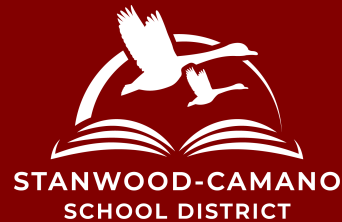
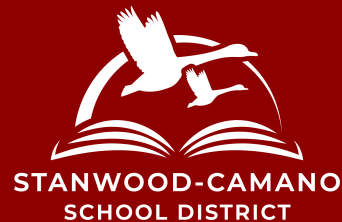




# Board Report: Policies 5515 and 6700





## OUR PROMISE

Every student in the Stanwood-Camano School District is **empowered to learn** in an inclusive setting and is **prepared for the future of their choice.**



# LEARN ABOUT OUR LEVY

Local levy dollars make up over 16% of our budget, bridging the ongoing gap between what the state funds and what it actually costs to deliver each student a quality education and safe environments for learning.



## **Athletics**

The levy funds the entirety of the district's General Fund spending on athletics and activities — as the state does not consider these part of “basic education.”



## **Safety**

The levy also pays for the district's security staff. The state provides very little funding for safety and security services.



## **Staff**

Levy dollars are used for staff in each and every school building in our district, including teachers, nurses, paraeducators, counselors, and more.

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# PDC — What we can and can't do



**CAN** promote the levy outside of work hours and off school property

**CAN** share facts and figures about the levy and district needs — without including opinion — during work hours and on school property

**CAN** remind voters of upcoming election dates and ballot deadlines



**CAN'T** campaign during work hours or on school property

**CAN'T** use district resources to create or distribute campaign materials

**CAN'T** pressure or coerce employees to participate in campaign activities

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## Board Policies 5515 and 6700

***Policy 5515*** — Commitment to prevent and address secondary traumatic stress for staff by supporting mental health in the workplace.

***Policy 6700*** — Commitment to provide students with access to nutritious food, health and physical education, and opportunities for physical activity.

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# Workplace Secondary Trauma

Secondary traumatic stress - compassion fatigue and/or burnout (symptoms like isolation, anxiety, and emotional exhaustion that may result when one person learns firsthand of the traumatic experiences of another)

## What we are doing?

Workforce Mental Health Committee that focuses on the following:

- Sharing resources and supports available (Wellness workshops, wellness monthly calendars, Employee Assistance Program, District newsletter wellness reminders)
- Sharing links for self-assessment tools
- Gathering staff feedback

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# District-Wide Workforce Mental Health Committee

**Jennifer Allen** (Principal/TCE)

**Dave Austin** (Teacher/PSMS)

**Holly Christmas-Harris** (AP/SMS)

**Christine Del Pozo** (Exec. Dir. of HR)

**Kadi Ferguson** (Teacher/SES)

**Christine Wiedmann** (Teacher/SES)

**Azra Grudic** (Student Support Advocate/SHS/LHHS/Lincoln Academy)

**Casey Lamb-Scott**  
(Paraeducator/SHS)

**Kelly Parsons** (Assistant Dir. of Curriculum, Instruction, and Student Support)

**Caro Rider** (Paraeducator/TCE)

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# Employee Assistance Program (EAP) Data

Category	2021	2022	2023
# of cases	12	16	22
% of Employees	1.72%	2.35%	3.27%

**Topics:** Anger, Anxiety, Childcare, Depression, Family/Parenting, Financial, Grief, Health, Home Ownership, Legal Counsel, Relationships

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# Winter Staff Survey Data — November/December, 2023

- 74% satisfied with their current job.
- 95% overall good morale at work right now.
- **About 25%** of classified, non-represented, building and district administrators took the survey.

