Helping Students Succeed: Integrating Learning and Health through Multi-Sector Partnerships

WiRSA Annual Conference, October 30, 2018
Introductions

Jessica Johnson, Elementary School Principal, Dodgeland School District

Annette VanHook Thompson, District Administrator, Dodgeland School District

Brian Henning, District Administrator, Waterloo School District

Kim Melcher, Program Officer, Greater Watertown Community Health Foundation

Kathi Seiden-Thomas, healthTIDE Schools Team Coordinator

Who’s in the room today?
Session Objectives

1. For school leaders to share why health matters to academic success

1. For school leaders to share the strategies on how they integrated health into their schools through community partnerships

1. For healthTIDE to share how they are a connector to help build multi-sector partnerships
We want to learn from you, too!

- Do you believe a student’s health and well-being is integral to their academic achievement? Why?

- What is one way that you connecting student health and well-being to academic achievement?
Building a culture of health through policies, systems and environments that makes health the easy choice.

Striving for:
Healthy Students who are Better Learners

with investments in:
Healthy Eating
Active Schools
Social and Emotional Health

https://www.cdc.gov/healthyyouth/wssc/
Healthy students are better learners
Why did you decide to make health a priority?

Staff climate, culture, and morale

- Teacher Retention
- Staff Burnout
- Life-Work Balance
Why did you decide to make health a priority?

Student wellness, mental health, academic achievement

- Increased mental health issues
- Students not having fun
- Lethargic young people
- Stagnant achievement scores
How did you do it?

- **Holistic Child Approach**
  - Academic
  - Social emotional
  - Physical health

- **Staff Life/Work Balance**
  - Calendar and workday flexibility
  - Employee health and wellness
  - Proactive education
Multi-Sector Partnerships

- Waterloo School Board
- Greater Watertown Community Health Foundation
- Waterloo Community (Referendum)
- Waterloo Business Community
Descriptions of Program/Activities

- Spark Book Read
- The Energy Bus Book Read
- Scratch-Whole-Clean label food
- Staff Mindfulness
- Student Mindfulness
- Play 60
- Active classroom/alternative furniture
- Staff/Student pool and fitness free memberships
- Angela Watson’s 40 hour work week
- School Garden
- 4K snack program
- Weekend Kids Meals
- Farm to school support
- Dialectical Behavior Therapy
- Trauma Informed Care
- Trauma Sensitive Schools
- Youth Mental Health first aid
- Adaptive Schools
- Many more
How did you get staff and community support?

- Education of parents and students
- Critical conversations with staff
What results are you seeing?

- Positive student and staff culture
- Decrease in negative student behavior
- Positive academic growth for students
- Reduction in staff turnover
- Less teacher burnout
What are you learning?

- All we really have is our health
- Getting started is hard
- Resources are scarce
- Currently trending ideas
- Complicated and complex issues
- Leadership is important
- Do not be afraid to make mistakes
Jessica Johnson, Elementary School Principal, Dodgeland School District

Annette VanHook Thompson, District Administrator, Dodgeland School District
Three Gas Stations, Two Strip Joints, One Grocery Store and Bars....Bars....Bars

Telling our story
## Property Value per Students

**Source:** Wisconsin Taxpayers Alliance

### 2015-2016 Equalized Property Value Per Student

<table>
<thead>
<tr>
<th>Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$541,181</td>
<td>K-12 District Average</td>
</tr>
<tr>
<td>$565,552</td>
<td>K-12 District Average Minus MPS</td>
</tr>
<tr>
<td>$696,986</td>
<td>Hustisford</td>
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<tr>
<td>$496,887</td>
<td>Mayville</td>
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<tr>
<td>$470,097</td>
<td>Horicon</td>
</tr>
<tr>
<td>$452,634</td>
<td>Watertown</td>
</tr>
<tr>
<td>$424,507</td>
<td>Beaver Dam</td>
</tr>
<tr>
<td>$393,439</td>
<td>Dodgeland</td>
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Only 47.9% of Dodge County residents report that they are currently thriving in their lives.

In other words, over half of our residents are not thriving.

- Gallup-Healthways Well-Being Index: Dodge County 2015 (Blue Zones Community Well-Being Analysis, 5)
• Only 40.6 % of Dodge County residents report that they are thriving socially.
• Only 39.5 % of Dodge County residents report that they have a thriving life purpose.
• Only 34.8 % of Dodge County residents report that they are thriving physically.

