MONITORING REPORT

Outcome 3

December 10, 2020

OUTCOME 3

Advocate for the social, physical, and mental wellness of themselves and others and be hopeful about the future.

Outcome 3 Indicators
Our Students Will:

1. Communicate effectively.
2. Develop knowledge and skills to have healthy eating habits, have a healthy body image and access reliable health information and services.
3. Be physically active and see athletics and exercise as health-enhancing behaviors.
4. Understand and apply principles of sound mental and emotional health and learn to identify signs of emotional health concerns such as depression, anxiety and suicidal thinking in self and others.
5. Understand how and when to seek supportive mental and emotional health resources for self and others.
6. Cultivate healthy relationships that honor each person's personal preferences and boundaries.
7. Identify and develop personal strengths and interests.
8. Develop the skills and habits to assess the role of technology and social media in their lives and distinguish between healthy and harmful use.

OUTCOME 3 ANCHOR METRIC

Not administered in Washington 2020 due to COVID-19

Metric: Healthy Youth Survey
Hope Scale
Question: During the last 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Goal:
Increase percentage of students reporting "highly hopeful" on Hope Scale to 80% in grades 8, 10, & 12 by end of SY 2022.
Decrease percentage of students indicating depressive feelings to 0% by end of SY 2022.

OUTCOME 3 *ALTERNATE* METRICS

Metric: Panorama SEL Survey Questions

HYS Q 50 Equivalent:
How often are you able to pull yourself out of a bad mood?

HYS Hope Scale Equivalents:
During the past week, how often did you feel hopeful? (SEL 19)
How likely are you to ask for help when needed? (SEL 28)
How sure are you that you can do well in school right now? (SS 1)

Sample Panorama Question

(Based on @ 3000 responses grades 6-12)

In the last week how often did you feel Happy? Hopeful?

Happy - 46% responded Favorably

Hopeful - 42% responded Favorably

Sample Panorama Question
When you have online school work, how often do have the technology that you need?

97% Responded Favorably

Sample Panorama Question
How confident are you that you can complete all the work that is assigned in your classes?

52% responded favorably

Sample Panorama Question
How likely are you to ask for help when needed?

39% responded favorably

Panorama Surveys:

- Not publishing data at this time.

- Waiting for all survey completions and data analysis in order to streamline planning and action items moving forward.

- Data will be made available as soon as we have finished training (see slide 12) for more information on training.

PANORAMA
EDUCATION

District Improvement Action Plan

A. Continue to review Health and PE curriculum resources for potential changes and/or supplements to better align with Washington state standards. **3.2/3.3**
B. Analyze student participation in athletics, activities and clubs to drive broader participation and identify and address disproportionality. **3.3/3.7**
C. Implement Social Emotional Learning (SEL) curriculum in middle schools and ensure lessons are taught in each school and grade level. **3.4/3.5**
D. Continue implementation of SEL curriculum in elementary schools. **3.4/3.5**
E. Implement suicide prevention curriculum in middle and high schools and engage with families. **3.4/3.5**
F. Explore professional development and support for all staff on trauma-informed practices. **3.4/3.5**
G. Explore expanded options/tools for SEL support and data. **3.5/3.7**
H. Use career and educational pathway resources to support all students with post-secondary decision-making and planning. **3.7**
I. Provide all students access to digital citizenship curriculum to ensure healthy online relationships, media balance and well being while engaging with families. **3.8**

Work in Progress

Health/PE Curriculum

•Move review and adoption of health curriculum to school year 2021-22 with a pilot during spring 2022.

•Review OSD board policies related to HIV/AIDS prevention and Sexual Health instruction to ensure alignment with Senate Bill 5395, Comprehensive Sexual Health.
- Compliance by SY 2022-23
- Currently grades 5 and up are in alignment with new regulations
- Additional materials and staff training may be necessary in grades K-4 to address standards.

Example Sexual Health Standards

Kindergarten:
- Understand living things grow and mature.

Grade 1:
- Describe how living things grow and mature.

Grade 2:
- Understand physical changes are a part of growth and development.

Chicago Public Schools adopted Comprehensive Sexual Health in 2013.
- K-12 Scope & Sequence with activity summaries.

