

## Deep Dive into Data Meeting

Student Wellness Committee--additional meeting

Thursday, June 23, 2022

9:30-Noon

Service Center, Room 113

### Objectives:

1. Review Smart Source and Healthy Kids Colorado Survey Data at district-level
2. Review Panorama Data at district level
3. Review any additional district-level data
4. Create action plan, based on all data, for Student Wellness Committee for 2022-2023 school year

### Agenda

- 9:30-9:45a
  - Coffee, introductions and welcome
- 9:45-10:30a
  - Smart Source & Healthy Kids Colorado Survey Overview
    - [2021 Smart Source Report Greeley 6](#)
    - [2021 HKCS High School Snapshot Greeley 6](#)
    - [2021 HKCS Middle School Snapshot Greeley 6](#)
    - [2021 Paired Indicator Report Greeley 6](#)
      - *Digital resources:*
      - [2021 HKCS High School Frequency Report Greeley 6](#)
      - [2021 HKCS Middle School Frequency Report Greeley 6](#)
  - Includes brain energizer activity
- 10:30-10:40a
  - Break
- 10:40-10:55a
  - Report from UC Health Healthy Hearts data
- 10:55-11:30a
  - Panorama
  - Includes 10-15 minutes of Q&A
- 11:30-11:45a
  - Student Wellness and SHIP Report
- 11:45-Noon
  - Identify Top 3 areas of interest to focus on for SY 2022-2023
- Noon
  - Lunch is provided

## Attendance:

- Olga Gonzalez
- Diana Serna
- Natalie Mash
- Fatima Santiago
- Ellie Dudley
- Delaney Leal
- Roxane Conant
- Sherri Morin
- Rebecca Robbins
- Michelle Johnson
- Lori McCarty
- Kara Sample
- Danielle Bock
- Suzannah Fuller
- Chelsie Covey
- Olivia Egen
- Rie Huntley
- Rachel Hurshman
- Anna Kingman
- Kristen Dalton
- Melanie Cyphers
- Staci Datter
- Tom Gribble
- Drew Palmer

## ***Coffee, introductions and welcome***

- Reviewed our Local Wellness Policy (LWP) and four LWP goals
- Encouraged listening for themes and making notes for where the data is pointing us for areas of focus

## ***Smart Source & Healthy Kids Colorado Survey (HKCS) Overview by Chelsie Covey from the state survey team***

- **Data Grounding**
  - No one “right way” to look at data
  - Impossible to be 100% objective
  - Use lived experience as a reference
  - Be open minded and consider possibilities
- **HKCS response rates and other reporting considerations**
  - High school = 27.2% (Central and West)
  - Middle school = 53.2% (Chappelow, Franklin, Heath)
    - Franklin got a participation rate of 80%! Ask Principal and Student Wellness Team Leader what they did to accomplish this.
  - The number of participating students went up compared to 2019
  - Response rates less than 60%, results should be interpreted with caution
  - District data is weighted
  - Hispanic/Latinx is very underrepresented in this data statewide because the Multi-racial definition was changed (if a student chooses Latinx + another ethnicity, they’re categorized in Multi-racial; prior if they chose Hispanic/Latinx and White they were categorized in Hispanic/Latinx ethnicity)
  - We are only looking at the tip of the iceberg today! Dive in deeper through full reports shared
  - We’re not going to see regional comparisons for HKCS due to low participation in Weld, we can see state comparisons
  - If you see data that’s not labeled, it’s from 2021
- **HKCS and Smart Source data dive** (see slides shared for more info)
  - **NOTE:** West High School, Romero K-8, Shawsheen and Brentwood did not complete Smart Source. All other D6 non-charter schools did.