Gallup-Healthways Well-Being Index: Dodge County 2015 (Blue Zones Community Well-Being Analysis, 5, 8)
## Aggregate Well-Being Scores

<table>
<thead>
<tr>
<th>Community</th>
<th>Overall Well-Being</th>
<th>Purpose Element</th>
<th>Community Element</th>
<th>Physical Element</th>
<th>Financial Element</th>
<th>Social Element</th>
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</thead>
<tbody>
<tr>
<td>Mayville</td>
<td>62.41</td>
<td>6.13</td>
<td>6.34</td>
<td>6.16</td>
<td>5.32</td>
<td>6.56</td>
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<tr>
<td>Horicon</td>
<td>61.91</td>
<td>6.24</td>
<td>5.94</td>
<td>6.30</td>
<td>5.25</td>
<td>6.34</td>
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<tr>
<td>Beaver Dam</td>
<td>61.27</td>
<td>5.98</td>
<td>5.97</td>
<td>6.06</td>
<td>5.88</td>
<td>6.48</td>
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<tr>
<td>Juneau</td>
<td>57.69</td>
<td>5.53</td>
<td>5.91</td>
<td>5.96</td>
<td>5.41</td>
<td>6.23</td>
</tr>
</tbody>
</table>

*Blue Zones: Dodge County Assessment Report 2015, 12*
What does it cost to afford the basic necessities?

This bare-minimum budget does not allow for any savings, leaving a household vulnerable to unexpected expenses. Affording only a very basic cost of living for the county's combined median household income. The Economic Viability Dashboard evaluates community conditions for Alice in three core areas: Each is an index with a scale of 1 (worst) to 100 (best).

How many households are struggling?

Community Resources: A good (68) rating indicates that less than half of the median income is spent on core needs. A fair (53) rating indicates that half to two-thirds of the median income is spent on core needs. A poor (38) rating indicates that more than 66% of the median income is spent on core needs.

Job Opportunities: A good (74) rating indicates that there are less than 10% of unemployed residents. A fair (38) rating indicates that there are 10-30% of unemployed residents. A poor (38) rating indicates that more than 30% of the workforce is unemployed.

Affordability: A good (38) rating indicates that households pay less than half of their income on housing. A fair (53) rating indicates that households pay between half and two-thirds of their income on housing. A poor (38) rating indicates that more than 66% of income is spent on housing.

What are the economic conditions?
Dodge"land Schools
The Road to a Better Tomorrow
WHEN WE DENY THE STORY, IT DEFINES US.

WHEN WE OWN THE STORY, WE CAN WRITE A BRAVE NEW ENDING.

BRENE BROWN
PARTNERSHIPS MAKE A DIFFERENCE!
Examples of Current Partnerships
Practical Tips for Finding and Nurturing Partnerships

You are an ambassador!

Tell your district’s story in a compelling and purposeful manner.
Practical Tips for Finding and Nurturing Partnership

Recognize that opportunity may come from unlikely sources.
Practical Tips for Finding and Nurturing Partnership

Be open to introductory conversations.
Practical Tips for Finding and Nurturing Partnership

Be an active participant during the "growing" phase.
Practical Tips for Finding and Nurturing Partnership

Educate your board on the importance of networking.
Practical Tips for Finding and Nurturing Partnership

Proactively communicate to staff how the “dots connect”.
Dodgeland Schools
The Road to a Better Tomorrow
Power Nine Principles for Wellness

Worksite Approved

School Pledge
Consortium of businesses and schools

Career Pathways

Apprenticeships, job shadows, tours
“Every Child Thrives”
Focus on Student Wellbeing

• Attendance Focus

• Social-Emotional Learning Work
Attendance Works

ATTENDANCE COUNTS!

September

4K 95.4%
K 93.59%
1 95.52%
2 95.6%
3 95.8%
4 94.59%
5 WINNERS! 96.8%

Dodgeland Schools
The Road to a Better Tomorrow
Social-Emotional Learning

• Playworks
• Pyramid Model
• Second Step
• Trauma-Informed, Resilience-Oriented Learning Community
Playworks
Pyramid Model
Second Step
Dodgeland Schools
The Road to a Better Tomorrow
Kathi Seiden-Thomas
healthTIDE Schools Team Coordinator
A state-wide network connecting stakeholders creating healthier communities
What is the healthTIDE network?

- Multi-sector partners across Wisconsin working to make the healthy choice the easy choice and reduce health disparities

- Stakeholder teams work in the following areas: (see overview here) (1) Schools (2) Active Communities (3) Healthy Food Retail (4) Early Childhood

- Through meaningful connections and a commitment to collaboration, partners can maximize their impact and create policy, system, and environmental changes
How could connecting with the healthTIDE Schools Team benefit you?

- Growing network of 80+ partners from the public, nonprofit, and private sector *(Please see our overview for more information)*

- Partners have set the priorities to
  - Promote the integration of health and learning
  - Build capacity to incorporate equity into policies and practices

- Benefits include
  - Opportunities to share and access resources (funding, best practices, technical assistance)
  - Get connected to partners in your community

*Please sign in so we can add you to our email list to receive funding updates, professional development opportunities and more!*
Wrap up

- Exit survey

- What’s one idea that inspired you?

- Final questions?
Thank you and please contact us!

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