

2023 Healthy Active Children Policy Report & 2023 School Mental Health Policy Report

Dr. Ellen Essick (Section Chief, NC Healthy Schools/Specialized Instructional Support)

How healthy are we...?

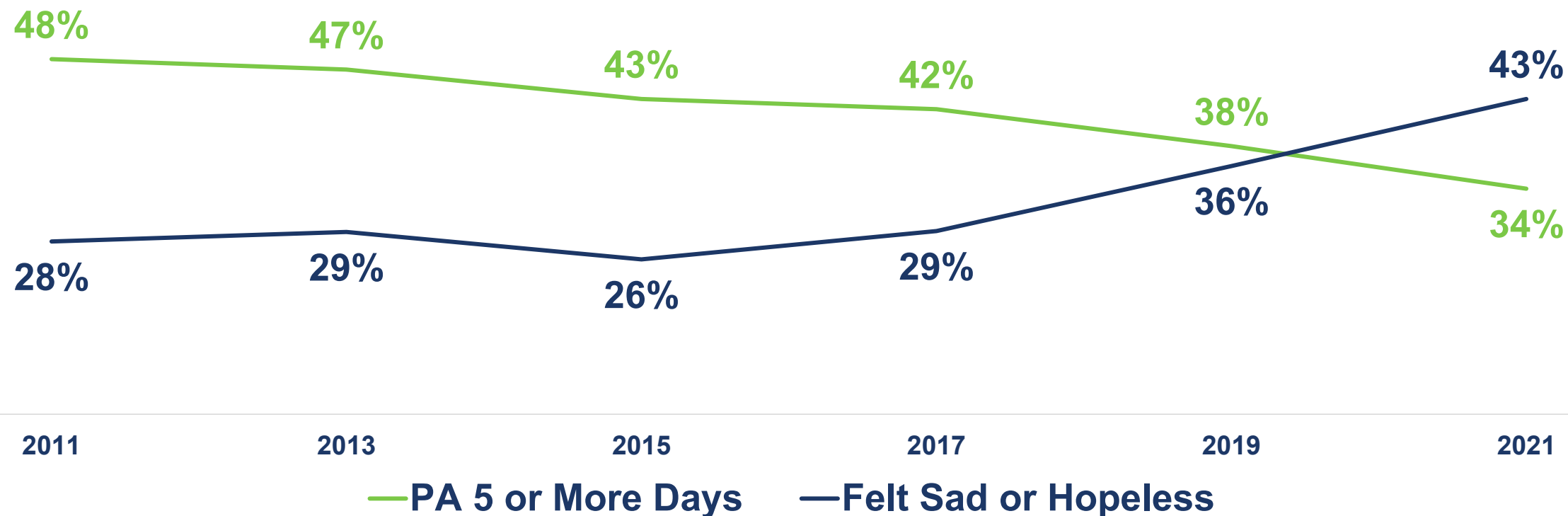


Ratios

- Elementary
 - The average number of K-5 students per licensed Physical Education teacher is 372.
- Middle School
 - The average number of 6-8 students per licensed Health/Physical Education teacher is 250.



Physically Active 5 or More Days of Past 7 Days vs. Persistent Feelings of Sadness or Hopelessness Among NC High School Students, 2011-2021



North Carolina - YRBS, 2011-2021

Healthy Active Children Policy Report 2023

Summary Data from LEA
School Health Advisory Councils

Whole School, Whole Community, Whole Child

A Collaborative Approach to Learning and Health



Healthy Active Children Policy

- Section 1: Local School Health Advisory Council (SHAC)
- Section 2: Whole School, Whole Community, Whole Child (WSCC) Model
- Section 3: Local Wellness Policy
- Section 4: Physical Education and Healthful Living
- Section 5: Physical Activity and Recess
- Section 6: Nutrition Services, Education and Promotion
- Section 7: Policy Monitoring
- Section 8: Data Collection – Centers for Disease Control and Prevention
Youth Risk Behavior Survey

2023 Healthy Active Children Policy Report

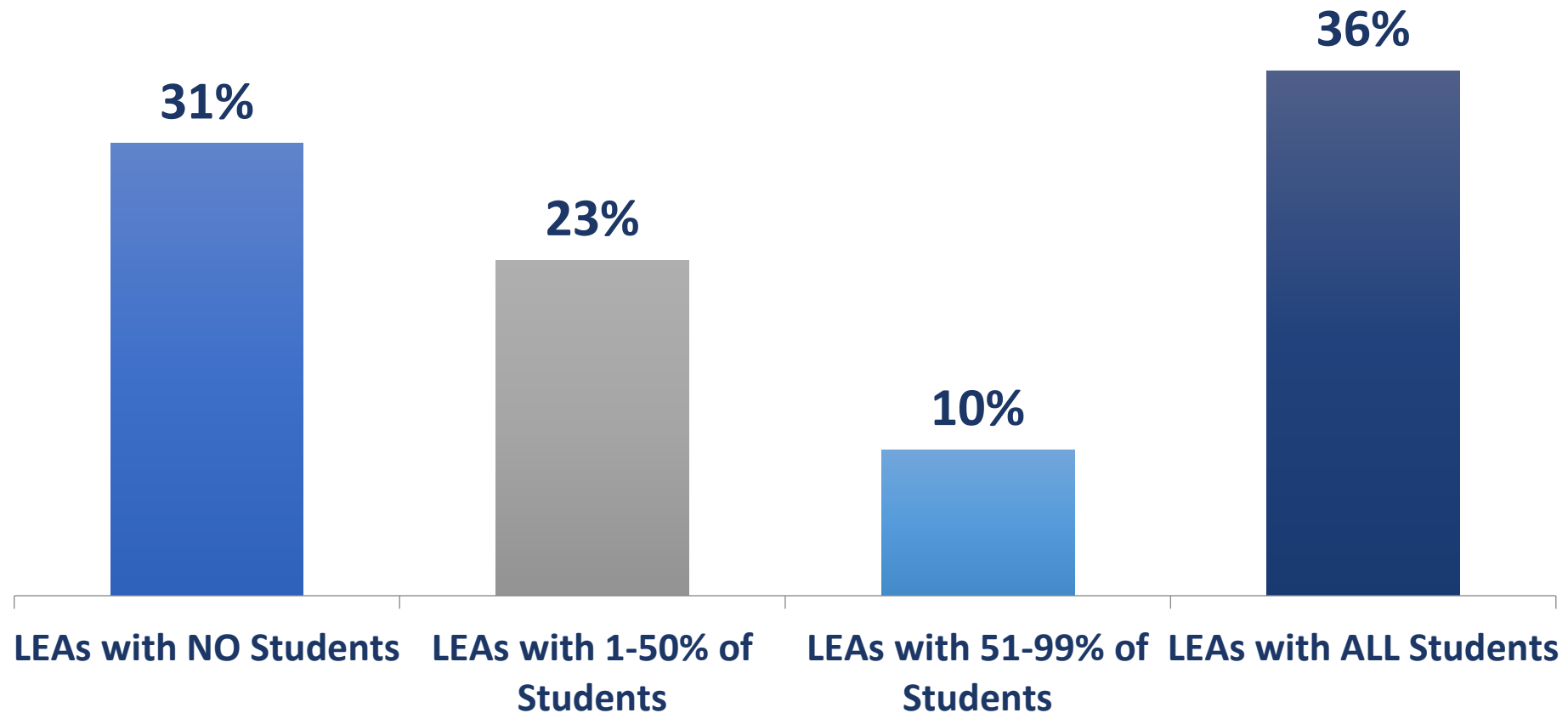
Key Points



- **100%** of LEAs Responded (115/115)
- **50%** of School Health Advisory Councils met at least quarterly
- **72%** of School Health Advisory Councils provide annual reports to their local Board of Education
- **63%** of schools provided staff wellness programs

