

# **Sparta Area Schools Strategic Plan 2019-2024: Student Wellness**

## **Goal 1:**

**Educate staff, students, and parents/guardians around mental wellness in order to promote social and emotional well-being.**

### **Objective 1:**

Educate all students about issues that impact mental wellness.

#### **Actions:**

1. Develop a District Wellness Committee made up of staff, students, and parents.
2. The District Wellness Committee audits current practices and makes recommendations for future areas of focus/growth.
3. Utilize/develop a district Health Education curriculum K-12 (i.e. Michigan Model) to educate students about mental wellness and encourage healthy living.
4. Promote mental wellness among the student body (i.e. guest speakers, newsletters, websites, nurse's corner, announcements, any other communication outlets, etc...)
5. Survey students to identify areas of concern and effectiveness of education programs.

### **Objective 2:**

Educate all staff about issues that impact mental wellness.

#### **Actions:**

1. Develop a District Wellness Committee made up of staff, students, and parents.
2. District Wellness Committee audits current practices and makes recommendations for future areas of focus/growth.
3. Enlist Core Crisis Team to develop a matrix of mental health services in the district.
4. Educate staff of the matrix of mental health services the district provides.
5. Link matrix to Child Study folders K-12.
6. Establish a mental wellness professional development curriculum for staff (i.e. YMHFA, Global Compliance videos, local experts to present to staff, etc...)
7. Staff promotes mental wellness among student body.
8. Survey staff to identify areas of staff/student concern and effectiveness of education programs.

### **Objective 3:**

Educate all parents about issues that impact mental wellness.

#### **Actions:**

1. Develop a District Wellness Committee made up of staff, students, and parents.
2. District Wellness Committee audits current practices and makes recommendations for future areas of focus/growth.
3. Research successful parent education programs (i.e. GRPS Parent University) to identify successful opportunities in Sparta, and develop a K-12 parent program.
4. Maintain and advocate for Birth-to-5 programs (i.e. Bright Beginnings)
5. Offer at least one wellness seminar/opportunity for parents each year.
6. Survey parents to identify areas of concern and effectiveness of education programs.

## **Goal 2:**

**Promote positive student attendance, increased student achievement, and improve student mental/emotional well-being.**

### **Objective 1:**

Research causes of student chronic absenteeism and possible solutions to improve attendance and achievement.

#### **Actions:**

1. Research and educate students and parents about the positive effects of good attendance, and implement programs (i.e. Strive for less than 5) to encourage it.
2. Research and educate staff and parents about the effects of later school start times at the secondary level.
3. Research existing school mentoring programs and look at possible program(s) to implement for at-risk students K-12.
4. Research and educate staff, students, and parents about the positive effects of increased student involvement in athletics/co-curricular activities.
5. Enforce truancy offenses.

## **Goal 3:**

**Promote the healthy, appropriate use of technology (digital devices) by staff and students.**

### **Objective 1:**

Educate staff about the district expectations (professional use) of technology (digital devices) in and out of school, and encourage staff to be positive models for our students.

#### **Actions:**

1. Inform staff of all district policies and guidelines pertaining to their acceptable use of technology (digital devices) in school.
2. Encourage staff to model positive behaviors and discuss the proper use and expectations in their classrooms and throughout the school day with students regularly.

### **Objective 2:**

Increase student application of the healthy use (in and out of school) of technology (digital devices) and platforms.

#### **Actions:**

1. Research, define, and inform students of the characteristics and dangers of digital distraction.
2. Research what other districts have done (policy and practices) to address digital distraction in their schools.
3. Define the healthy use of technology (digital devices) for students, both in and out of the school setting.
4. Create policies and practices to address digital distraction, to instill a healthy use of technology (digital devices) during the school day.
5. Educate parents about digital boundaries and how to set clear and consistent expectations at home.