



# **School Wellness**

## ***MJUSD School Wellness Council***

*November 14, 2017*



# 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

- Requires districts that participate in the National School Lunch Program to establish a local wellness policy and inform the public
- 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
- Nutrition guidelines limit calories, fat, sugar, and sodium



# Committee Introductions



- Amber Watson, RD, SNS,  
*Director Nutrition Services*
- Jeri Echols  
*Nutrition Site Manager III, Marysville High School*
- Michelle Hendrix  
*Teacher, Marysville High School*
- Pierce Desmond  
*ASB President, Marysville High School*
- Chelsey Slattery, MS  
*Nutrition, Family & Consumer Sciences Advisor, Cooperative Extension*



# Wellness Policy Annual Evaluation



- School compliance with the Wellness Policy assessed based on a series of questions addressing each domain:
  - Physical Education, Nutrition Education, School Activities
  - Nutrition
  - Staff, Community, Parent, and Volunteer Improvement
  - Students, Organizations, ASB
  - Health Services
- Scoring Scale for Responses:
  - 0 = Needs Improvement
  - 1 = Meets Expectations
  - 2 = Exceeds Expectations





# Physical Education/Nutrition Education/School-Based Activities



## POLICY HIGHLIGHTS

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.

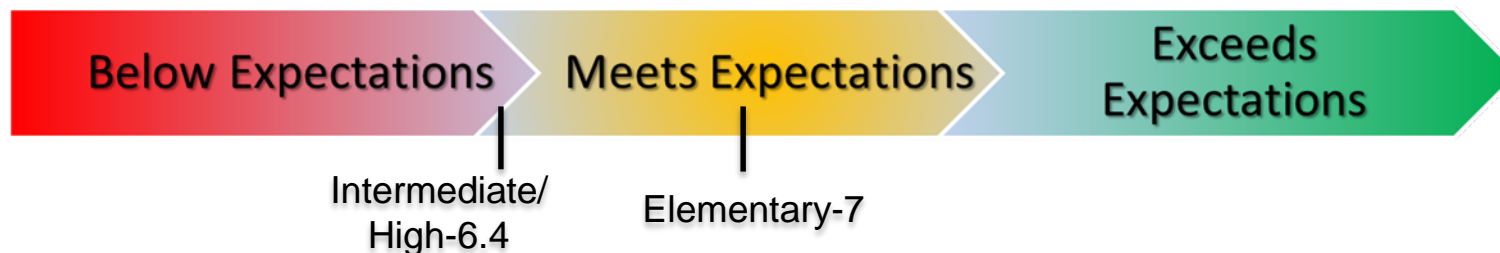


# Physical Education/Nutrition Education/School Based Activities



## WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



### • Best Practices

- **Physical Education/Activity** – Meeting or exceeding the required number of PE minutes
- **Nutrition Education** – Utilize Harvest of the Month and Dairy Council Curriculum, STARS & UC CalFresh partnership



# Nutrition



## POLICY HIGHLIGHTS

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

- **Nutrition Services**

- Cafeteria staff are well prepared & 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