Physical Education & Physical Activity

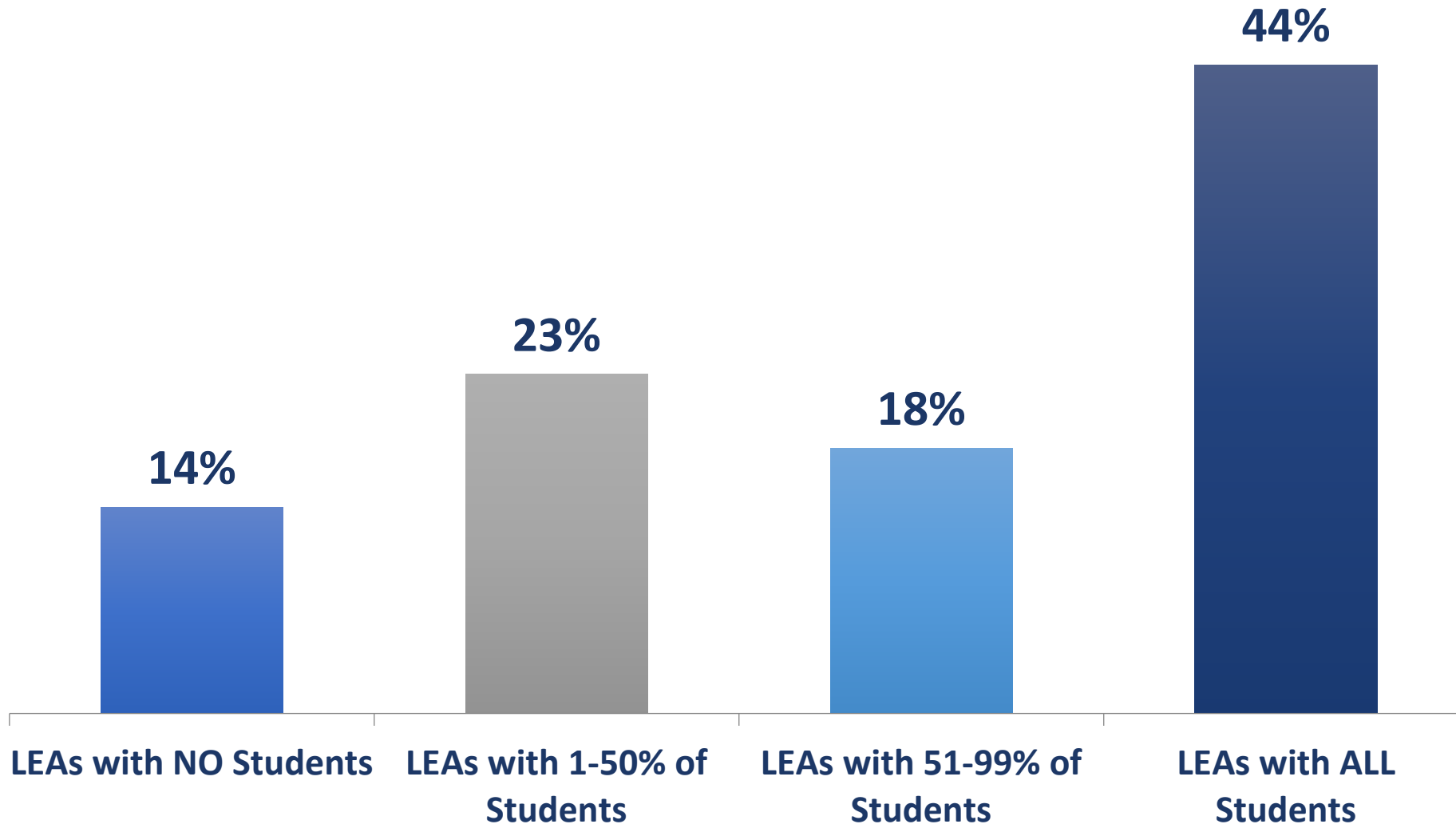
Elementary Students Receiving 150 Minutes per Week of PE Taught by a PE Specialist



**Health
Education**

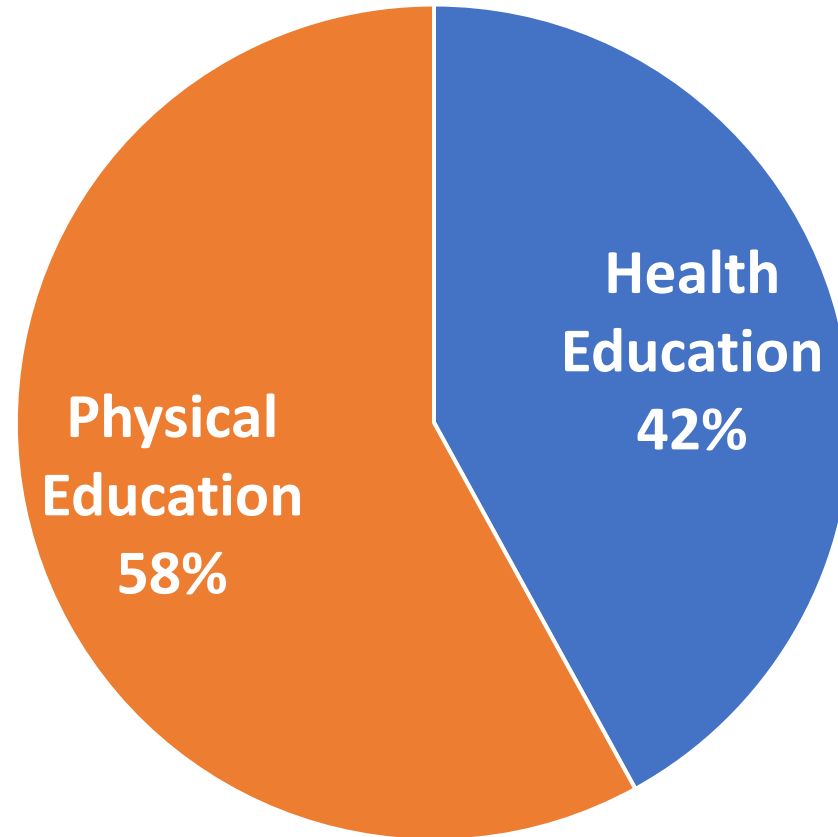
**Physical
Education &
Physical Activity**

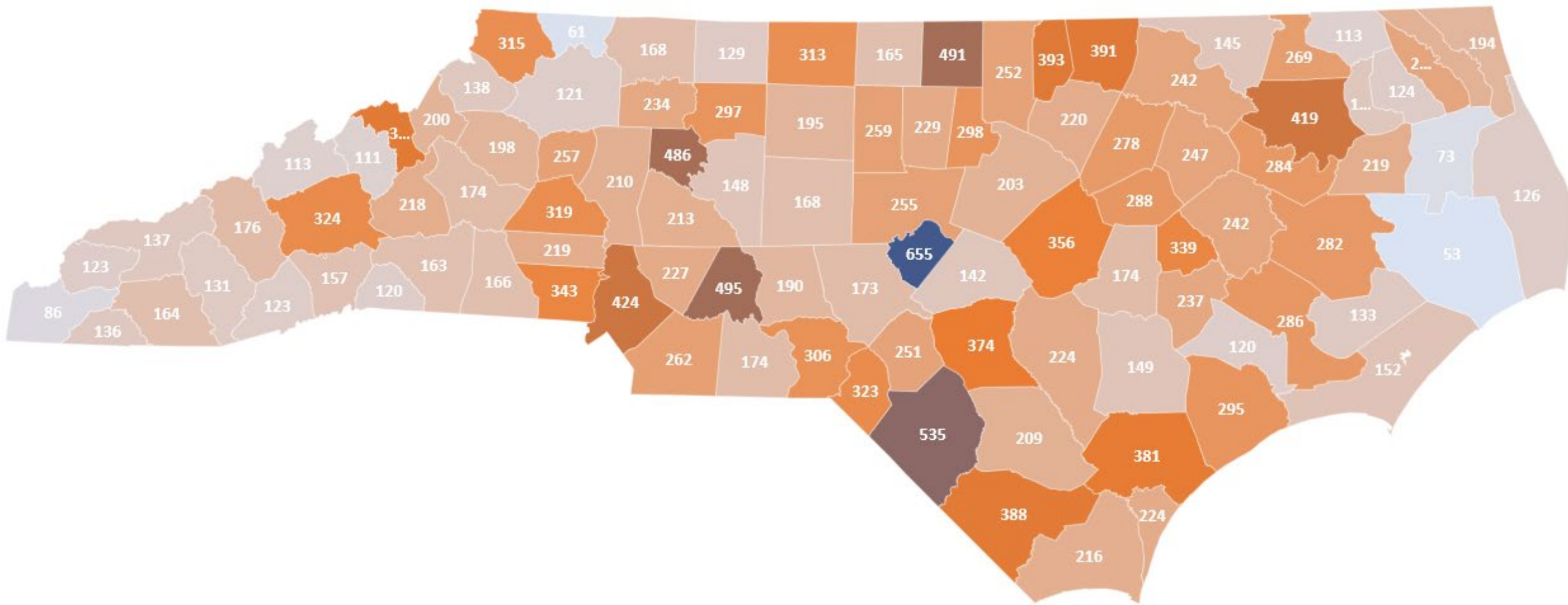
Middle School Students Receiving 225 Minutes per Week of Healthful Living