Work in Progress

Career and Educational Pathway Resources

- [Naviance and High School and Beyond Planning](#)

Activity & Athletic Participation Rates

- Athletics
- Clubs
- Disproportionality in participation
- Barriers to participation

[Athletics, Activities and Clubs](#)

[OSD Band, Orchestra & Choir Demographics Summary](#)

OSD Elementary Band Strings Demographic Data

Work in Progress

Social Emotional Learning Programs

- Secondary: Character Strong -
  - https://characterstrong.com/
- Elementary: Second Step
  - https://www.secondstep.org/
- Remote-Learning Specifics
  - Morning Meetings - Elementary
  - Advisory - Secondary
  - Individual check-ins
  - Office hours
  - Small groups
  - Community council/parent groups
  - Lunch Bunch Groups

Suicide Prevention

Virtual Lifelines curriculum provided to all health teachers, September 2020. Health teachers (prevention) and secondary counselors (intervention) received training in October of 2019. A proposal for a district crisis response plan (postvention) was submitted in the fall of 2019.

Training still needed: all staff training to recognize signs of at-risk students and know how to refer.

Plan: Combination of grant possibilities to pay for Maureen Underwood to provide a synchronous training for one building, which is then recorded. SELT members will support training in remaining buildings via Maureen's recorded training. Grants will be used to pay for staff time.

Work still needed: clarification around goals in district crisis response plan.

Work in Progress

Panorama Survey Implementation

- Fall 2020 Surveys:
  - Student Survey
    Approx. 53% participation in grades 3-5
    Survey closed
  - Staff, Teacher, and Family Survey
    Closes December 4, 2020
- Data training and Considerations
- Panorama Playbook
  - Find a variety of student and staff resources for improving student Self-Efficacy.
  - Add specific activities to a toolbox for use with improving cultural awareness in your school and/or classroom setting.

Additional SEL Supports & Explorations

- Purpose Prep
  - Piloting at ORLA and inquiring about interest and viability in other secondary schools.
  - HS Online elective courses + specific intervention components Program Information
- Leadership development with principals
  - Equity training and action plan
  - Data literacy training
- Trauma-informed practices
- Daily attendance/SEL Tracker
- Mental health supports and interventions webpage

Work in Progress: Student-Centered Learning

- [Student Centered Learning Participant Handbook - pg 17-19](#)
- [Social Emotional Learning Toolkit](#)

- Building relationships with your students is of upmost importance.
- Relationships and SEL are just as important, if not more so, during distance learning.
- I want my students to be emotionally healthy.
- Build in daily meetings with all children so as to build and refresh community.

Work in Progress

Digital Citizenship

Common Sense Media PD Cohorts
- Fall 2020 - 11
- Spring 2020 - 20
- Dig Cit workshop at ORLA (stand-alone) - 9
- Fall 2019 - 41
- Spring 2019 - 39
- Fall 2018 - 81
- Plus TL work on scope and sequence - 17
- 70 staff members with certifications - List of Certifications

Digital Citizenship

Other Digital Citizenship Training
- Digital Citizenship Instruction is occurring in our distance learning environment, through our Teacher Librarians.
- All Secondary teachers had Digital Citizenship training as part of their lead up to 1:1
- 2019-20 SY kickoff speaker, Jeff Utecht spoke to all staff about Digital Citizenship

Self-Efficacy Playbook

Playbook
What are strategies for improving Self-Efficacy?

- Help Students Create Goal Setting Portfolios - *Bonnie Nieves*
- Help Your Students Become Independent Reading Rock Stars - *Sarah Driscoil*
- Increase the Number of "Teachers' in your Classroom - *Genevieve Mason*
- Self Efficacy Toolkit - *Transforming Education*
- Animals that Know How to Be Present - *Take 5! Institute*
- What Does It Take to Be the Boss? - *Read to Lead*

Cultural Awareness Playbook

A Seat at the Table   DT (Diversity Talks)

A Seat at the Table is designed for participants to engage in active and passive listening while observing the response of other participants.

[Apple] [Apple] [Apple] [Apple] Average rating: 4.9/5.0

Participants should be able to:
- Create a healing space with other participants that allows room for self-reflection.
- Engage in active listening, taking in the responses of other participants while reflecting internally.

1. Activity: 60 minutes
2. Divide participants into two groups: Group A and Group B.
3. Group A will form a circle in the center of the room creating metaphorical "table".
4. Group B will form an outer circle around Group A creating an audience.
5. Ask the outer circle (Group B) to only listen to the responses of the inner circle (Group A).