

Robbinsdale Wellness Council

Background: In the fall of 2023, the Minnesota Department of Education (MDE) offered a learning cohort for key school districts to provide training on the role of wellness councils, on federal wellness policy requirements and required wellness policies assessments. The overarching goal was to better prepare school districts for their triennial wellness review with MDE. Robbinsdale Area School (RAS) District was invited into the cohort with an approaching triennial assessment in 2025.

Hennepin County Public Health Promotion (HCPHP) has been partnering with RAS for the last 14 years on wellness related initiatives such as healthy eating, physical activity, mental well-being, and substance use prevention. In 2010, RAS formed an active wellness council, but with identified wellness coordinator, staff turn-over, and competing priorities, the wellness council was not sustained.

The County offered RAS \$1500 to support staff stipends and paid coordination time to joining the newly forming MDE wellness cohort. Brie Smith, Assistant Nutrition Director (brianna_smith@rdale.org) and Anh Tran, Human Resources (anh_tran@rdale.org) agreed to join the cohort, recruit wellness committee members and oversee the work. Below are the general goals of the partnership and short-term and long-term outcomes.

Wellness Committee Vision Statement

Vision statement: (modified from the current wellness policy)

The district and the wellness council believe that nutrition promotion and education, physical activity, mental well-being and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.

Project goals and outcomes:

Goal 1: Wellness Coordinators

New wellness co-leaders will be identified and participate in 4 trainings through the MN Department of Education cohort form in the fall of 2023. The goal of this cohort is to provide training to improve wellness policy and systems in schools. The training highlights the 3-year triennial review and assessment process. (completed)

Wellness council leaders

Brie Smith, Assistant Nutrition Director (brianna_smith@rdale.org)

Anh Tran, Human Resources (anh_tran@rdale.org)

Goal 2. District Wellness Council



Form a sustainable District Wellness Committee (DWC) with diverse representation, meeting at a minimum of four times annually. The members will receive training and resources on evidence-based school health and wellness strategies. The committee will complete assessments, set annual goals and communicate with the school community. (In-process)

Goal 3: Wellness assessments, recommendations, goal setting:

The *CDC Whole School, Whole Community, Whole Child (WSCC) model* will guide a comprehensive approach to health and wellness and support optimal academic teaching and learning.

Assessments and goal setting will be completed in the following areas:

- a. WellSAT 3.0 WSCC (completed by June 1, 2024)
 - i. Recommendations for wellness policy 533 will be communicated to school leaders.
 - ii. Policy language will be strengthened.
 - iii. A new wellness policy following the WSCC model will be brought forward for consideration of Board approval.
- b. School Health Index (SHI) will be completed once every 3 years by the wellness council, or each school site. The goal is to complete this in 2024-2025 to identify strengths and gaps.
- c. Annual goals will be identified, implemented and outcomes documented.

Goal 4. School community engagement

The district is committed to establishing strong partnerships with students, employees, families, community members, and community organizations to ensure engagement and involvement between school and other settings to maximize the impact of wellness programming and resources.

Goal 5. Record Keeping

It is a federal requirement to document annual wellness activities and outcomes. (in process)

Goal 6. Communication and implementation of the wellness policy:

The district will actively inform caregivers and the public each year of basic information about the local wellness policy. Communications will be culturally appropriate to the community and will use multiple methods (website, newsletters, family nights, etc.) to distribute this information to the school community.

Future outcome considerations for Year II (2024-2025)

1. The District Superintendent, Cabinet and/or School Board will be informed of the work and provided sustainability recommendations (completed in 2023-2024). The wellness council will present an annual update to the school board.
2. Form individual school-based wellness goals and opportunities for input on the District wellness policy.
3. A communication plan will be designed and implemented.
4. A Triennial report will be completed to prepare for an MDE visit by 2025.
5. A documentation system of wellness meetings, assessments and goals will be designed for reporting and the MDE triennial review every three years.
6. There will be written sustainability recommendations from the wellness co-leaders for this work to remain active into the future.
7. New website updates will offer expanded wellness information and resources.

8. An annual evaluation of the wellness council work and processes will be completed by the wellness coordinators.
9. Grant opportunities for wellness work will be considered.

Meeting Topics and Agendas:

Meeting 1/ January 2024:

Topics: Why school wellness work, SHIP partnership with public health, introduction to the role of a wellness committee, WSCC model, components of the MDE triennial review.

Meeting 2/ March 22, 2024:

Topics: WellSAT WSCC assessment and priority recommendations

Meeting 3/ May 2024:

Topics: The WellSAT report shared, prioritize policy changes, review a model school wellness policy, close with an end of the year feedback survey and discuss sustainability.

Summer action of co-leaders:

- June 21, 2024: Review of the past year and outcomes, set new outcome goals for year 2, invoicing/contracts, discuss policy revisions, communication with Administration
- July 25, 2024; District office in Rm 207, 9-10:30 am
 - Communication plan for Back to School messaging and website updates.
- August 7, 2024: District office in Rm 207, 9-9:45 am
 - Planning for wellness council meetings in the 2024-2025 school year

Meeting 4: September 26, 2024 – 4:30-5:30 PM

Meeting 5: November 14, 4:30-5:30 pm

Anticipate wellness presentations to specialized groups for input and awareness for November – March 2025.

Meeting 6: February 6th, 2025; 4:30-5:30 pm

Meeting 7: March 13th, 2025; 4:30 – 5:30 pm

Contacts

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