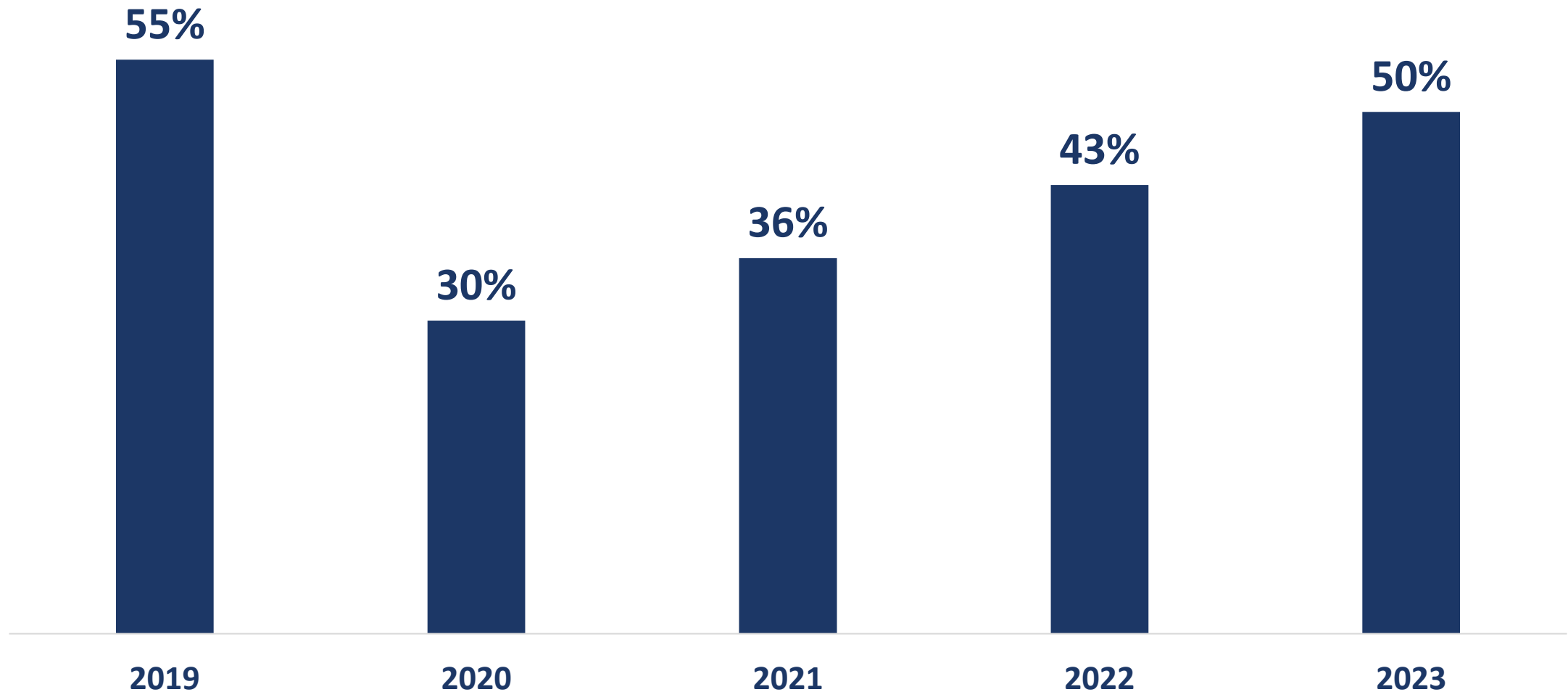
How are Middle School Healthful Living Courses Divided Into Physical Education and Health Education?

% of Class Time

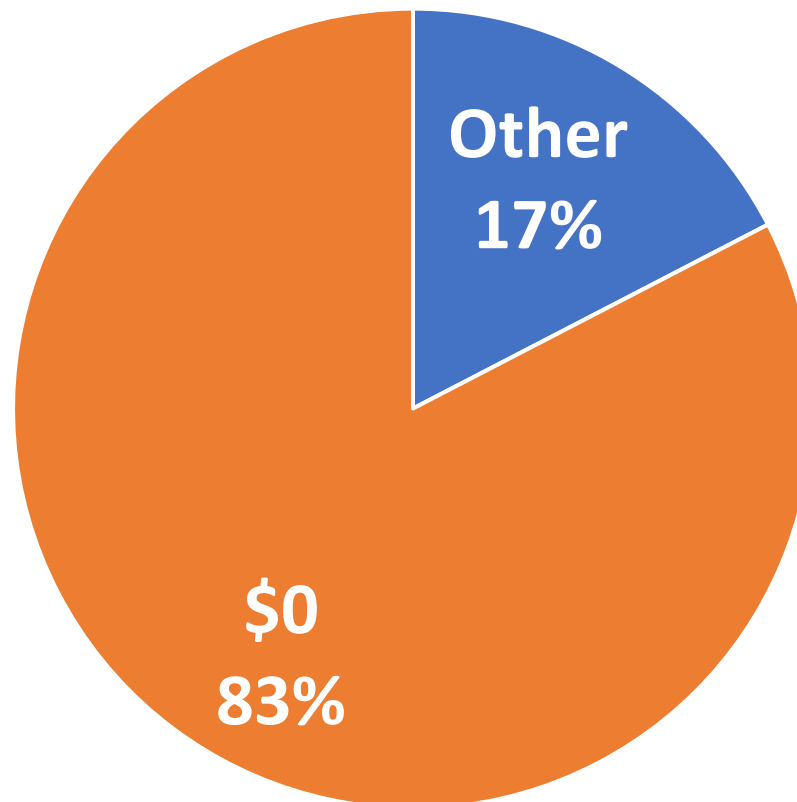




School Health Advisory Councils Who Met At Least Quarterly



How much local funding is allocated for your SHAC?

