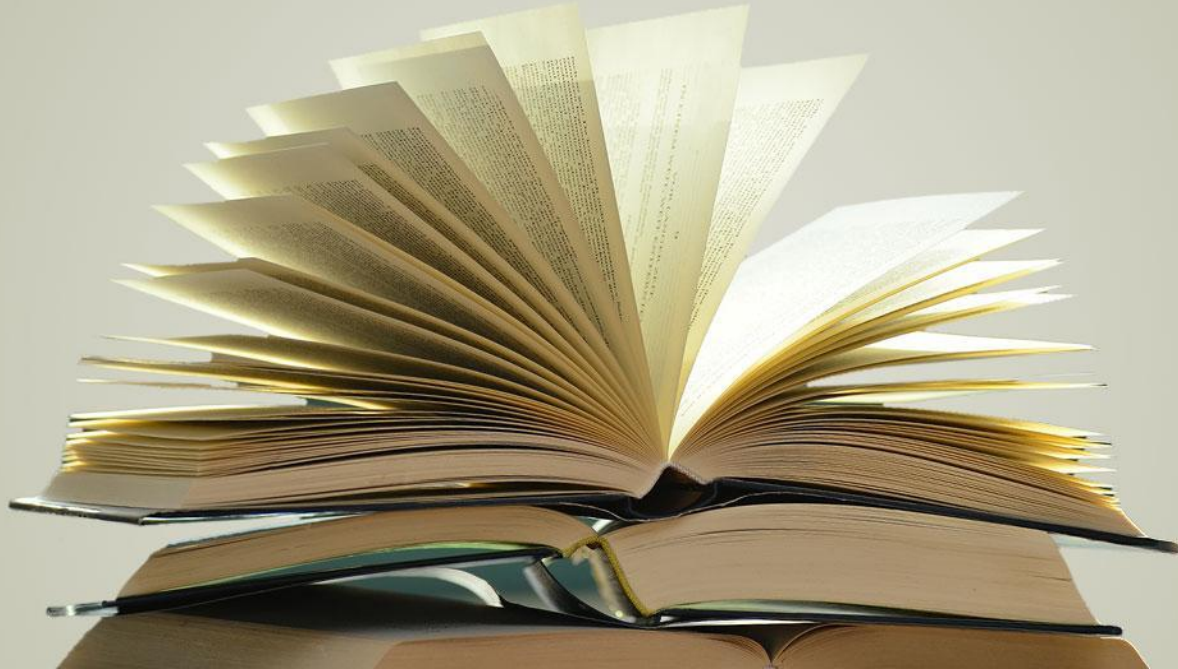


# **Health and Wellness in the Darien Public Schools**

**Board of Education Report, Fall 2017**  
**Susie Da Silva, Ed.D**





# **Board of Education Goal**

**“Study and Coordinate a Health & Wellness Plan for students in grades PK-12 to enable students to become healthy and productive citizens and practice healthy behaviors.”**

