

S.W.A.T.

Student Wellness Advocacy Team



Gaining Community Engagement with your SHAC:



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S.W.A.T.: This student led health and wellness initiative is our method

- Sandra Day O'Connor High School believes in a whole child, whole school, whole community approach to education, with wellness being a significant factor for academic success.
- SWAT is the focal point of this movement.
- SWAT is a student led organization, which promotes physical, nutritional and mental wellness across the campus and community.
- Ensures that high school is an experience for students to remember, be academically successful and sustain a healthy mindset for life.



S.W.A.T.



A High School Case Study *Overview*

Sandra Day O'Connor High School (SDOHS), is a large suburban high school and serves just over 2,400 students and home of over 200 staff members

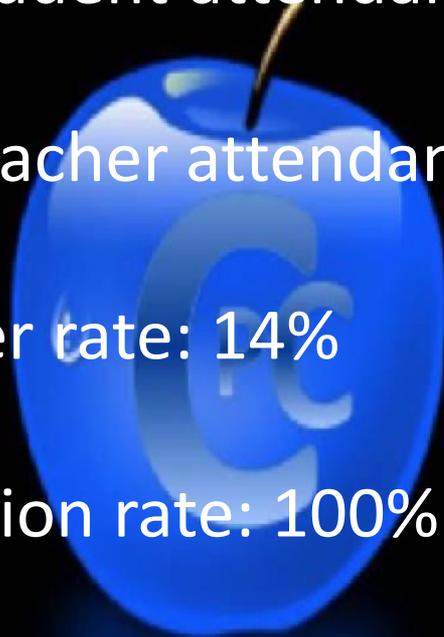
The ethnic / racial make-up of our student population:

- African American : 3.4%
- Asian, Native Hawaiian, or other Pacific Islander : 5.9%
- Hispanic or Latino : 13.3%
- American Indian or Alaska Native : 0.7%
- White : 73.9%
- Other : 2.8%
- Roughly 15 percent of students at this school participate in special education



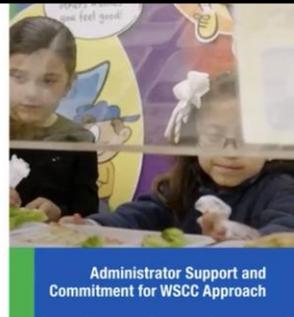
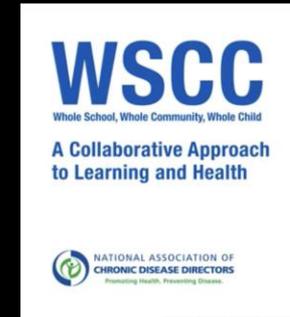
Supporting Extended Data

- Average daily student attendance rate: 94.3%
- Average daily teacher attendance rate: 93%
- Teacher turnover rate: 14%
- Student promotion rate: 100%
- Graduation rate: 99%



S.W.A.T.: This student led health and wellness initiative is our method (Cont...)

- How do you begin?
 - Wellness Champion & SHAC Formation
 - Guides/Implementation:
 - CDC WSCC Videos
 - Core Purpose Consulting
 - Vehicle to drive it from/Foundation to build it
 - Health Classes, Sports Medicine Classes
 - Advisory Classes
- Administration Support
- Funding?
- On and Off Campus Events
- SWAT Team Examples:
 - Community Relations, HAWP, Student Choice NFL Fuel Up to Play 60, School Goals, etc.



Culture Drives Success



- The School Motto – “Expect the Best, Get the Best, Be the Best”
- "Stay Classy/Stay Healthy" embodies the expectations of behavior throughout the campus
- Mission: To empower students to Learn, Lead, and Contribute
- Vision: Is one of high academic achievement for all students within a safe and healthy learning environment



Administrator Perspective

- Dr. Miller: Principal at Sandra Day O'Connor HS
- Dr. Lineberry: Principal at Stanfield Elementary
- Dr. Curtis Finch: DVUSD Superintendent: "One of the main programs DVUSD focuses on is the social, emotional and physical learning and the SWAT program fits right into that. The beauty of the SWAT program is the students are empowered to make decisions. That is what makes it so successful. We are seeing an impact inside the building and outside in the community as well"
- Ann O'Brien: DVUSD Board Vice-President
- "SWAT should be in every school in DVUSD as well as every school across America"



Community Perspective

Stephanie Calens: DVUSD Parent Liaison:

“I had the privilege today to be a part of a guest panel of Judges at SDOHS in Dr. Shane Hesse's curriculum. We were judging his students final project presentations for the S.W.A.T. program. 50 student advocacy teams shared what it is they had been working on all semester. Presentations included peer awareness of mindfulness practices to assist in reducing student stress, healthy relationships, peer to peer mentoring, physical activity and so much more.