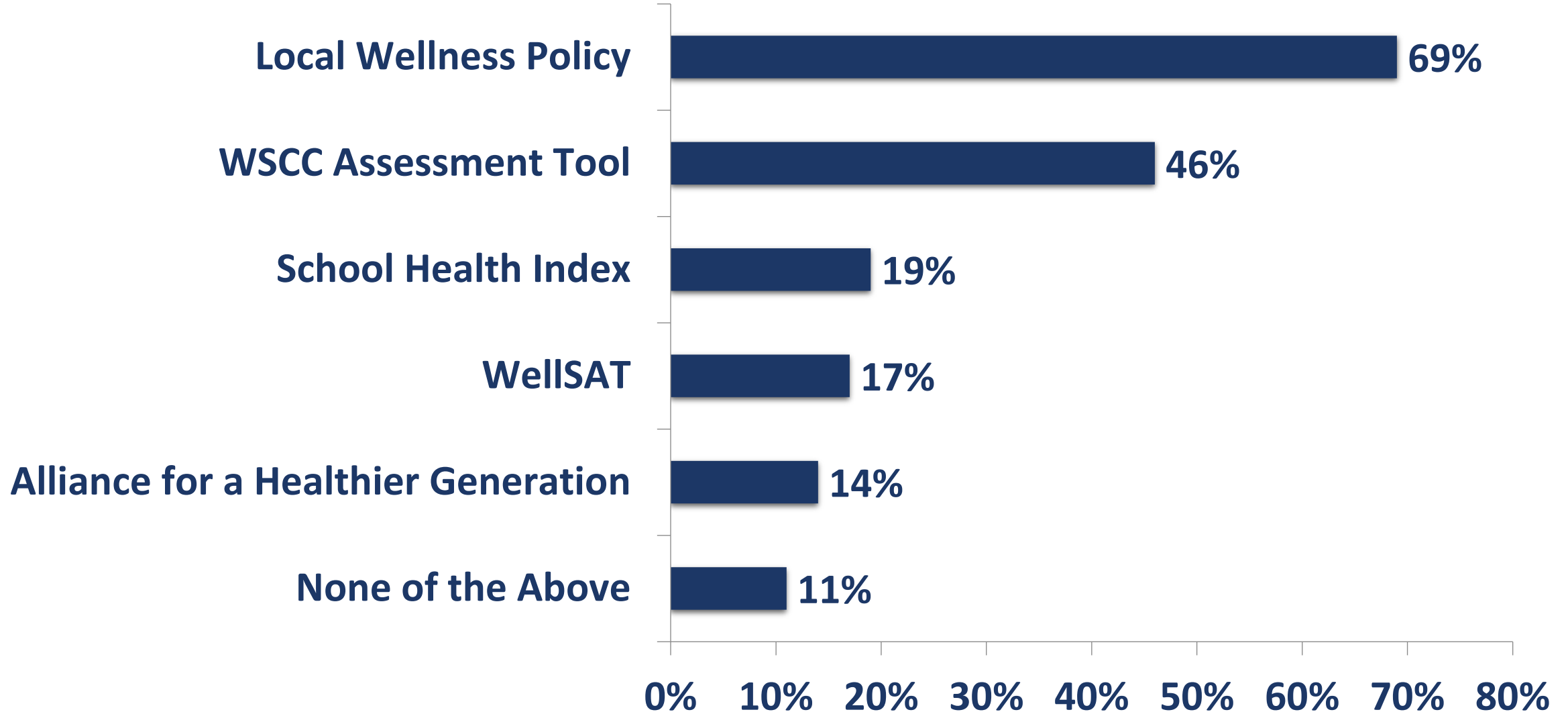


95 LEAs responded \$0

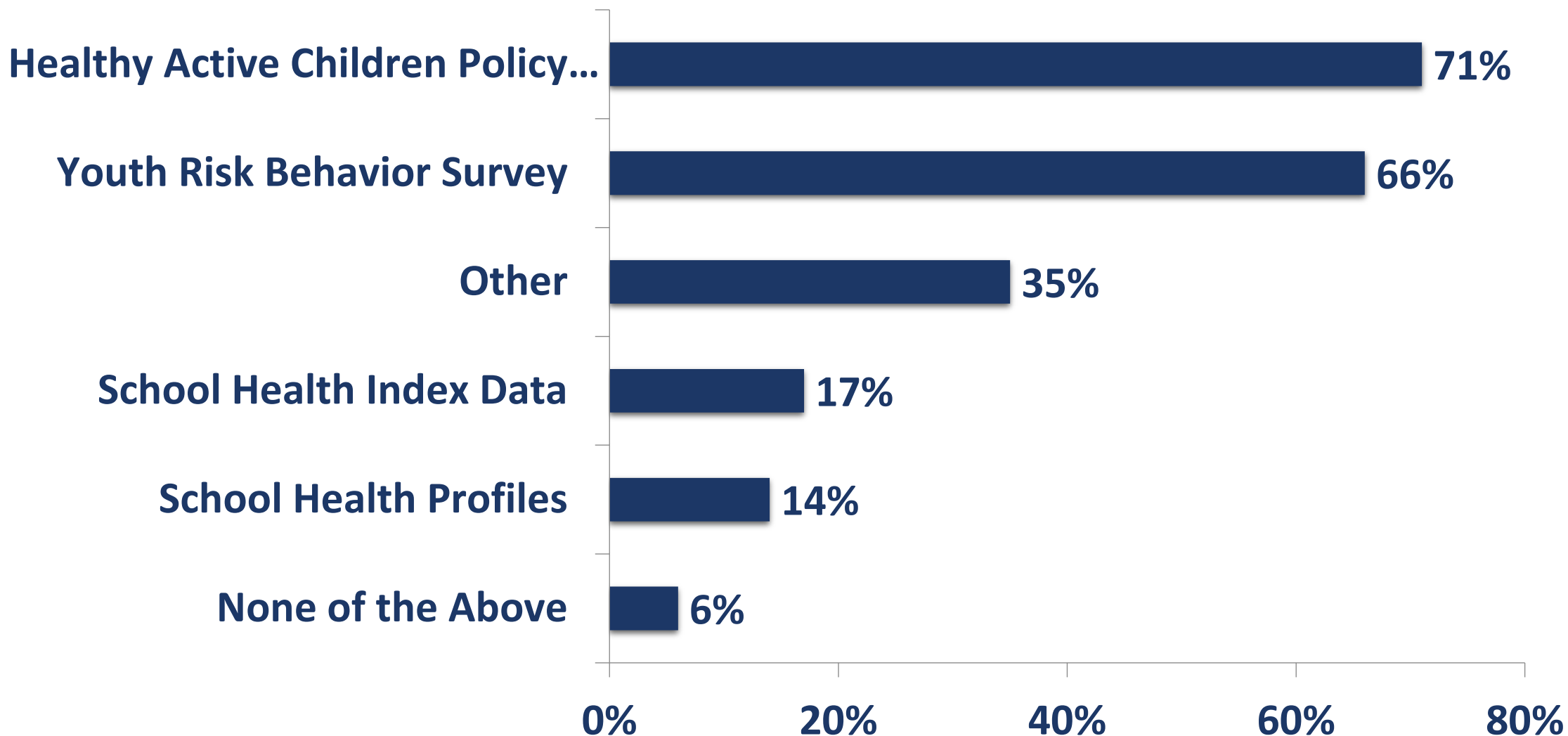
Count of: In the past school year, did your SHAC receive Mental & Behavioral Health funds (up to \$60,000) from the Division of Child and Family Well-Being (DCFW)?