- **Substance Use**
  - HKCS
    - High School
      - Looking excellent!
      - Alcohol is the top one still used by high school students
      - Use is lower than 2017 and 2019 (this is consistent across the state!)
      - Perception of Harm - youth in D6 think that use of marijuana, alcohol, and e-cigs is high
      - Ease of Access - D6 lower than the state
    - Middle School
      - Looking great!
      - E-cigarettes are the top used
  - Smart Source
    - Recommended to have average numbers of health ed minutes increased during the year
- **Mental Health**
  - HKCS
    - A lot more males think their stress levels are more manageable than females
    - Not a lot of difference between HS and MS for management of stress levels; more of a gender difference
    - HS female students had a higher percentage who felt sad or hopeless about every day for two weeks plus higher % intentional self-harm
  - Smart Source
    - Looks good for access to counselors; could improve for access to school psychologist at elementary schools
    - Training of teachers on how to ID and support student behavioral health needs is low
    - Universal screening numbers are low
- **Suicide and Support**
  - Little numbers matter because no students should be feeling this way!
  - HKCS
    - High School
      - White students are considering suicide at a higher rate than Hispanic/Latinx students
      - Hispanic/Latinx students are a higher percent than White students for make a plan about how they'd attempt suicide
      - More White students have a trusted adult to go to for help and have friends they could go to talk with compared to Hispanic/Latinx students→ possibly indicates need for more support for Hispanic/Latinx students
  - Smart Source
    - Need to improve training for staff on how to respond to a student in crisis: only 30% of elementary and 57% of secondary indicate

they have training. Only 40% of elementaries indicate they provide “warm hand-off” referrals to external providers

- **Nutrition**

- HKCS

- High school students are less likely to eat breakfast
    - Middle school students more likely to eat breakfast, less likely to eat breakfast all seven days compared to state
    - Middle school students are eating fruit more often over seven days
    - High schoolers are less likely to eat their veggies than middle schoolers

- Smart Source

- Data looks excellent!
    - Average number of “seated time” minutes for lunch could improve → combined between elementary and secondary is 18 minutes
      - Elementary was 16 minutes
      - Secondary was 21 minutes

- **Physical Activity**

- HKCS

- Middle School

- 68% of middle schoolers spent 3+ hours on screen time not for schoolwork → more than the state
      - Only 36% of students were physically active for 60 mins 5+ days out of the last 7 days → lower than the state of CO (51%) → we want to see this data point go up!
      - % of students who played on 1+ sports teams during past 12 months was lower than the state (42.8% vs. 56.8%)

- Smart Source

- Great data for schools offering classroom physical activity breaks
    - Only 30% of elementaries and 33.3% of secondaries offer programming for safe biking and walking routes to school

- **Consent**

- HKCS

- High School

- Much more likely for our female students who had a sexual experience where they were unsure if they have their full consent → educational opportunities surrounding this
      - Much more likely for female students to have videos shared without their permission
      - Males are more likely to make sexual comments than females

- Smart Source

- Training opportunity → teaching consent as a topic of sexual health education + teaching internet/social media literacy

- **Bullying**

- HKCS

- Bullying on school property has decreased over the last 12 months compared to 2019
  - Bullying electronically has decreased over the last 12 months compared to 2019
  - 71% of students bullied on school property were bullied in a classroom → training opportunity for teachers and staff to intervene
  - **Points to consider:** What does bullying prevention look like in D6? Is it targeted at the right entry points (e.g. classroom, cafeteria, etc.)? What would be the best use of resources?
- Smart Source
  - Data looks great!
    - 100% of schools provide information to students about the consequences of bullying
  - Targeted training with schools who answered 'no' for conducting staff trainings about how to respond to bullying
- **Racism**
  - HKCS
    - High School
      - Hispanic/Latinx students had a higher percent who were teased because of race or ethnicity than White and Multiracial
    - Middle School
      - More Multiracial students saw family members treated unfairly because of their race/ethnicity in the past 12 months compared to White and Hispanic/Latinx
        - **Point to consider:** our students are going through this! Training opportunity for staff?
- **COVID-19**
  - HKCS
    - Greeley matched up pretty well to the state
    - More high school students reported having poor mental health during the pandemic than middle school students
    - 66% of middle and high school students felt that doing schoolwork was more difficult during the pandemic than before the pandemic began
    - 22% of middle and high school students were put down, insulted, or sworn at by a parent during the pandemic
      - **Point to consider:** home space might not always have been a safe space. More time at home, what did this translate to? How can the community help mitigate these impacts?
- **Other Wins!**
  - Fewer students were in a physical fight compared to 2019
  - More students walked/biked to school compared to 2019