# DPS believes....



**we have a vital role in creating, fostering and supporting students in a healthy learning environment**



**wellness issues are complex and require support from the community outside of the school system**



**collaboration with other school districts with similar strengths and challenges is essential**

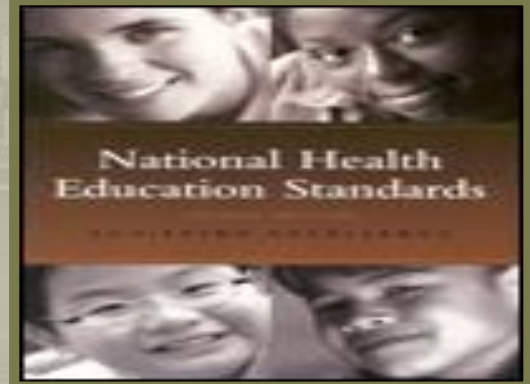
# Happy and Healthy Students



**Social, Emotional and Behavioral Learning**



**Community and Family Involvement**



**Health Education Curriculum**



# Creating a Socially, Emotionally and Healthy School Environment

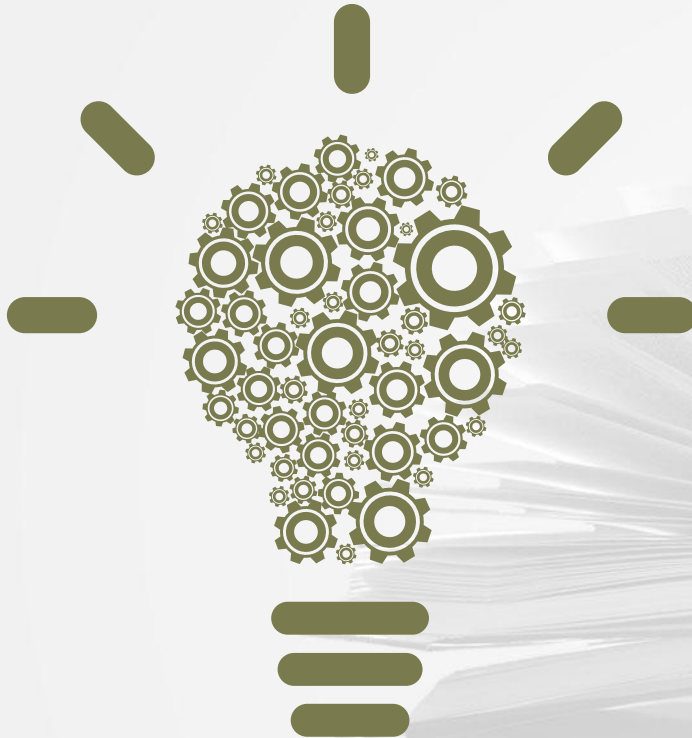
- **Is comprehensive:** *nutrition, health services, mental health services, healthy physical and emotional school environment, and comprehensive health education curriculum*
- **Requires a coordinated effort among all stakeholders (students, staff, families and the community)**
- **Emphasizes being proactive versus reactive**



# **Creating a Socially, Emotionally and Healthy School Environment**

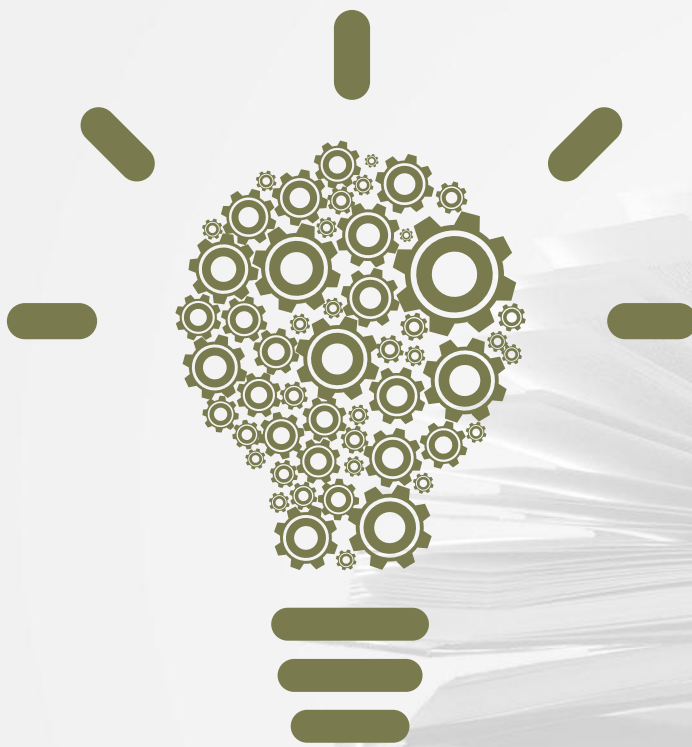
- **Provides consistency among teachers and schools**
- **Offers students a PK-12 sequence of learning**
- **Capitalizes on the strengths of staff (roles and expertise)**
- **Emphasizes respect for self and others, healthy behaviors, integrity, citizenship/contribution to school and society, and a sense of commitment**

# Our Work So Far: Social, Emotional & Behavioral Learning



- **Needs assessment based on current practices, approaches and/or programs**
- **A core group of educators trained in the Responsive Classroom approach**
- **Morning Meeting scheduled in all classes**
- **Professional Learning provided to staff in:**
  - **Morning Meeting**
  - **Teacher Language/Feedback**
  - **Responding to Misbehavior**
  - **Brain Breaks/Energizing Classroom**
- **Tier I SRBI Behavior Model being developed**
- **Social Emotional Learning component included in MMS' FLEX period**