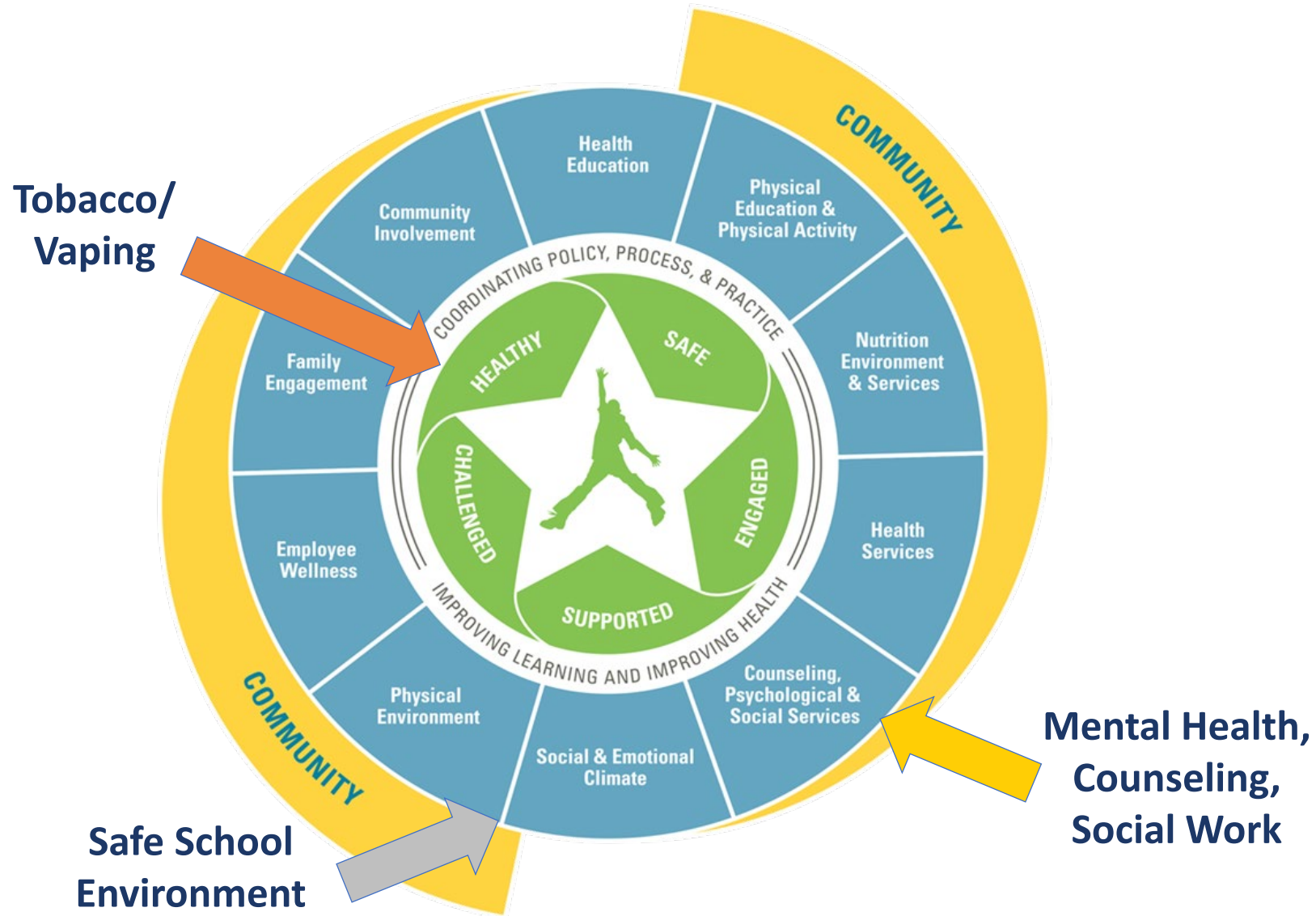
School Health Assessment Tools



Reports Used to Inform Work

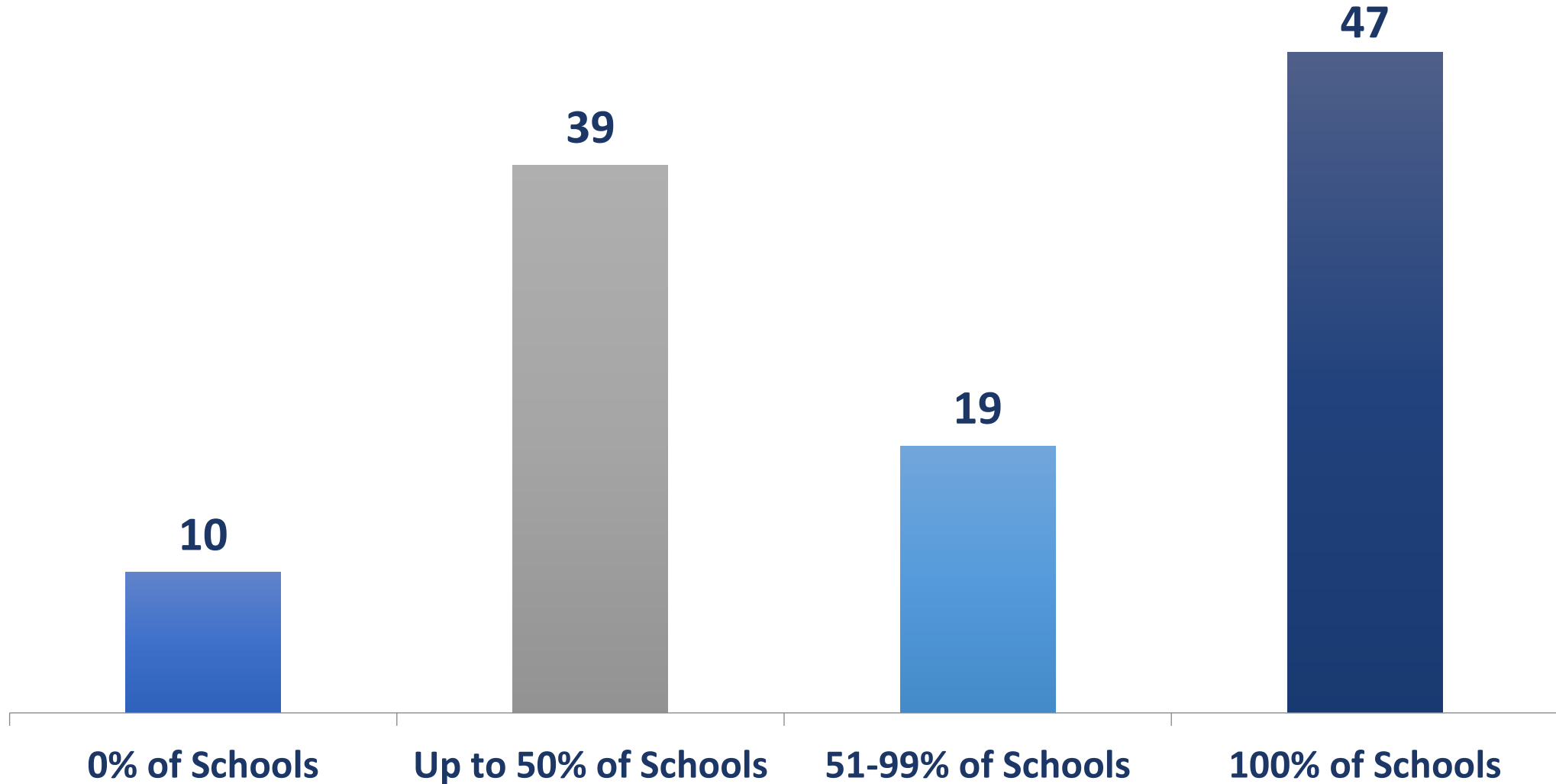


Top Areas of SHAC Focus

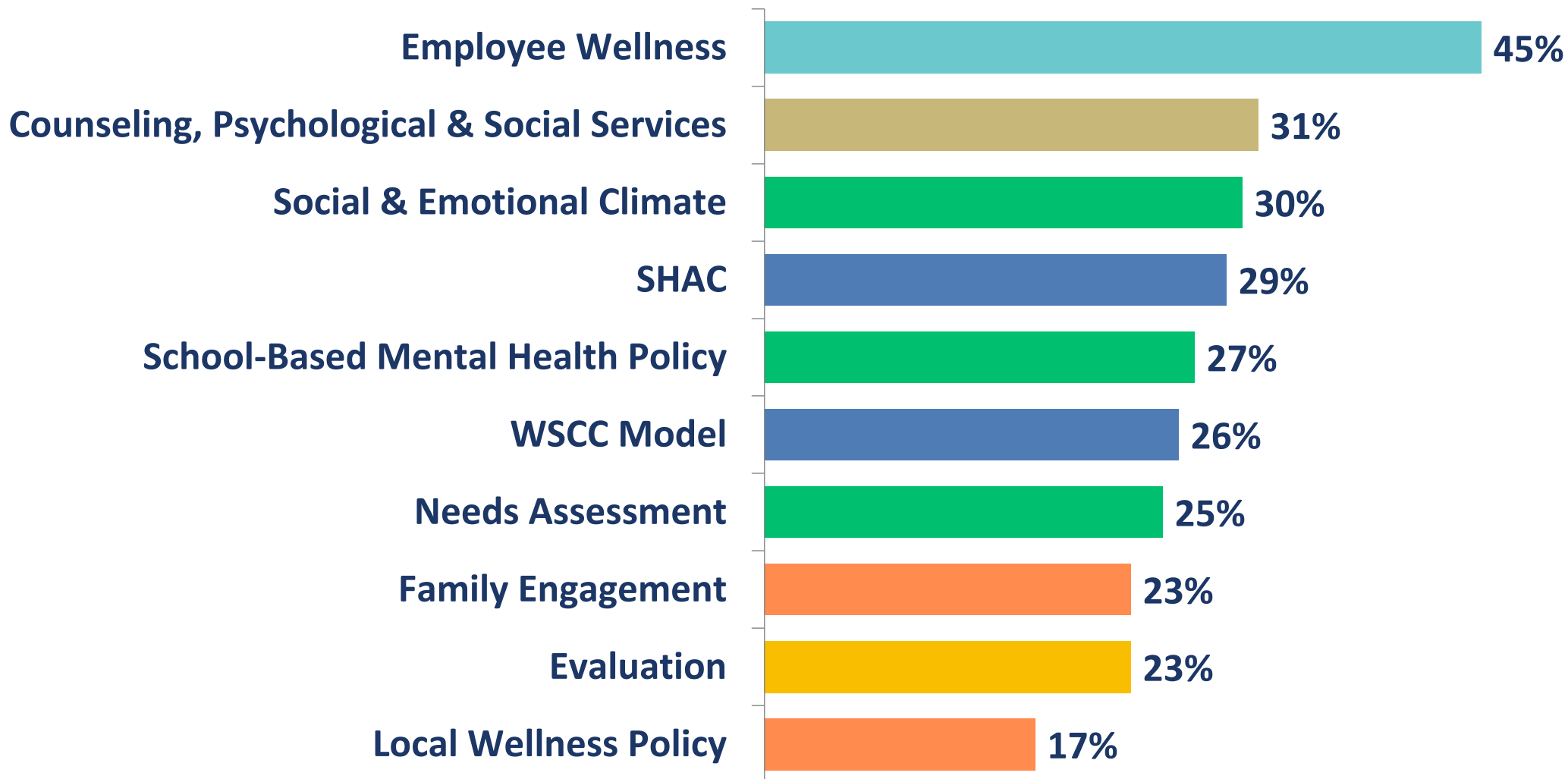


Employee Wellness

Number of LEAs Providing Staff Wellness Programs



Top 10 Areas Needing Additional Resources/Assistance



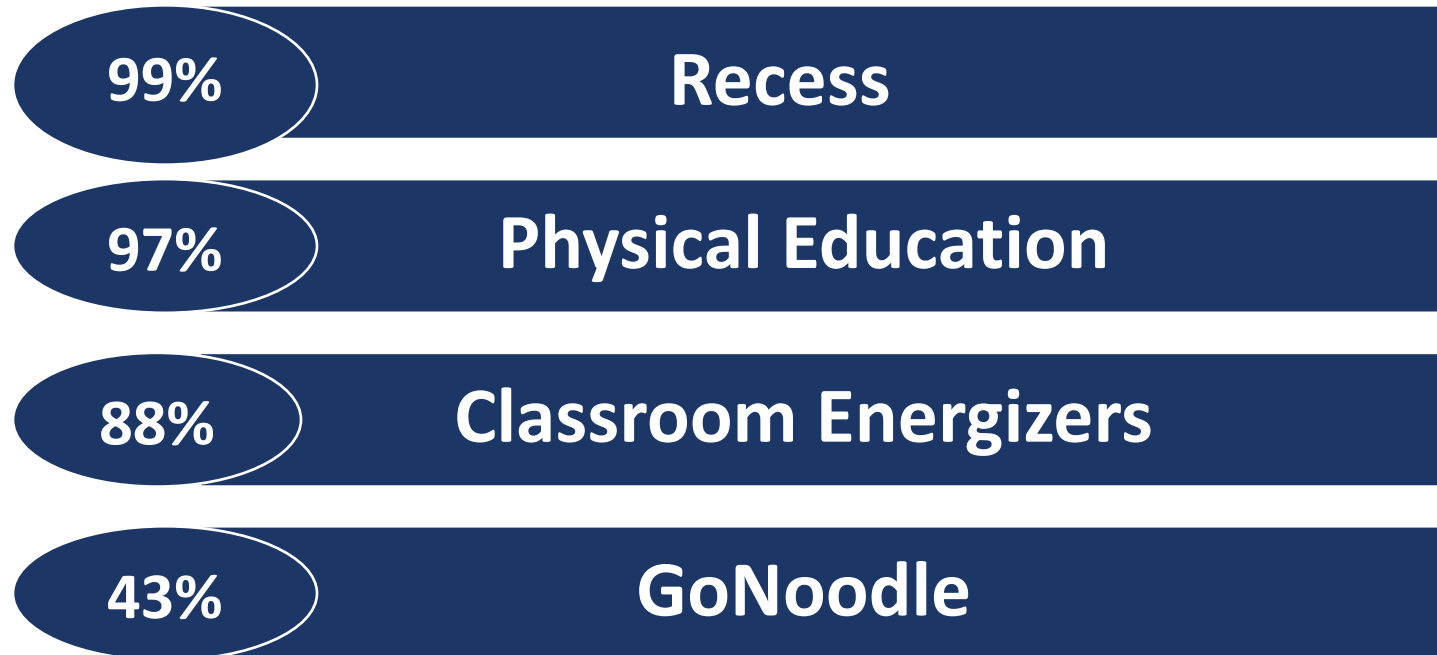
Physical Education & Physical Activity

ALL LEA Elementary Schools Provide 30 Minutes of Daily Moderate to Vigorous Physical Activity

99% - Yes

1% - No

Most common methods used to provide physical activity:



ALL LEA Middle Schools Provide 30 Minutes of Daily Moderate to Vigorous Physical Activity

76% - Yes

24% - No

Most common methods used to provide physical activity:

97%

Physical Education

74%

Classroom Energizers

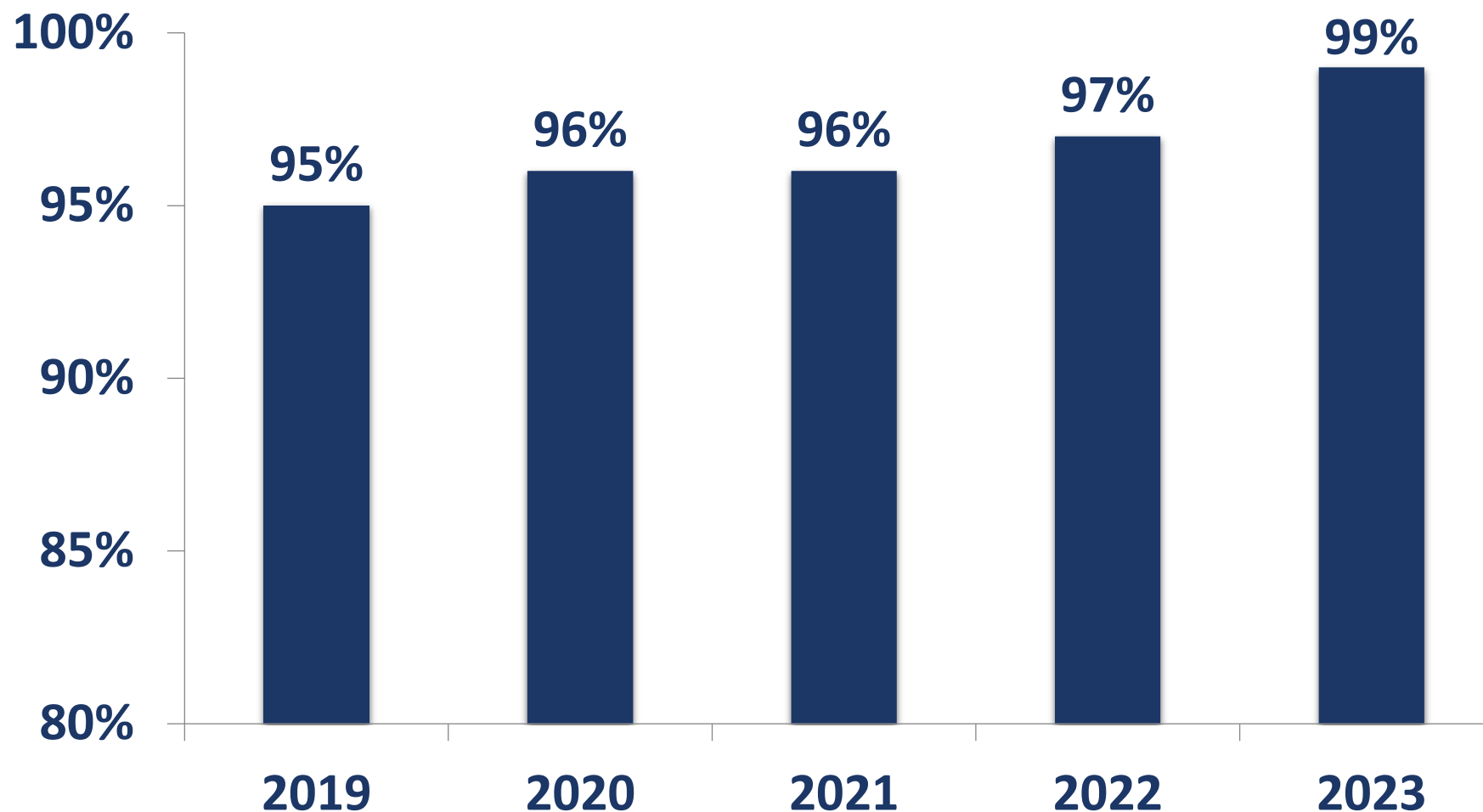
52%

Recess

29%

Intramurals

% of LEAs in Which No School or Teacher Withheld Recess as a Punishment



Community Involvement

LEAs and Joint Use Agreements

94%

- Written Community Use of Facilities Policy

3%

- Do not have a written community use of facilities policy, but community members do use the school facilities for physical activity