- Fewer students used alcohol/drugs before sexual intercourse compared to 2019
  - **Other Opportunities**
    - More students teased due to their sexual orientation in 2021 compared to 2019
    - Fewer sexually active students are using birth control pill in 2021 compared to 2019
      - Could be using other forms of contraception, but **point to consider** → do students know where to receive access?
    - Fewer students are participating in community service in 2021 compared to 2019
      - **Point to consider:** Students who participate in community service feel more connected to their community typically. There were not as many opportunities during pandemic

### ***Report from UC Health Healthy Hearts data***

- Programs
  - Community Programs
  - School Programs
  - Family Program
  - Research
  - Adult Wellness
- Healthy Hearts and Minds began in 1992 by Dr. Luckasen (Cardiologist)
- Mission
  - Inspire and empower students, families, and adults to:
    - Live a heart healthy lifestyle
    - Prevent heart disease
    - Learn signs and symptoms of heart attack and stroke
    - Learn lifesaving Hands-Only CPR and AED use
- 5th, 7th, 9th grade
  - 120 schools served annually
  - 500+ classrooms visited annually
  - 100,000 students educated overall
  - 61,500 free biometric screenings overall
- What happens at the free screening (parent permission required)?
  - Blood pressure screenings, cholesterol, height and weight (BMI)
  - Meet with students one on one to talk about results
- D6 served in 2021-22
  - 11 schools
  - 1,600 educated
  - 933 screened
  - 66 classes
  - 1,200 learned hands-only CPR
  - 87.2% knowledge gained
  - 58% screening rate
  - Biometric screening values:

- 40% of students overweight/obese (compared to 28% all other 12 school districts)
    - 13.2% of students borderline or high cholesterol (compared to 14.2% all other 12 school districts)
    - 50% students with low HDL (compared to 44% all other 12 school districts)
- Empowerment Data for D6 in 2021-22
  - Students improving habits after the program
    - 96% fruit and veggies
    - 92% exercise
    - 86% sugary drinks
    - 74% food labels
    - 80% of high school students who currently smoke want to cut back or completely quit
    - 84% of high school students who currently vape want to cut back or completely quit
  - This is an example of a program that's showing success with addressing needs discovered through HKCS. Consider pushing an increase in Healthy Hearts program to improve fruit and veggie consumption plus physical activity
- Family Program
  - 1-year program
  - 6-week classes
  - Physicians can refer patients
  - Childcare provided onsite for free
  - Dietitian, Exercise, and Mental Wellness consults
  - Each family member receives a Fitbit to track activity, sleep, heart rate, and macronutrients
  - *Currently they're only hosting this program in Loveland*
  - Have been offering this program for eight years!
- What is the accessibility of the program - how can a school request it? Could it be connected to Sources of Strength?
  - Only 5th, 7th, and 9th grades
  - Aligns cardiovascular material with classroom standards
  - Program is completely free and available to any school!
  - Connect with Anna Kingman, if interested in bringing this program to your school

### **Panorama Data**

- Student survey since 2016-2017 = fifth year of data!
- Grades 3-12
  - 3-5 first version
  - 6-12 second version
- Main components are about: classroom and school environment + teachers + SEL on their own mental health + two components on race and equity
- This data is used in the District Equity Team and UIP writing
- Survey is not mandatory for students to complete, but time provided during the school day to complete

