



SHIP Dakota County School Wellness Report 2024

This report highlights Dakota County Public Health Department's school wellness efforts funded through the Statewide Health Improvement Partnership (SHIP) between November 1, 2022 and October 31, 2024. Together, school partners and Public Health coordinated wellness efforts focused on healthy eating, physical activity, mental health and well-being, and youth vaping prevention.

Our Reach



9 Dakota County school districts



15 projects focused on health and well being efforts impacting students and staff

Funding

\$90,000 awarded to school districts to support projects

School Partners

SSD 6 - South St. Paul
 ISD 191 - Burnsville, Eagan, Savage
 ISD 192 - Farmington
 ISD 195 - Randolph
 ISD 196 - Rosemount, Apple Valley, Eagan
 ISD 197 - W. St. Paul, Mendota Hts., Eagan
 ISD 199 - Inver Grove Heights
 ISD 200 - Hastings
 ISD 917 - Serves 9 Districts in Dakota County

School Wellness Projects

Active Living

- Outdoor classroom
- Access for all students to snowshoeing & cross-country skiing
- Physical activity & stress management equipment and education in employee staff lounges

Commercial Tobacco Use Prevention

- Commercial tobacco/vaping secondary training
- Peer-to-peer youth vaping prevention education

Healthy Food Access

- Water bottle filling station
- Lactation spaces, resources, and policies to support staff

Mental Health and Well-Being

- | | |
|---|--------------------------------------|
| - Calming room/zones/carts | - Trauma-informed practices training |
| - Digital well-being | - Health education curriculum |
| - Anti-bias training | - Employee well-being |
| - Move Mindfully® | - Community and parent engagement |
| - Restorative practices | |
| - Supports for alternatives to suspension | |

SHIP Dakota County School Wellness Report



— “
Healthy students are better
learners and people with
higher levels of education
are more likely to be
healthier and live longer.
” —



Highlights

D191 (Burnsville/Eagan/Savage)

Move Mindfully Trainings:

Over 120 school staff participated in 5 different trainings over the course of this cycle, impacting 34 classrooms in the district. Staff are now equipped with skills and knowledge to deepen their understanding of the impact of trauma and stress on both young children and adults. Staff developed practical, research-based interventions to assist young children with self-regulation, self-soothing, community connection and overall well-being. Over 90% of participants strongly agreed or agreed the workshops were helpful.

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“Grateful for the professional development experience and in the classroom for the hands-on experience with the students and staff together! Appreciated the instructors’ enthusiasm and engagement with the students/staff!”

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D917 (Intermediate School District) Social Emotional Learning Trainings

Partnering with Mad Hatter Wellness, 25 staff received training on the curricula Sexuality for All Abilities: Open Conversations, Social Stories, and Relationship Changes. As teachers who serve students with special needs, this training highlighted how to modify lessons as appropriate for this unique population of students.

D199 (Inver Grove Heights) Lactation-Friendly Spaces

The district created 5 lactation spaces throughout their district, equipping each with a comfortable physical space and a system in each building for equitable use of space. A parent-to-be packet with local supports and resources was created. The resources are now embedded into district onboarding procedures.

D192 (Farmington) Restorative Practices

A diverse cohort of K-12 educators including school social workers, counselors, equity leaders, classroom teachers, family cultural advocates, multilingual teachers and school psychologists met for four days of training in early 2024. Together they formed a trusting, caring community while building a shared understanding of the principles and practices of restorative practices.

D197 (West St. Paul/Mendota Heights/Eagan) Access to Snowshoeing and Skiing

This project expanded physical activity options for students through a purchase of cross-country skis and snowshoes. This new district equipment including has allowed individuals of almost all abilities to get outside and participate at some level. By exploring these outdoor activities together, students have been able to bond, team build and grow through learning a new skill, all while being active.

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“Teaching students how to snowshoe and cross-country ski are lifelong skills that they can practice and develop over time. Learning these skills can help our students/ community be active even in the depths of winter.”

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Highlights

D196 (Rosemount/Apple Vally/Eagan) Staff Training on Best Practices for Student Support

District 196 provided a professional development opportunity for 95 school counselors, school psychologists, school social workers, and school-linked behavioral health therapists to receive training on best practices to support students exposed to trauma.

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“This training will provide opportunities to engage with students regarding racial trauma. It provided a well-designed format to support students with exploring their racial trauma, providing them with coping skills, and a range of terms/definitions.”

“Learned how to validate, name, and acknowledge students' experiences of racism and racial trauma.”

- RTM training participant

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SSD6 (South St. Paul) Outdoor Classroom

SHIP funds provided materials and installation for a new outdoor classroom at Kaposia Elementary. Additionally, a dedicated K-5 science specialist teacher integrated the outdoor classroom into standard curriculum practices for all K-5 students. All students now have routine access to the outdoor classroom.

Youth Engagement/Tobacco-Free Alliance

During the 2023-2024 school year, Tobacco-Free Alliance (TFA) engaged multiple student groups in peer-to-peer vaping prevention efforts in Hastings Middle School and ISD 196.

TFA conducted 13 “train the trainer” vaping prevention workshops with 145 Developmental Psychology (DP) students across four ISD 196 high schools. The DP students then taught over 2,000 6th graders about vaping using age-appropriate lesson plans. At Hastings Middle School, TFA supported ten 8th grade peer educators who held over 35 vaping prevention workshops. These student-led workshops reached approximately 1,200 students in 5th-7th grades.

South of the River Collaborative (SotRC)



SHIP Dakota County partners with the SotRC, a group comprised of school district cultural liaisons and cultural

family advocates on health and well-being efforts. In April 2024, the collaborative received a Public Health Achievement Award for devoting their time, energy and talents for improving student success and health in the community.

Sustainability and ‘How Well’?



Dakota County Public Health helped school partners to sustain their project activities:

.....▶ **100%** reported they met at least 5 of the 7 criteria to sustain change.
The goal is 100% of partners meeting the criteria to sustain change.

Dakota County Public Health Department
1 Mendota Road W. Suite 410, West St. Paul, MN 55118
651.554.6100 / www.dakotacounty.us

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