Social & Emotional Climate

Local Policies

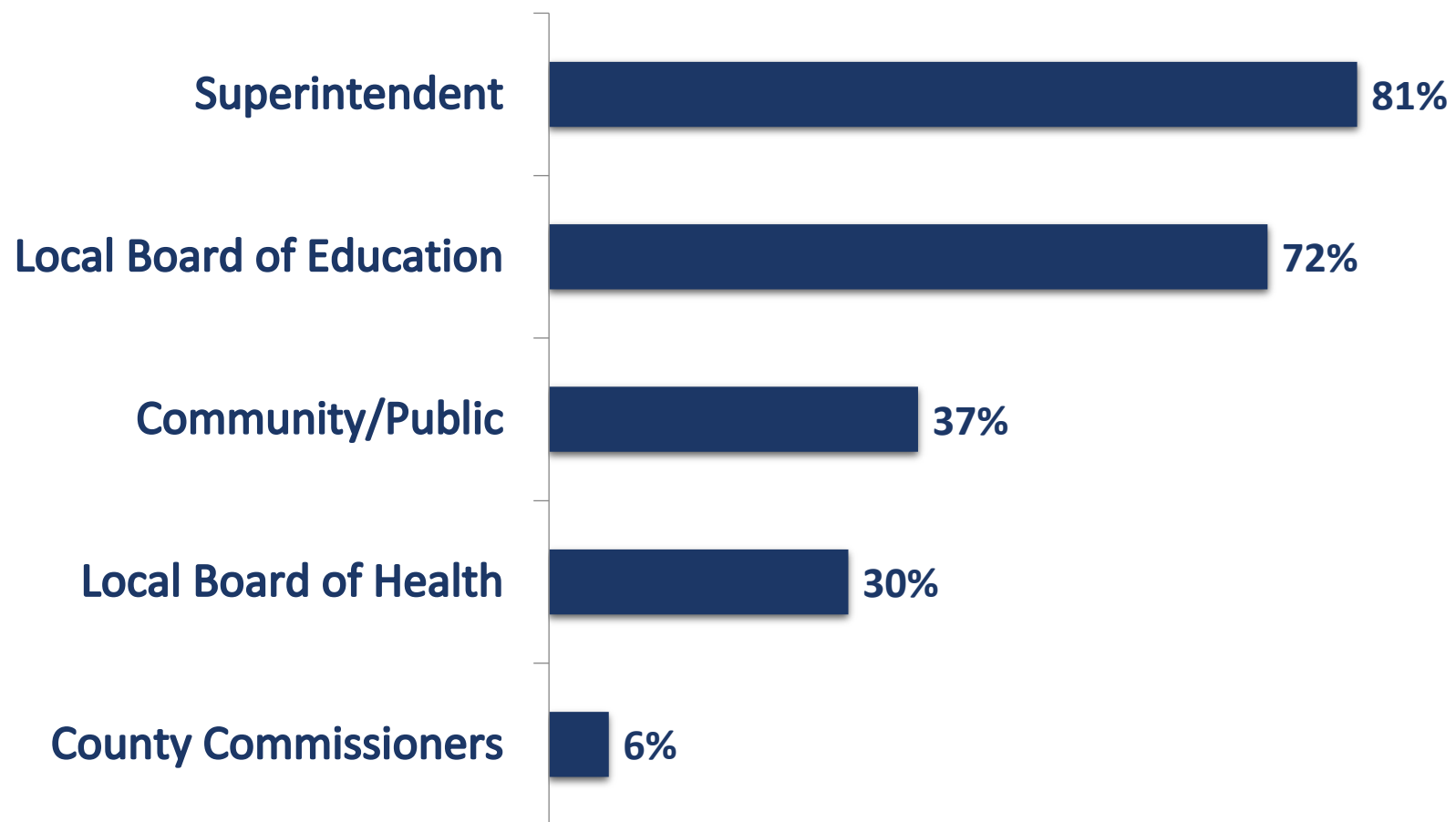
92%

- Local policy that reflects the Healthy Youth Act

98%

- Local policy that reflects the School Violence Prevention Act (Bullying and Harassment)

Who Receives a School Health Advisory Council Report?



Themes Across the State

- Addressing Vaping
- Mental Health
 - Students & Staff
- Community Partners
- Health Fairs
- Increasing SHAC members
- Celebrating Successes





School Mental Health Policy (SHLT-003) Report 2023

Policy Overview

Background Information and Timelines



Report Compliance

336 Total PSUs

- 327 reported
 - 8 of 211 active charter schools not reported
 - 1 of 10 lab/regional schools not reported

Additional outreach is ongoing to ensure all required components are submitted.

115 LEAs
+
211
Charters
+
10 Lab &
Regional
=
336 Total

Report due September 15, 2023

Data represents compliance as of November 13, 2023

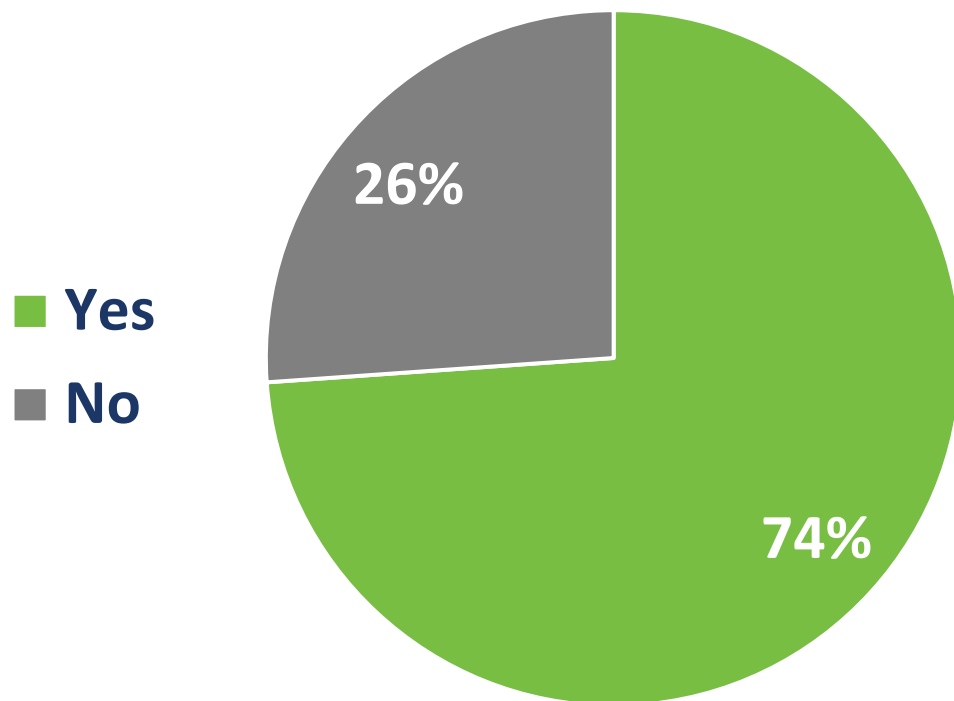
Training Program

Does your plan include a mental health training program provided to school employees addressing the topics listed below, including at least six hours of content for initial training occurring within first six months of employment and annual subsequent training of at least two hours?

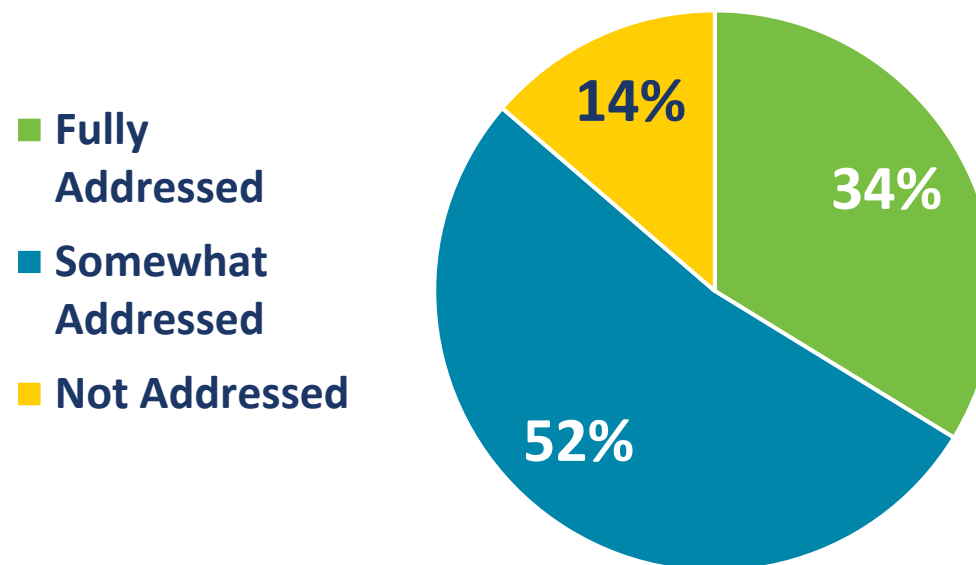


Staffing Ratios

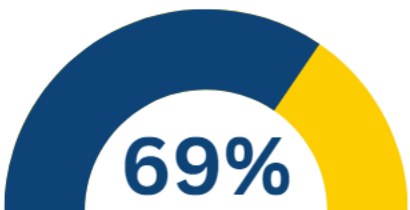
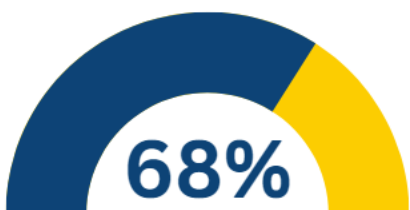
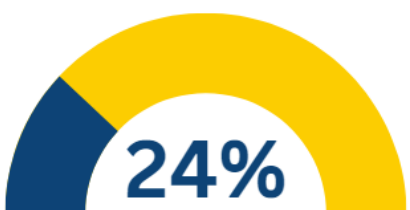
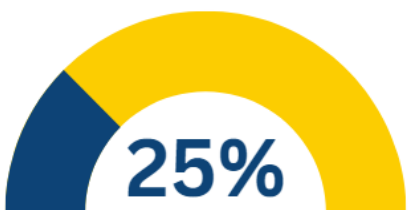
Does your plan address improving staffing ratios for licensed specialized instructional support personnel such as school counselors, school nurses, school psychologists, school social workers, and school occupational therapists?




