



# School Wellness

***MJUSD Coordinated School Health Council***

*November 15, 2016*



# Wellness at the Federal Level



## • **Healthy Hunger-Free Kids Act of 2010**

Public Law 111-296 enacted Dec 2010; Section 204 - Local School Wellness Policy

- USDA's School Meal Program participation requires districts to establish a local wellness policy and inform the public
- Nutrition guidelines limit: calories, fat, saturated fat, trans fat, sugar.
- Required to measure and evaluate wellness policy compliance of current district practices with model policies
- Each school must have a designee to oversee wellness policy

## ▪ **Healthy People 2020 – Adolescent Health Category**

- Ages 10-19
- Critical developmental period impacting adulthood
- Objectives include physical activity and nutrition, substance abuse, violence, health care, educational achievement, and prevention of chronic diseases





# Committee Introductions



- Amber Watson, RD, SNS,  
*Director Nutrition Services*
- Chelsey Slattery  
*Program Manager, Center for Nutrition in Schools*
- Michelle Hendrix  
*Teacher, Marysville High School*
- Amy Bernhard  
*ASB President, Marysville High School*
- Tina Bond  
*Nutrition Site Manager III, Lindhurst High School*
- Jeri Echols  
*Nutrition Site Manager III, Marysville High School*
- Carmen Dudek  
*District School Nurse*



# Committee Progress



School Year	Wellness Committee Goals	Status
2007-08	Adopt BP 5030	<b>COMPLETE</b>
2014-15	Adopt revisions to BP 5030	<b>COMPLETE</b>
	Adopt Administrative Regulation & Exhibits	<b>COMPLETE</b>
2015-16	Assist in notification & implementation of policy revisions	<b>COMPLETE</b>
	Provide site-level training & support for the Evaluation	<b>COMPLETE</b>
	Collect and analyze data from Wellness Policy Annual Evaluation	<b>COMPLETE</b>
2016-17	Present to School Board on District progress in meeting Wellness Policy Goals	<b>IN PROGRESS</b>





# Wellness Policy Annual Evaluation



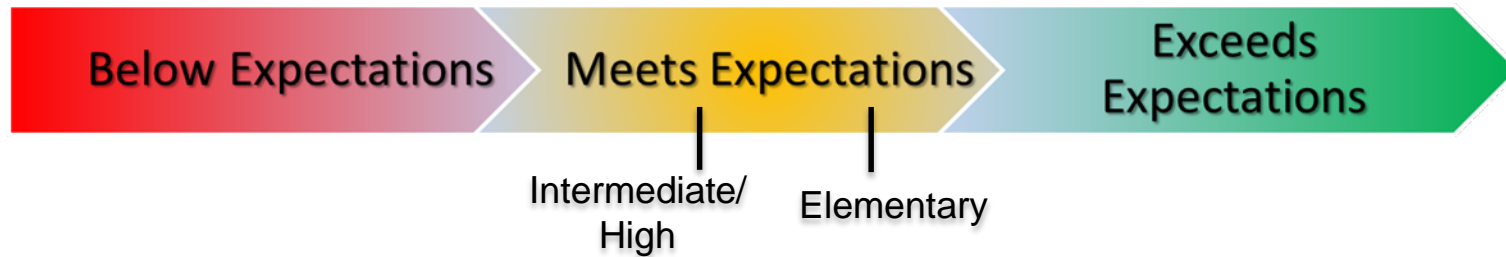
- School compliance with Wellness Policy assessed based on a series of questions addressing each domain of the Wellness Policy:
  - Physical Education, Nutrition Education, School-Based Activities
  - Nutrition
  - Staff, Community, Parent, and Volunteer Involvement
  - Students, Organizations, and ASB
  - Health Services
- 3 additional questions added to gain qualitative data on schools' efforts
- Scoring Scale for Responses:
  - 0 = Needs Improvement
  - 1 = Meets Expectations
  - 2 = Exceeds Expectations



# Rating Scale Example



## WHERE WE ARE & WHAT WE HAVE LEARNED



- Best Practices
- Hurdles



# Physical Education/Nutrition Education/School-Based Activities



## POLICY OVERVIEW

BP 5030 pp 2-3; AR 5030 pp 1-2

- **Physical Education**

- Grades 1-6: 200 minutes every 10 school days
- Grades 7-12: 400 minutes every 10 school days

[California Ed Code 51210/51222 \(BR/AR 6142.7\)](#)

- **Nutrition Education**

- Provided through health education program K-12
- Integrated into core academic subjects

- **School-Based Activities**

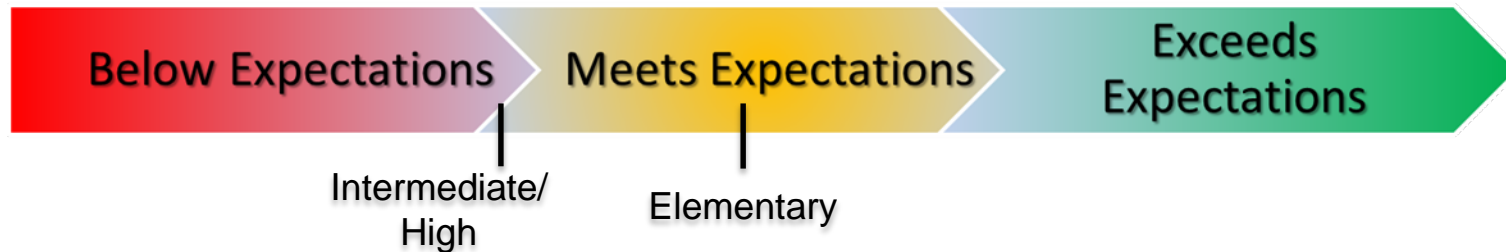
- Encourage physical activity and formation of healthy eating habits before/after school.



