

Selkirk School District

Triennial School Wellness & Nutrition Policy Self-Assessment

Spring 2024

Small committees required the following components which were compiled for this Triennial Assessment. The next review will be scheduled for **Spring 2027**.

School Health & Safety Policies and Environment

The school district's Nutrition & Wellness policy meets the required components, however, updates to Food Service Procedures were undertaken in spring 2024. School health policies are reviewed by the school nurse with the assistance of ESD 101 staff for guidance and updated as needed. Currently, the district is undertaking review of all safety policies with a goal of updating policies and safety plans in 2024-25.

Health Education

A committee of the school nurse, two building administrators, and a health teacher met in August 2022 to review health education comparing the state required topics to teaching curriculum. An outline was drafted in the fall with committee review. The draft included the required state component and Selkirk's curriculum activities. Parent advisory groups at each building reviewed the draft. The board then reviewed the document in a spring 2023 work session. Final review will be completed during the 2024-25 school year to insure state compliance.

Physical Education & Physical Activity

In grades 1-8, Selkirk students participate in up to 100 minutes per week of physical education. Students in high school have access to a PE class and grade 9 students enroll in a mandatory *Health, Food, & Fitness* course. In addition, students in grades 1-5 have two 20-minute recess sessions per day in addition to any before or after school recess. Students in TK and kindergarten have one 15-minute recess and two 20-minute recesses daily.

The K-5 building integrates movement during the school day with "Brain Gym" breaks and other movement activities within the classroom. Students are also shown ways to work movement and activities into their lives with teachers implementing walks around the community as "exercise", implementing cross-country skiing around the school during the winter, and playing games with students during PE. Often "rewards" or class parties include movement like the all-school Christmas event "The Great Elf Race" rather than a party with treats and a movie.

The health course and the PE course at the high school also include walks/hikes to local areas (Sweet Creek, Sullivan Lake, etc.) to encourage students to integrate these activities into their lives outside of school. The high school campus also houses a frisbee golf course that is integrated into the class and can be accessed outside of school.

In middle school, in addition to tradition movement and games, students also participate in a dance unit that includes line dancing and swing dance lessons to facilitate movement and connect with an area of interest to middle schoolers.

Nutrition Environment & Services

In addition to the school district's desire to provide a variety of fresh fruits and vegetables daily, students have access to filtered water in each building. In grades TK – 5, water is served in the cafeteria facilitated by adults. In grades 6-12 students have access to water in the cafeteria and at least four bottle filler stations located throughout the building.

The school district has a goal to use scratch cooking in the majority of the lunch meals. A review of the 6-week rotational menu indicates the district is on target with that goal. The district should consider an 8-week rotation with more variety and incorporate student survey results. The ESD assisted with one survey in spring 2023. In addition, ESD staff uploaded product information into nutritional analysis software in an effort to assist the district in meeting all nutritional guidelines. The collaboration between ESD staff and local food service personnel has been integral to the success of the program. The head cook and assistant cooks were both new to their roles this year. Additional training has been identified for implementation prior to next fall.

Handwashing is supervised and required before each meal and prior to snack times at the elementary school. A healthy snack is provided to each TK – 5th grade student daily using local levy funds. Snacks generally consist of cut fruits and vegetables with occasional string cheese or crackers. More variety may be needed to encourage students to try different foods.

School Health Services

Selkirk School District employs a full-time nurse using the local levy, the School Nurse Corps grant, basic education funding, and some special education funding. The school district is fortunate enough to have a highly qualified RN on staff. A full-time nurse ensures access and referrals to outside health providers are made in a timely manner. Emergency care, educational opportunities, and health counseling are all available through the on-staff RN. The school nurse also works with administrators and custodians to promote sanitary conditions and disease prevention. School health services would be improved with a consolidated campus rather than two separate facilities.

School Counseling, Psychological, & Social Services

Selkirk School District currently employs a part-time school psychologist who is overseeing a full-time school psychologist intern. The intern will complete her program in June 2025 and then become the school district's full-time school psychologist. Similarly, the school district employs a full-time prevention/intervention specialist who will become a school counselor intern in 2024-2025. Once she has completed the program, the district will have a ½ school counselor and a ½ prevention specialist on staff at the high school. Both the counselor and school psychologist provide counseling services to students. In addition, the school district has on staff a full-time speech therapist that also assists in socio-emotional learning.

The school district does not have a social worker on staff. Social services are facilitated by a variety of staff including the school psychologist intern, the prevention specialist, the Director of Safety & Security, the school nurse, or the building administrators.

Social & Emotional Climate

Both buildings implement SEL programs. Kelso's Choices, Second Step, and Life Skills are taught either singly or with team-teaching to all students in grades TK-8 by either the speech therapist, school psychologist intern, prevention specialist, and/or school nurse. Additionally, both buildings implement character education programs and approach discipline with a restorative justice focus. Positive, caring relationships are the cornerstone of Selkirk's program. Parent response in grades K-5 surveys indicate that students feel safe and positive about school.

As a small school district, both buildings have a culture of greeting students by name each day with an added "dismissal" connection at the end of the day in grades TK-5. "Fist bump, high five, or hug" is a common phrase used by teachers in grades TK-3. Communicating clear expectations for learning and behavior is a focus of administrators, teachers, and support staff. The culture of "It takes a village" is fostered throughout the district.

For 2023-24, the school district hired a School Safety & Security Director as a non-commissioned officer with the same authority as a school administrator. A new office carved out of the hallway and classroom area at the 6-12 building increases his visibility and access to students. His role, in addition to interacting in a positive manner with students, is to review policies and procedures to help foster a safe, positive learning environment for staff and students. By late spring of 2024, he was able to access donated surplus radios and reconfigure them for safety, he processed an expansion of our FCC license, and implemented new safety software that allows staff to communicate quickly in the event of an emergency. He is reviewing our facilities with maintenance, custodial, transportation, and building administrators to assess where safety areas need to be addressed. A full review of the district's Safety Plan is underway with the goal of updating the plan by fall 2024.

Physical Environment

The school district is currently undergoing a Study & Survey of the physical environment to address the current and future educational needs of the school district. The elementary school was built in 1956 with no major upgrades other than a roof change in 1996. The high school campus was built in 1963. The waste water plant has been replaced and a small modernization that added a music room and vocational shop was completed in 1988. Other than that, the physical envelope and many interior aspects are original equipment. An architect firm is conducting the evaluation with a goal of completion in August 2024. From that information, the school district will develop a long-term detailed plan to address physical environment needs.

Employee Wellness & Health Promotion

The district received a waiver from the State Board of Education to implement a 4-day school week in 2017. In part, the focus was to increase employee wellness and promote a positive, healthy environment for staff. As part of a small, rural community, staff often engage in outdoor activities and the school district supports the use of school email and staff boards to promote events. Health activities such as First Aid and CPR are also open to all staff. With Selkirk's unique 15 in-service day calendar, any healthy lifestyle, wellness, or stress management training is offered to all staff from bus drivers to principals.

Family Engagement & Community Involvement

The community is encouraged to access the school facilities for youth programs. Throughout the year, the district supports and promotes community youth programs including: Biddy Ball, Flag Football, T-ball, and youth baseball and softball. Requests for use of facilities for AAU events, summer camps, and other youth activities are supported. Girl Scouts and Boy Scout groups also access school facilities and a locally-designed after school program, ArtScape, is supported by the school district with students accessing the activity bus at 5:30 on ArtScape days.