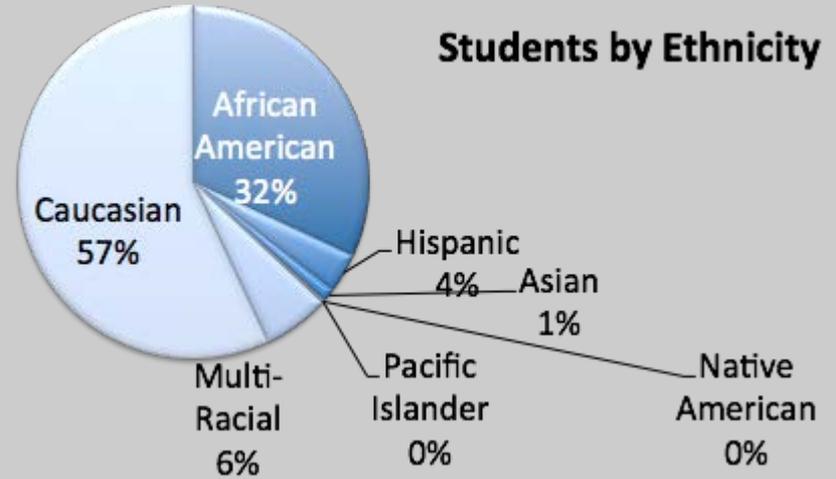




WHERE WERE WAS MRH IN EARLY 2000'S

- DECLINING ENROLLMENT: Lowest in school district history
- SPECIAL EDUCATION RATE: Twice as high as the state average
- ACCREDITATION STATUS: Provisional (by 1 point)
- PHYSICAL CAMPUS: (5) AGING BUILDINGS
- % OF STUDENTS ATTENDING PRIVATE SCHOOL: Highest in STL County

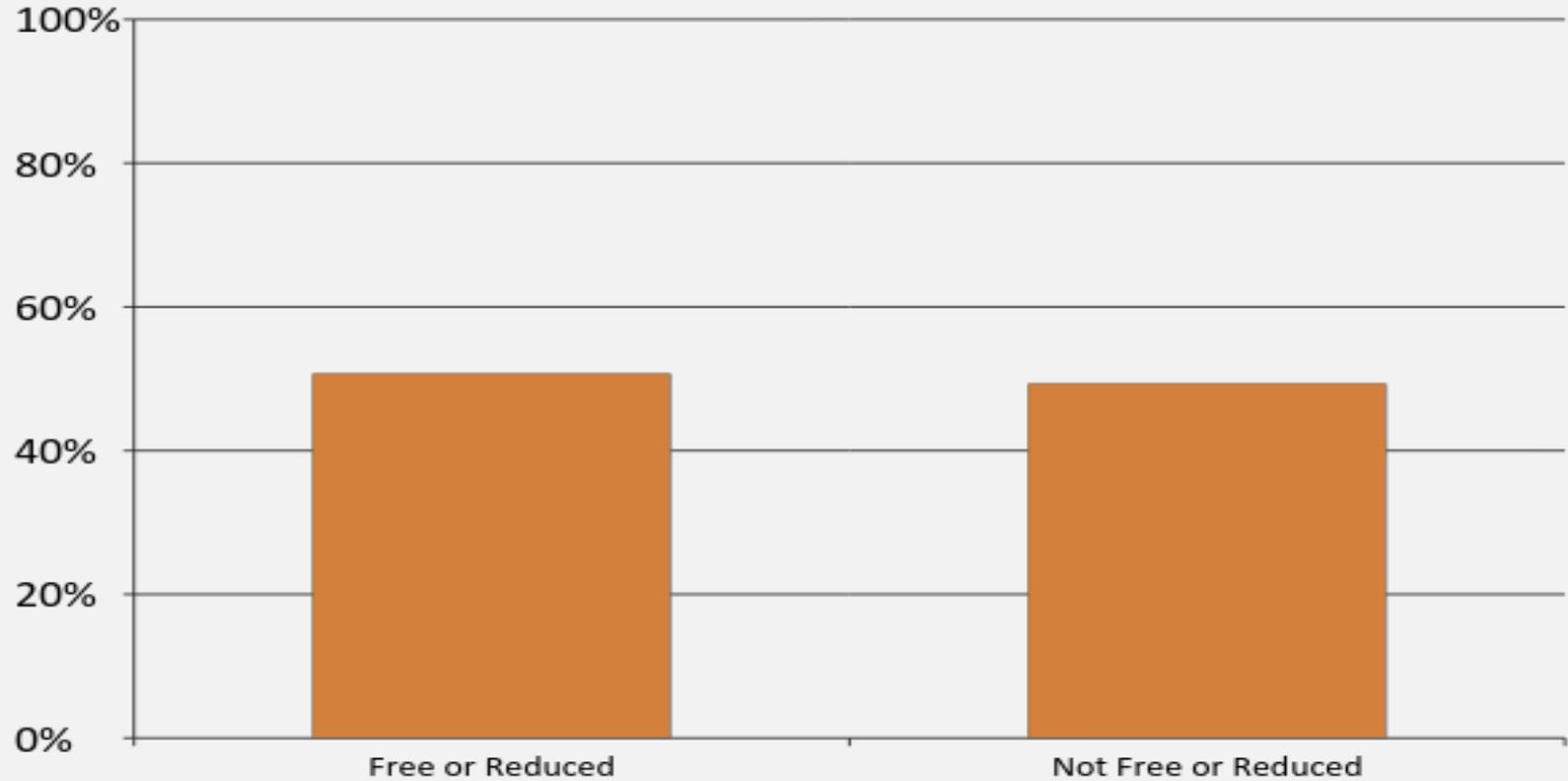
Demographics:

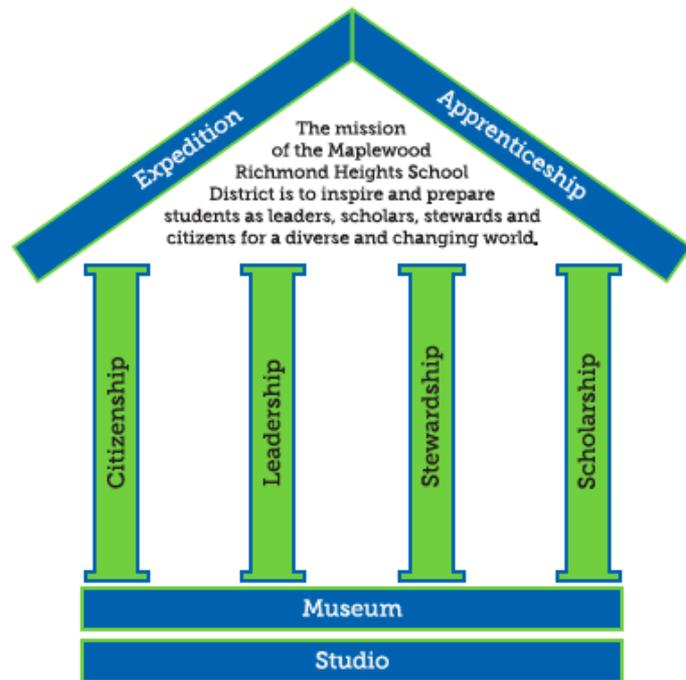


Enrollment: Approximately
1300 Students



Poverty Status





Metaphors:

A Gateway to Excellence and Equity

- Provides shared experiences
- Gives Real World Perspective
- Closes the “Opportunity Gap”
- Platform for Engaged Citizenship



Early Childhood Center: School as Studio



Middle School: School as Expedition

Learning and applying knowledge and skills in the wider world.

Connections to important Academic Content or Civic Engagement.



MRH High School: School As Apprenticeship

Students prepare for civic engagement and future careers by interacting with community partners: *Consulting experts on classwork, service learning, apprenticeship*



WELLNESS COMMITTEE

DID WE REALLY NEED ANOTHER COMMITTEE?

CHILD NUTRITION AND WIC REAUTHORIZATION ACT (2004)

IN RESPONSE TO GROWING AWARENESS OF SCHOOL ENVIRONMENT INFLUENCE ON NUTRITION INTAKE AND PHYSICAL ACTIVITY, THE ACT REQUIRES DISTRICTS TO FORM A WELLNESS COMMITTEE, ADOPT A ROBUST WELLNESS POLICY WHICH SETS AND MONITORS GOALS

WELLNESS COMMITTEE: WHAT IS IT'S ROLE

Advise

Drafts, recommends, and reviews policies and procedures to the MRH School Board

Recommend long range planning goals for the District

Assess

Conducts district self-assessments and identifies areas of focus

Evaluates and monitors program initiatives and long range goals

Study

Learn about best practices in 8 areas: nutrition, physical education, health education, safe environments, mental health services, student health services, health promotion for employees, and community involvement