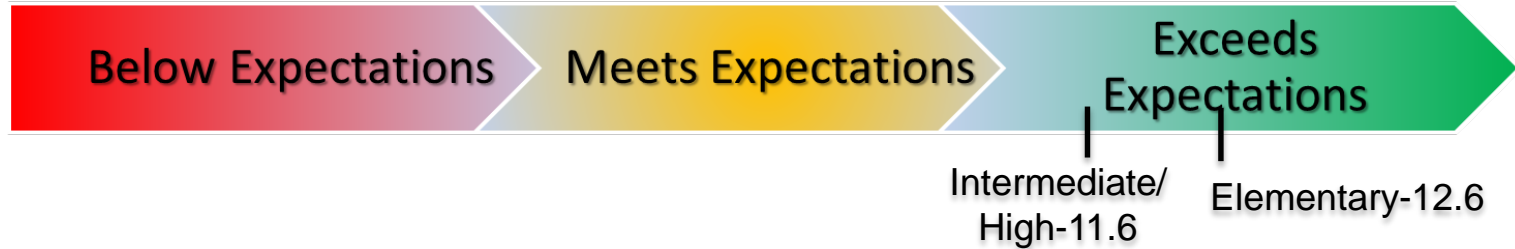


# Nutrition Services

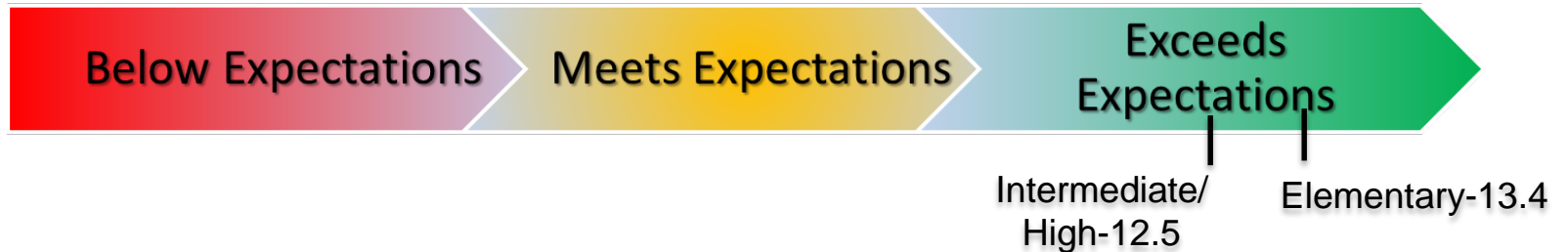


## WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



### • Best Practices

- Increased “speed scratch” menu items
  - Fresh fruits & vegetables offered
  - Weekly analysis of menus
  - Fresh ice water provided during all meal services
  - Approved list of foods to sell
- Training provided for NS staff on variety of job-related topics





# Staff, Community, Parent & Volunteer Involvement



## POLICY HIGHLIGHTS

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

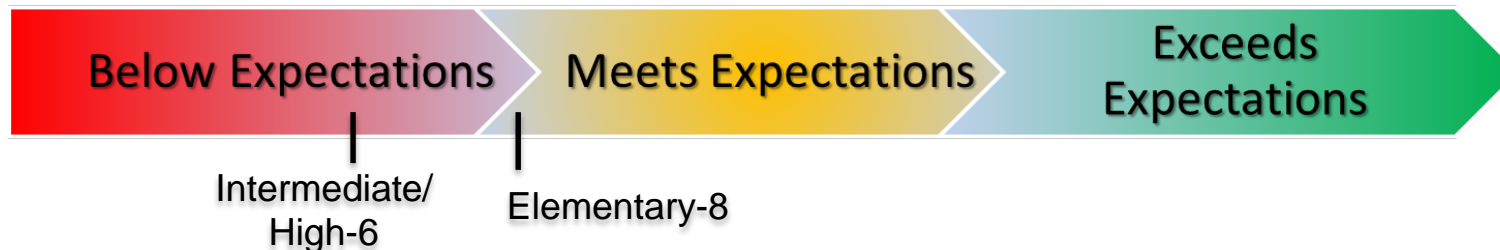


# Staff, Community, Parent & Volunteer Involvement

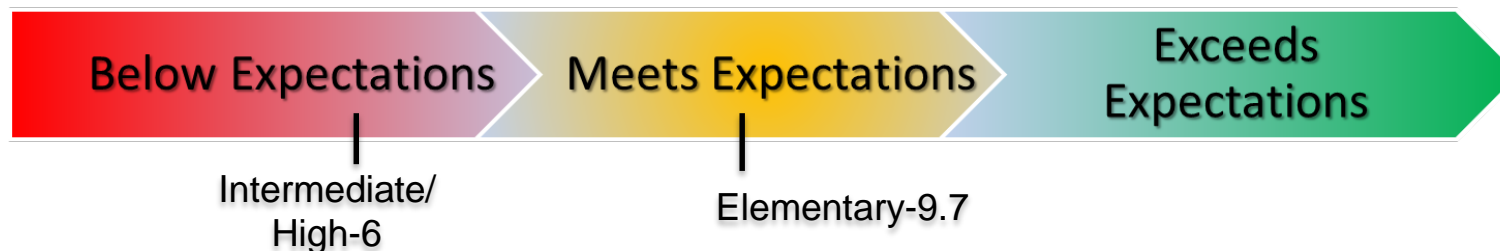


## WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



- **Best Practices**

- Class parties are scheduled at the end of the school day
- Family events are planned (i.e. walk in local parades, sold local mandarins as school fundraiser)
- Integrate healthy lifestyle into academic lesson plans
- Publish parent newsletters with health messages
- Food sold meets/exceeds the nutrition requirements

Include wellness/healthier options for reward recognition



# Students, Organizations, and ASB



## POLICY HIGHLIGHTS

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

2016



2017



- **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.



# Health Services



## POLICY HIGHLIGHTS

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

2016

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &  
Intermediate/High-7

2017

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &  
Intermediate/High-11

- **Best Practices**

- Held Diabetic Health Fair
- Collaborates with Yuba County Public Health, California Children's Services
- Participates in annual Nutrition Fair
- Performs screenings, provides referral resources



# Highlights



## Salad Bar & Fresh Produce





# Highlights



## Fresh Meals: Street Tacos





# Highlights



## Menu Committee



## Student Taste Tests





# Highlights

## Nutrition Education





# Highlights



## ASB Food Sales



# Committee Next Steps



## 2017-18 Goals

- Teacher Academies: Nutrition Education focused
- Seeking grants to purchase and install water stations
- Improve communication on foods approved for schools to sell during the school day





# Thank You!

## Questions?