To what extent did your PSU address improving staffing ratios for licensed specialized instructional support personnel such as counselors, school nurses, school psychologists, school social workers, and school occupational therapists in the 2022-2023 school year?




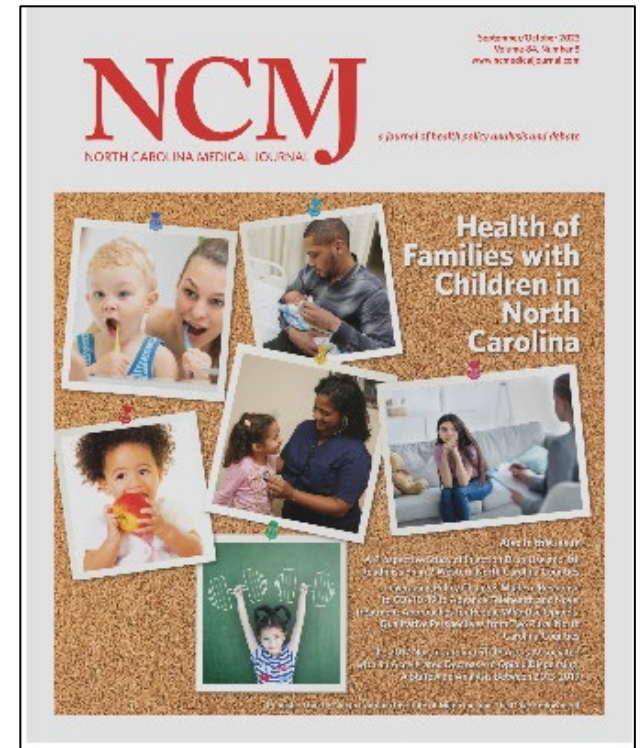
Specialized Instructional Support Personnel Ratios

School Counselors	2021	1:335	Recommended	1:250	 69%
	2022	1:361			
School Nurses	2021	1:890	Recommended	1 per school	 68%
	2022	1:833			
School Social Workers	2021	1:1,025	Recommended	1:250	 24%
	2022	1:1,033			
School Psychologists	2021	1:1,815	Recommended	1:500	 25%
	2022	1:1,979			

SISP Benefits: A School-based Solution

- Graduation Rates
 - Time Teachers Spend on Instruction
 - Reading and Math Achievement
 - School Safety
 - Access to Medical and Mental Health Services
- 

- Chronic Absenteeism
 - Physical Aggression
 - Substance Use
 - Teacher Turnover
- 



[NC Medical Journal](#)

Technical Assistance and Supports

Process

- Review
- Intensive Review
- Feedback
- Professional Development
- Reminders between May and September 15th

Follow-Up Determinants

- No plan
- Missing components
- No action items
- No suicide risk referral protocol
- Training compliance
- Request for help

SMH Plan Rating System

4	Exceeded Compliance Expectations	<ul style="list-style-type: none">• Model Plans• Detailed• Not missing anything
3	Met Compliance Expectations	<ul style="list-style-type: none">• Met requirements, but could improve• Data unclear• Mentioned SRP but didn't link, or link didn't work
2	Nearly Met Compliance Expectations	<ul style="list-style-type: none">• Missing part of requirements• Submitted PSU but missing SRP or training plan• Used other template, missing things
1	Did Not Meet Compliance Expectations	<ul style="list-style-type: none">• Submitted only SRP or training plan• Completely different template, missing most information

Comparing Ratings- LEAs

	2022	2023	Difference
4	12	25	+13
3	30	37	+7
2	43	41	-2
1	23	12	-11
N/A	7	0	-7

Comparing Ratings- Charters/Labs

	2022	2023	Difference
4	2	21	+19
3	36	39	+3
2	115	126	+11
1	45	30	-15
N/A	16	2	-14



Healthy Children
Learn Better!

School Based Health Centers

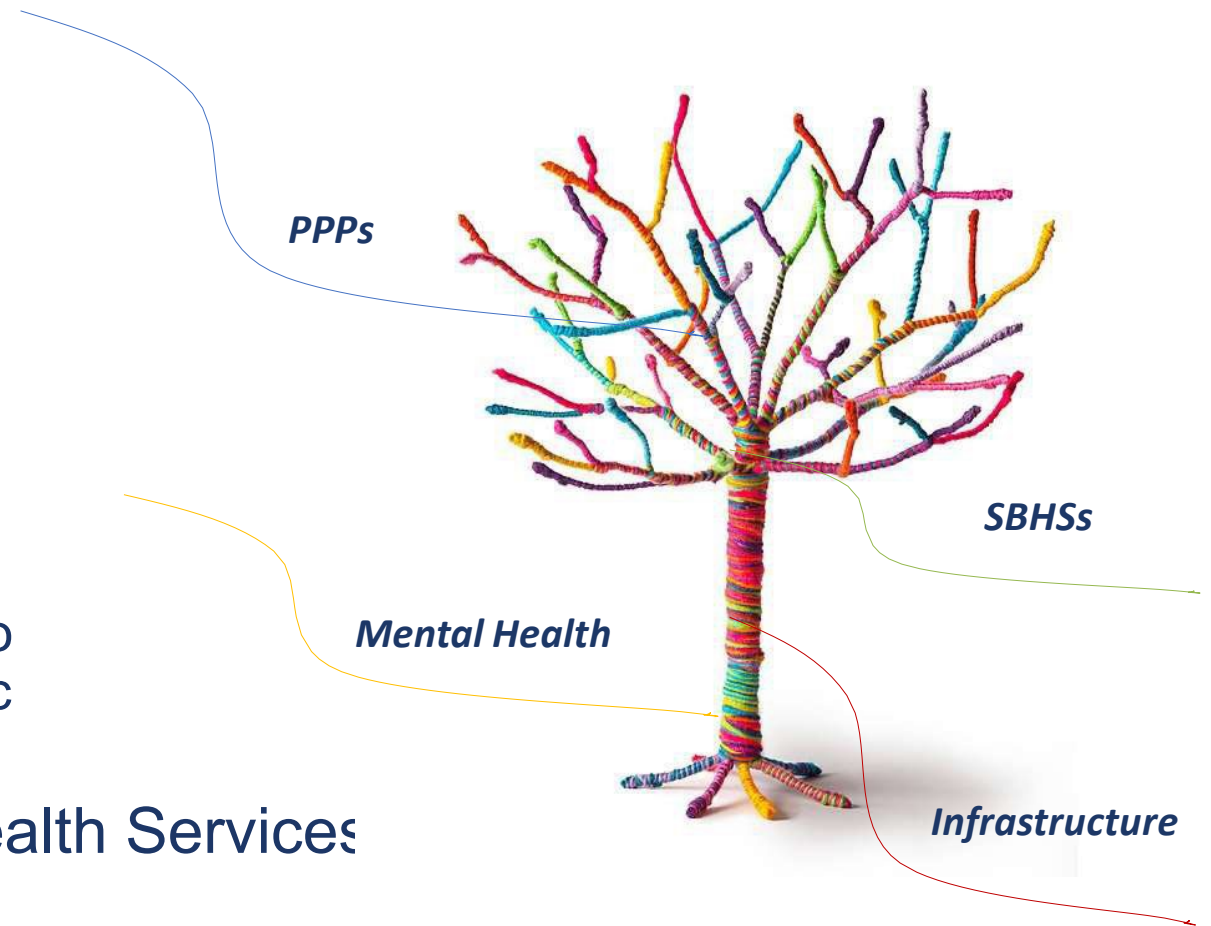
Whole Child North Carolina Vision

State agencies and partners will coordinate so that all children thrive in a nurturing environment and have the resources and supports they need, provided the way they need them, and when they need them.



WCNC Priorities:

1. Endorsing funding request for SISP.
2. Policy Recommendations:
 - a) Fund position for Whole Child NC / WSCC.
 - b) Principal Preparation Programs to include program approval requirements and communications that will focus educator preparation programs for principals on the *Whole School, Whole Community, Whole Child* (WSCC) model and its relationship to enabling students' access to a sound basic education.
3. Expanding School-Based Access to Health Services



School Based Health Centers



School-Based Health Centers.....

Provide access to comprehensive, coordinated and preventive health care either through direct services and programs and/or through providing referrals to other primary care providers including medical homes, medical specialists, mental and behavioral health agencies, nutritionists and other community services and programs.



Serving: Buncombe County, Haywood County, Jackson County, Polk County, Rutherford County, and Transylvania County

WILSON AREA SCHOOL-BASED HEALTH CENTERS RECOGNIZED BY NC SCHOOL BOARDS ASSOCIATION