Communicate

Serve as key communicators to the MRH community about Wellness initiatives

WELLNESS COMMITTEE: SAMPLE AGENDA

7:00 PM ***District Updates***

Healthy, Hunger Free Kids Act (2010): Fundraising foods sold at school (USDA Handout)

Seed to Table: Sugar Intake

Farm to School

Health and Physical Education

School Health Program: Draft of proposed concussion policy (Handout)

Food Service Updates

7:30 PM ***Funding Opportunities:*** Fuel Up to Play 60 Grant Opportunity

7:45 PM ***Review 2015-16 Goals:***

Assess the state of our Wellness Program with the School Health Index (SHI)

Propose administrative procedure for classroom parties

Reviews administrative procedure for fundraising to be aligned with Child Nutrition Act

Propose administrative procedure for handling concussions in the school setting

Apply for Fuel Up to Play 60 Grant

WELLNESS COMMITTEE HISTORY

2005-06

- **January 2006:** MRH District Wellness Committee is formed
- **June 2006:** MRH Adopts a detailed Wellness Policy

2006-07

- **School Health Index (SHI) Completed**
- **Nutrition Assessment (SHI Module 4)**
- **Nutrition Action Plan was completed**

2007-09

- **Nutrition Action Plan Implemented**

WELLNESS COMMITTEE HISTORY

2009-12

- **Physical/Health Education Model Completed**
- **Physical/Health Education Action Plan Completed and Implemented**

2013-Present

- **Employee Wellness Action**
- **Implementation and Monitoring of the Healthy, Hunger-Free Kids Act (2010)**
 - **Classroom Parties**
 - **Fundraisers**
 - **Sales**

WELLNESS COMMITTEE: SYSTEMIC APPROACH

Carnahan Healthy Foods Initiative

Health Literacy: SLU School of Medicine

Farm to Table: Food Service Partnership

Seed to Table: Embedded in school environment

Nutrition Consultation: Saint Louis University

WELLNESS COMMITTEE:
WHERE ARE WE NOW?
SHI: A 10 YEAR ANNIVERSARY



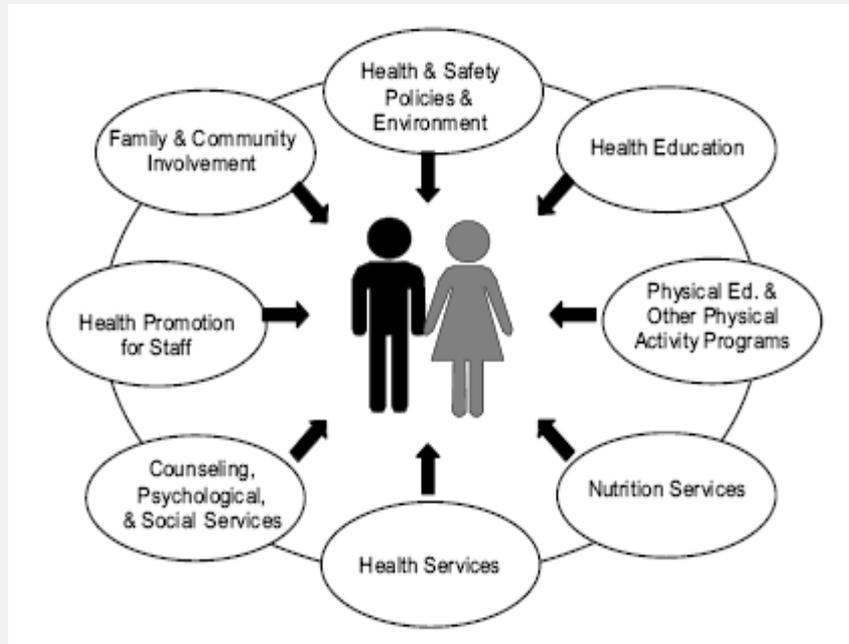
MAPLEWOOD RICHMOND HEIGHTS SCHOOL DISTRICT

BUILDING THE FUTURE: LEADERSHIP, SCHOLARSHIP, CITIZENSHIP, STEWARDSHIP.

SELF-ASSESSMENT

CDC SCHOOL HEALTH INDEX

2015-16: DISCUSSING STRENGTHS, CHALLENGES, AND
POLICIES IN ALL EIGHT AREAS USING CDC TOOLS



MAPLEWOOD RICHMOND HEIGHTS SCHOOL DISTRICT

BUILDING THE FUTURE: LEADERSHIP, SCHOLARSHIP, CITIZENSHIP, STEWARDSHIP.