## Committee next steps from survey results

- Look at how we advertise the EAP program and increase information on the program
- Visibility of administration
- How we communicate information
- Appreciation/acknowledge work of staff

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# District Health and Wellness Committee

**Jennifer Allen** (Principal TCE)

**Kolee Harriss** (Teacher TCE)

**Jasmine Perez** (Parent PSM/SHS)

**Erin Walker** (Teacher TCE)

**Mary Hoffman** (Health/School Nurse  
LHH)

**Donald Vennetti** (Director of Food  
Services)

**Robert Hascall** (Exec Director of  
Special Services)

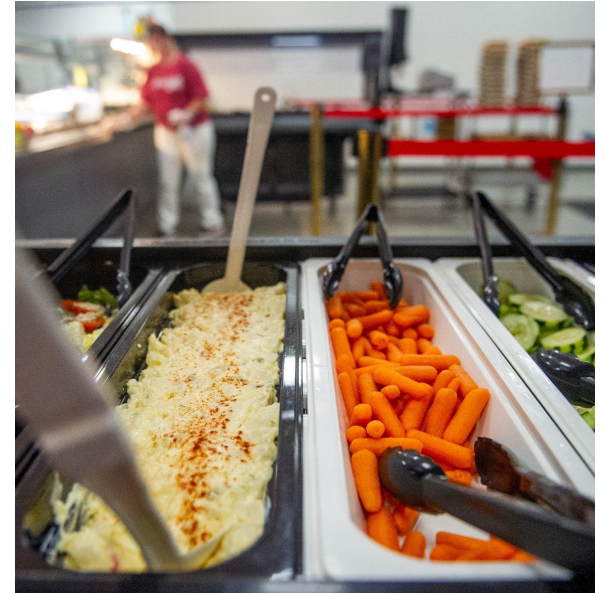
**Jennifer Dahl** (Secretary of Food  
Services)

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# Nutrition as a Wellness Strategy

We follow USDA Standards for Child nutrition during breakfast and lunch service, including:

- Fresh fruit and vegetable salad bars at all grade levels. Commodity dollars provide the ability to purchase American grown fruit and vegetables that are available year-round.
- We serve whole grains in over 80% of our grain offerings daily.
- District is meeting current sodium requirements, with proposed changes on the way.
- Menu plans help us meet the nutritional requirements of our students by grade levels K-5, 6-8 and 9-12, averaged over the serving week.
- All of this is to help our students have healthy choices so their growing bodies and minds can function the best that they can.



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# Nutrition as a Wellness Strategy

- Proposed 10% reductions continue every 2 years through 2027 for breakfast and 2029 for lunch
- Gradual reductions provide suppliers time to adjust sodium content in foods
- Also provides time for student palates to adjust

<b>USDA Recommended Sodium Levels</b>	<b>Met 7/1/2022</b>	<b>Met 7/1/2023</b>	<b>Proposed 7/1/2025</b>
Lunch Grades K-5	≤ 1,230 mg	≤ 1,110 mg	≤ 1,000 mg
Lunch Grades 6-8	≤ 1,360 mg	≤ 1,225 mg	≤ 1,105 mg
Lunch Grades 9-12	≤ 1,420 mg	≤ 1,280 mg	≤ 1,150 mg
Breakfast Grades K-5	≤ 540 mg	no change	≤ 485 mg
Breakfast Grades 6-8	≤ 600 mg	no change	≤ 540 mg
Breakfast Grades 9-12	≤ 640 mg	no change	≤ 575 mg

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# Nutrition as a Health Strategy

- Good nutrition is imperative in the health care of children with diverse neurologic conditions such as autism spectrum disorder or ADHD.
- Building a culture of healthy eating is particularly important for students with chronic health conditions including diabetes, seizure disorders, and asthma.
- Elementary Snack Committee
  - Allergen Aware Schools Initiative
  - Optimizing break times — during Social Emotional Learning activity time

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# Physical Activity among Students as a Wellness Strategy

	Required	Electives	Sports
Elementary	PE	Yoga Morning Meeting	Running Club
Middle		Volleyball	Cut/Non-Cut Sports
High		PE Elective Offering Powerlifting club	

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# Community Partnerships

## **YMCA:**

swim and childcare

## **Food Bank:**

weekend backpack program

## **Christmas House:**

school-level participation

## **Operation School Bell:**

clothing support



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# Questions?

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