These students were all extremely passionate about the areas in which they had chosen, and it served as a reminder (for me) that as adults, we need to continue to empower our youth with not only getting involved within their local schools, but allowing them the opportunities to cultivate life long skills outside of simply striving to achieve a particular letter grade. Dr. Hesse is doing some ground breaking things on that campus, and students are responding”.





Community Perspective

Stephanie Calens: DVUSD Parent Liaison (Cont...):

“Imagine if all of our school's got on board in the capacities that best fit their culture and ages. We could have not just an excelling district, but a thriving one!

SWAT takes the approach of promoting physical, educational, and mental wellness across the campus community. I spoke with two separate student advocacy teams and viewed their presentations. One, was focused on healthy lifestyles for student athletes, and encompassed areas such as diet, exercise, stress management etc.

It was incredible really. I asked the two girls who were leading this about their research efforts and came to find out, it was quite extensive. Months of reading, paired with statistical analysis was put into this site, and they are now working towards having it published on the actual school site for all students to take advantage of”.

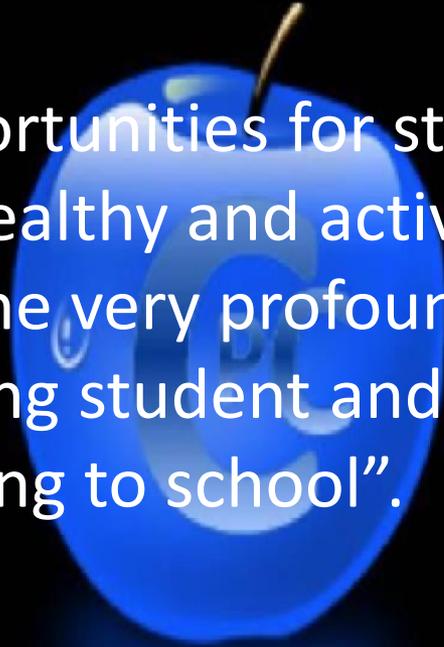


Student Perspective

SDOHS Student: Taylor Cacavale



“SWAT provides opportunities for students and teachers to be healthy and active. Dr. Hesse and his team are making some very profound impact on campus in regards to approaching student and staff wellness. I really look forward to coming to school”.



What does effective advocating look like?

- IMPACT...AWARDS...RECOGNITION
- Over 750 students have participated in SWAT currently on campus
- Over 100 SWAT projects were implemented in a 1.5 year time-span which strive to create opportunities for staff, students and community members to include all 10 dimensions of wellness on the campus and its surrounding community.
- SWAT is 100% student led in conjunction with staff and community members as the main facilitators. Currently there are over 20 staff members involved in SWAT as well as 10 community members leading SWAT projects on our campus.
- Sustainability



What does effective advocating look like?



As a result...



- Healthy Arizona Worksite Program: 2 X Platinum Award Winner
- ActiveSchoolsUS.org: Nationally Featured Healthiest High School
- AdCap/Gen Youth: Arizona Shark Tank Winner
- Recognized/Partners with Steve Forbes Board of Directors (KIC)
- Junior Achievement: First Place
- B to an A+ school of excellence in a 1 year time period
- NFL Fuel Up to Play 60 Award Winner
- Decreased discipline referrals
- Increased Academic Achievement and Student Engagement
- Decreased Childhood Obesity
- Winner of the NCAA Final Four Minutes Out of Your Seat Contest developed by Core Purpose Consulting
- Featured on ABC 15 and Good Morning Arizona
- Featured in several local articles



Eagle Hour Creation



- An ENTIRE hour where the campus literally transforms.
- Not only are the students able to focus on improving academics, but they also have the opportunity to participate in physical activity and mindfulness.
- For staff, students and community members throughout the school day on various Tuesdays and Thursdays.
- Students have even been tasked to create their own games as well and interactions equipped with prizes and everything.
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- Kona ice truck on campus (Kona ice donates 20% of their sales back to his program).



Eagle Hour Creation(Cont...)

Current Programs include:

- Nutrition Programs (Meal Prep)
- Physical Activity (Intramural Sports, Hiking, Backyard Games, Bikes for Teachers, Center of Campus Volleyball and Spike Ball, CSPAP in the Gym, and Mindfulness in the auxiliary buildings).
- Stress Management (Yoga, Meditation, Art Therapy, Mental Health Awareness and Mindfulness)
- Movement Driven Learning



Closing

Until as a district we begin to look at student wellness as a whole, we are doing a disservice to our children. Life is not simply based on academics, and the majority of kids now a days have little to no life skills outside of this arena. Social, emotional, physical/ mental wellness is not just something our school kids can benefit from. These are lifelong and sustainable skills that will help them live longer.

Training is key. AND, it can be done. See I currently run the entire SWAT team and teach a full load of classes at the high school. The transformation of culture on that campus is beyond evident and the most encouraging piece is that the kids are part of that!

I encourage our officials to get up from behind their desks, and stand where the people in this presentation stood and simply watch SWAT in action. With amazing students and dedicated educators, change is more in reach than they often think!



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