GRANT OPPORTUNITY: HEALTH AND SENIOR SERVICES

- \$3000.00 grant was awarded to MRH to complete district wide SHI
- Free technical assistance and training was included
- On-line option created more efficiency and possibilities for future planning
- Improved glossary function created more consistency

ACTION PLANNING

SHI Action Planning Process

- Identify Strengths and Weaknesses for each module
- Create action steps to address areas of concern
- Identify actions steps as high priority areas
- Evaluation each action step based on the following:
 - Difficulty
 - Time
 - Cost
 - Enthusiasm



School Health Index (SHI)

Your School's SHI: ECC

SHI Edition: SHI 2014 (6th Edition)

Created: 7/5/2016

Last Activity: 10/6/2016

Overall Scorecard

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1 - School Health and Safety Policies and Environment				✓	
Module 2 - Health Education				✓	
Module 3 - Physical Education and Other Physical Activity Programs				✓	
Module 4 - Nutrition Services				✓	
Module 5 - Health Services				✓	
Module 6 - Counseling, Psychological, and Social Services				✓	
Module 7 - Health Promotion for Staff				✓	
Module 8 - Family and Community Involvement				✓	



School Health Index (SHI)

Your School's SHI: ECC

SHI Edition: SHI 2014 (6th Edition)

Created: 7/5/2016

Last Activity: 10/20/2016

Plan for Improvement

Action 1:

After updating written protocols and guidelines, all staff will be trained on suicide prevention before the beginning of each school year.

Action 2:

Incorporate specific guidelines and procedures on suicide prevention, self-harm identification and referral, death of a student, and death of a staff member. After incorporating these guidelines, we will train all of the building administrators.

Action 3:

Update the health curriculum to clearly embed CPR training and Heimlich Maneuver training. This curriculum revision must also include a way to document that all students, beginning with the Class of 2021, have received this training before graduating.

Action 4:

Provide webinars to Nutrition Services staff so they can obtain CEUs on PD Days. Invest in local, day conferences to meet CEU requirements for our Nutrition Services Department

Action 5:

Implement an electronic Health Record (EHR) software that will serve as a clinical documentation system where data can be entered on injuries. Also incorporate a communication tool that bus drivers and after school activity sponsors can utilize to report incidents to the school nurse. This type of system will allow for comprehensive health data analysis that will be able to be reviewed and submitted to administration.



School Health Index (SHI)

Your School's SHI: MRHE-ECC Team

SHI Edition: SHI 2014 (6th Edition)

Created: 7/22/2016

Last Activity: 10/20/2016

Overall Scorecard

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1 - School Health and Safety Policies and Environment				✓	
Module 2 - Health Education				✓	
Module 3 - Physical Education and Other Physical Activity Programs				✓	
Module 4 - Nutrition Services				✓	
Module 5 - Health Services				✓	
Module 6 - Counseling, Psychological, and Social Services				✓	
Module 7 - Health Promotion for Staff			✓		
Module 8 - Family and Community Involvement				✓	



School Health Index (SHI)

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Action 3:

For Nutrition Services staff, offer webinar and local professional development opportunities on district wide PD Days so they can grow as professionals, and meet CEU goals

Action 4:

Develop a system, using electronic medical records, to identify and track students with chronic health conditions. This would allow us to more accurately report back to their medical care team as to how the medical condition is impacting the student in the school setting (eg. number/length of office visits, treatment(s) required, etc...)

Action 5:

Post emergency phone numbers and names of personnel in prominent locations throughout the building

Questions?



ADDITIONAL WRAP AROUND SERVICES: Non-profits for the Cause

Joe's Place: Program for homeless MRH Students

Weekend on Wheels: Student Run Food Pantry

WHERE WERE IS MRH IN EARLY TODAY?

- RECORD ENROLLMENT: 36% Increase in enrollment from 2005!
- SPECIAL EDUCATION RATE: At or below the state average
- ACCREDITATION STATUS: Full Accreditation (APR Score of 96.1)
- PHYSICAL CAMPUS: (3) State of the Art Buildings
- % OF STUDENTS ATTENDING PRIVATE SCHOOL: Lowest % since in 30 yrs

NEXT STEP: TAKE-AWAYS

- Start Small...think Big!
- Think Systemically: connect your program to the larger mission of the agency/school
- Recruit district leader(s) as your champion
- Hire staff who see themselves as educators/collaborators
- Keep an eye out for community partners
- Always think about long-term sustainability
- Look for substantive ways to support the growth & direction of the district