# Physical Education/Nutrition Education/School Based Activities



## WHERE WE ARE & WHAT WE HAVE LEARNED



### • Best Practices

- **Physical Activity** - Sports Leadership Class and STARS Intramural Games and Competition, Zumba, Facility Upgrades (track)
- **Nutrition Education** – Utilize Harvest of the Month and Dairy Council Curriculum, STARS & UC CalFresh
- **School Activities** – Farm Day, Ride Out Healthy Kids, School Garden

### • Hurdles

- Limited staffing for planning of curriculum and execution of PE in Alternative Schools
- Staff development needed for teachers to incorporate nutrition education into the core curriculum and PE for elementary level.





# Staff, Community, Parent & Volunteer Involvement



## POLICY OVERVIEW

BP 5030 pp 3-4; AR 5030 pp 2-3

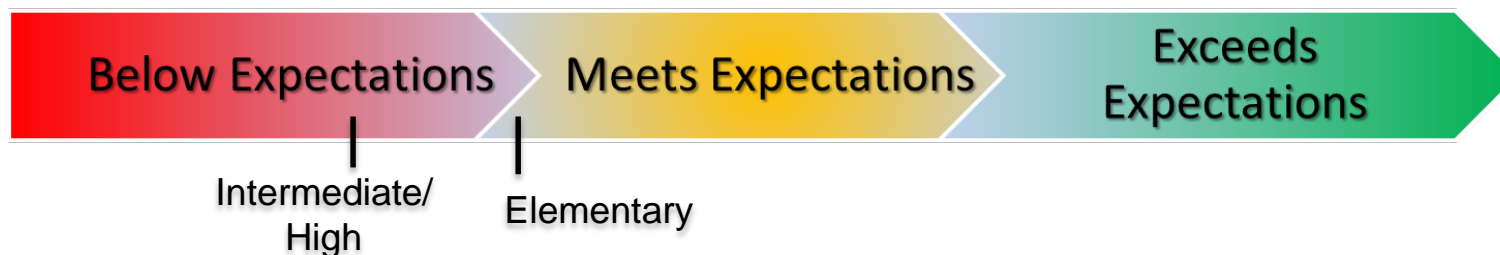
- Teachers/Staff model healthy behaviors
- Parent/volunteer group at schools promote health and wellness by incorporating physical activity into programs, fundraisers, or other events
- Food and beverages sold or served on campus meet USDA Smart Snacks & California Ed Code Regulations
- Classroom Celebrations:
  1. Nutrition quality considered when donating food/beverages
  2. Celebrations occur after lunch



# Staff, Community, Parent & Volunteer Involvement



## WHERE WE ARE & WHAT WE HAVE LEARNED



- **Best Practices**

- **Healthy Behaviors**

- Teacher and Staff walking groups, fit-bit group, demonstration of healthy eating habits

- **Classroom Celebrations**

- Monitoring food/beverage donation when visitors check-in at office
    - Communication of standards to PTO and parents/guardian through flyers and newsletters

- **Hurdles**

- Struggle as classroom celebrations continue to have sugar snacks
  - Begin year with training, but no follow-up afterward.





# Nutrition



## POLICY OVERVIEW

BP 5030 pp 3-4; AR 5030 pp 2-3

- **Nutrition Services**

- Cafeteria staff are well prepared and efficiently serve meals
- Adherence to federal regulations regarding food/beverages

- **Food and Nutrition Standards**

- All foods and beverages sold on campus from **midnight to one half hour after school day** must:
  1. Comply with USDA Smart Snacks in Schools and California Ed Code
  2. Health Department approved source (not homemade)
- Staff/parents are encouraged to support District Policy regarding food/beverages donated for classroom celebrations.
  1. One non-compliant food/beverage permitted per party
  2. Recommended celebrations occur after lunch



# Nutrition Services



## WHERE WE ARE & WHAT WE HAVE LEARNED



- **Best Practices**

- Offer a variety of fresh fruit and vegetable and less packaged foods
- Good relationship between ASB and Nutrition Services Staff
- Monthly posters and healthy message in cafeteria
- Smarter Lunchroom Initiatives
- Monthly trainings and opportunities for staff to meet Professional Standards Training requirements

- **Hurdles**

- Facilities small and outdated making it difficult to make further improvements in food service operations and menu.