# Our Work So Far: Health and Wellness

- 
- **Cross-Walk between DPS curriculum and CSDE standards**
    - **In process of identifying strengths and needs of current program**
    - **Studying needs of student population in relation to standards**
  - **Begin studying best practices and the work of other communities (local and national)**
    - **The development of a Health Committee**
  - **Health and Wellness Courses have been developed for all students/parents involved in extracurricular or athletics**



# **Collaboration with all Stakeholders**

- **Committee of coaches, educators, parents, and a variety of community-based partners (ex:hospitals, social service, attorneys, police department)developed to review commitment practices in Darien**
- **Collaboration with Thriving Youth- Surveys (students and parents)**
- **Discussions with other school communities similar to Darien and sharing best practices, resources, approaches**
- **Parent education to be included in future learning plan**

# 2017-2018 Goals



In collaboration with teachers, administrators, school nurses and SESS staff...



The diagram features five colored boxes arranged in a 2x2 grid with a fifth box to the right. A white arrow on the left points from the top-left box to the bottom-left box. A purple arrow on the right points from the top-right box to the bottom-right box. A white puzzle piece icon is in the top right corner. The background includes an open book on the left.

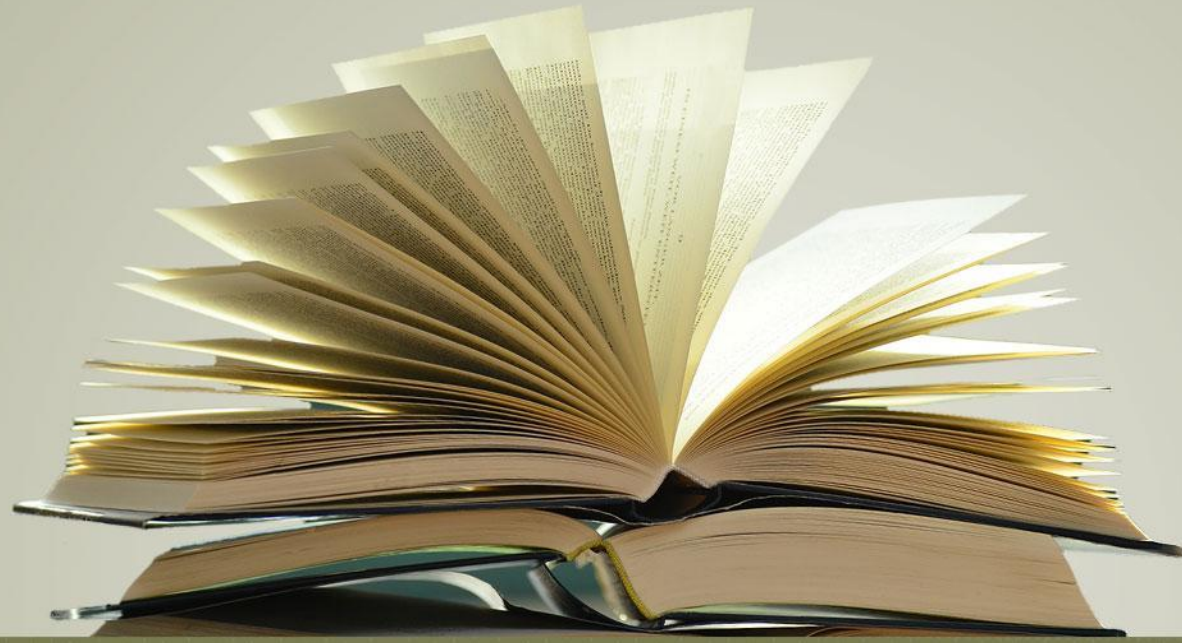
**Fully develop a Tiered  
Intervention model for  
SRBI**

**Develop a Scope and  
Sequence of essential  
topics for SEL/ Health  
Education**

**Plan opportunities to  
engage the community in  
health & wellness topics**

**Create a plan for  
professional learning and  
PD for SRBI**

**Create a plan for unit  
design & writing,  
implementation and  
professional learning**



# Questions?

A few resources:

SEL

Health & Wellness