- When the survey is presented to students, there is a consistent set of instructions read off. Students have the option to opt out.
- Students who participate have the opportunity to provide their own written feedback
- During the 21-22 SY, 9,888 students out of 12,797 grades 3-12 students completed the survey (77%). Excellent completion rate.
- District Summary for Fall Survey
  - Elementary level went down on 3-5th grade survey regarding Classroom Community
  - Mid-70's% for rigorous expectations - meets national average
  - Student-Centered Environment
    - 6-8th and 9-12th went down a little from last year, but 9-12th still has highest percentage (90%)
  - Emotion Regulation
    - In grades 3-5, went up from last year and 80th-90th percentile
  - Self-Efficacy
    - Low percentiles compared to national average across all grades
    - Area of opportunity
  - Self-Management
    - Area of opportunity
  - Social Awareness
    - Mid-to-high 60's%
  - Cultural Awareness and Action
    - 68%
    - 80th-90th percentile compared to national average
  - Diversity and Inclusion
    - 80%
    - 60th-70th percentile compared to national average
- Spring Survey
  - Emotion Regulation
    - Secondary went up
  - Self-Efficacy
    - Went down slightly for secondary
  - Self-Management
    - Went down slightly for secondary
  - Over 5,000 high school students from across the district answered the survey (no charter schools included)
  - This data is used at school sites to determine year goals
- Playbook is included to provide some suggestions of next steps and resources based on the results
- Dr. Stacie Datterri suggests that we explore the SEL data to help drive goals for upcoming year
  - District wide
    - 3rd-5th graders
      - Self-Efficacy (believe they can succeed in achieving academic success)
        - Younger students have made some gain



- We're at the 50th percentile (compared to the country) (includes all grade levels)
- Self-Management (how well students are managing their thoughts, behaviors, etc.)
  - Fairly stagnant over time (increased a tad this school year)
  - We're a little bit lower compared to national average (40th percentile)
- Social Awareness (considering other perspectives and empathizing with others)
  - Fairly stagnant over time (increased a tad this school year)
  - We're at the 70th percentile (compared to national average)
- Emotion Regulation
  - Maintained since last school year
  - Went down quite a bit during 2020-2021 SY (due to COVID), but back up this SY
  - 80th percentile (compared to national average)
- 6th-12th graders
  - Self-Management
    - Went down compared to last year
    - 30th percentile (compared to national average)
  - Social Awareness
    - Went down compared to last year
    - 20th percentile (compared to national average)
  - Self Efficacy
    - Went up compared to last year
    - 10th percentile (compared to national average)
  - Emotion Regulation
    - Went up a tad from last year, not much change
    - 70th percentile (compared to national average)

### ***Student Wellness and SHIP Report***

- Culinary Classrooms = 15
- Smoothie Bike parties = 22
- Non-food Rewards = over 20,000 distributed (last year we did a total of 8,000)
- Healthy Treats for Elementary Art Show
- 5210+ (Feb 2022)
  - Six schools that earned awards for participation → earned over \$6,000 in prize money
  - 17 schools participated in 5210+ overall
- Walk to School Day - over 1,000 students participated
- SHAC
  - 21 members
    - 8 new members this school year
    - 6 schools
  - Murals! - Will be posted on the outside of The Family Center
  - Portable wings

- Stickers - campaign for Positive Friends - distributed the stickers
- School Lunch Successes
  - Danielle named as Colorado and Southwest Regional Director of the Year!
  - Served over 2 million free meals during 21-22 SY
  - Added tamales and pupusas to the menu - big successes
  - Food pantries in schools → in three years, we should have one at each school
- Fresh Fruits and Vegetable Promo Videos
  - Shown while students eating their FFVP item
- SWTL Success Stories
  - [See handout for full list](#)

***Identify Top 3 areas of interest to focus on for SY 2022-2023***

- See Menti poll for ideas submitted and vote on top priorities. Will discuss further at September SWC meeting
- How to share this data with the community? BOE? Principals? Are Principals aware of school level reports?

**2022-2023 Student Wellness Committee Quarterly Meetings**

- Tuesday, 4-6pm, September 6, 2022
- Tuesday, 4-6pm, November 8, 2022
- Tuesday, 4-6pm, January 24, 2023
- Tuesday, 4-6pm, May 2, 2023