# Students, Organizations, and ASB



## POLICY OVERVIEW

BP 5030 pp 3-4; AR 5030 pp 2-3

- **Safety On Campus**
  - Promotes drug- and substance-free environment
  - Anti-bullying policies
  - Promotion of a healthy lifestyle
- **Food Sales (during school hours)**
  - Food safety & sanitation standard requirements
  - Sales occur after lunch and do not compete with school nutrition program
    - **Elementary Sales**- one item per sale; four sales per school year
    - **Intermediate/High Sales** – no more than 3 categories of food items per sale, one organization sale per day, four “Food Days” per year

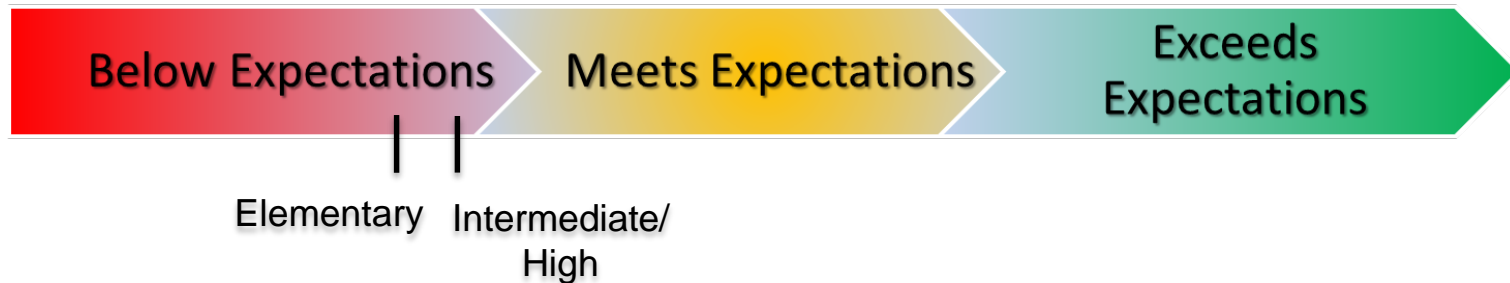




# Students, Organizations, and ASB



## WHERE WE ARE & WHAT WE HAVE LEARNED



- **Best Practices**

- **Safety on Campus**

- Implementation of Cyber Safety, PBIS, PASS Officer, Catapult
    - “Drug Free Zone”, Red Ribbon Week Celebration, Plant the Promise, 20 Days of Kindness Challenge, Character Chronicles

- **Food Sales (during school hours)**

- Monitoring food based fundraisers during school hours.
    - All schools scored themselves as meets expectations or higher for food sales during school hours.

- **Hurdles**

- 14% schools reported needs improvement in safety and sanitation for school sales



# Health Services



## POLICY OVERVIEW

BP 5030 pp 1-3; AR 5030 pp 1-2

- District Nurses educate Health Services and school sites on communicable disease control policies
- Assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation and emotional wellness
- Assist with non-mandated health screenings
- Serve as a source of information on low/no cost health care resources and health insurance
- Community outreach activities



# Health Services



## WHERE WE ARE & WHAT WE HAVE LEARNED



- **Best Practices**

- Performed 4600 screenings while utilizing new vision screening technology as part of the Annual Hearing and Vision Program.

- **Hurdles**

- Health aides shared by multiple sites as needed
- School Nurses rely on identification & referral by school representatives in order to provide consultation & assessment of student health needs



# Supplemental Questions: Highlights



## Identify at least three areas you would like to improve

- Improve food/beverages at classroom parties
- More opportunities for A to Z Salad Bar
- Additional non-food fundraising opportunities
- Incorporate healthy behaviors into school culture

## What are the next steps you need to take to improve in these areas?

- Unite school staff around foods at celebrations
- Improve communication with parents/guardians around Wellness Policy
- Utilize FFA and Student Leadership to boost awareness
- Update food list for ASB; establish purchasing collaborative with Nutrition Services
- More nutrition education in the classroom on health eating

# Supplemental Questions Highlights



## What help or support do you need in order to make these improvements?

- Research on what other schools are doing for non-food fundraisers.
- More user friendly and easily implemented nutrition curriculum.
- People willing to champion cause and take time to make it happen.
- Support in creating a partnership with parents, PTO, and staff to ensure everyone is complying.
- Some sites reported the ability to accomplish goals with their existing resources.



# Summary of Evaluation Data



## Best Practices

- Schools are aware of the Wellness Policy and continue to find ways to improve on-site initiatives promoting healthy behaviors
- Nutrition services has improved menu while meeting federal regulations
- Health services continues to push boundaries with out-reach initiatives

## Hurdles

- Parent/guardian/staff support to improve nutrition quality of food at classroom celebrations
- Support with PE and nutrition curriculum and professional development opportunities



# Committee Next Steps



## 2016-17 Goals

- Increase participation in the NSLP
- Provide elementary schools with an approved list of food items to sell at fundraisers and events
- Host a Diabetic Health Fair to reach high risk students
- Form an Ad Hoc Committee on Nutrition Education and Physical Education
- Improved security partnership with Marysville Police Department





# Thank You!

## Questions?

