



School Wellness

MJUSD School Wellness Council

November 13, 2018



Committee Introductions



- Amber Watson, RD, SNS
Director of Nutrition Services
- Chelsey Slattery, MS
Nutrition, Family & Consumer Sciences Advisor, Cooperative Extension
- Tina Bond
LHS Nutrition Site Manager III
- Jeri Echols
MHS Nutrition Site Manager III
- Katelyn Hess
MHS ASB Treasurer
- Jessica Guth
Director of Program Services



Wellness Policy Annual Evaluation



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





Overview, Health and Safety

POLICY HIGHLIGHTS

BP 5030 pp 1-3

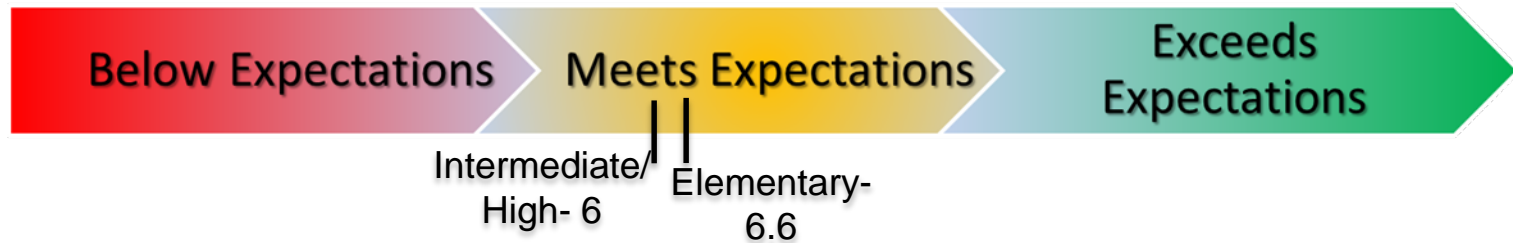
- **Healthy Lifestyle Promotion**
 - School encourages events which promote and support healthy lifestyle
 - Promotion of drug and substance free environment
 - Anti-bullying policies
 - Monitoring school sites for potential hazards

Overview, Health and Safety

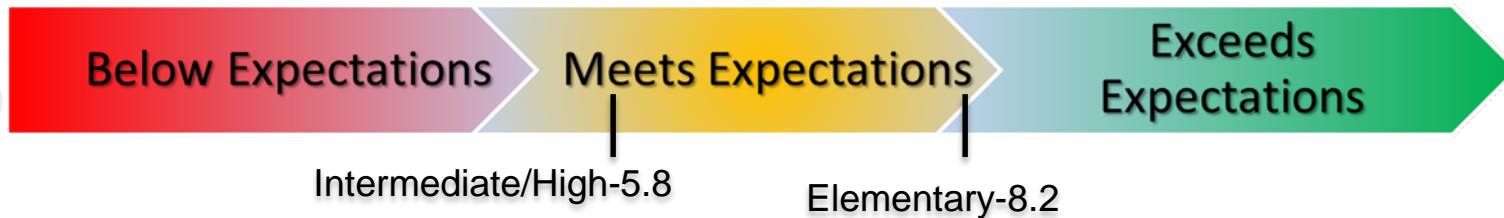


WHERE WE ARE & WHAT WE HAVE LEARNED

2017



2018



- Best Practices
 - Anti-bullying policies and prevention
 - Drug-free education and awareness events
 - Water Stations
 - Homeless support services



Best Practices



 Help Us Stay Safe!

Report Bullying Anonymously



**Anonymous Bullying
or
Harassment form**



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

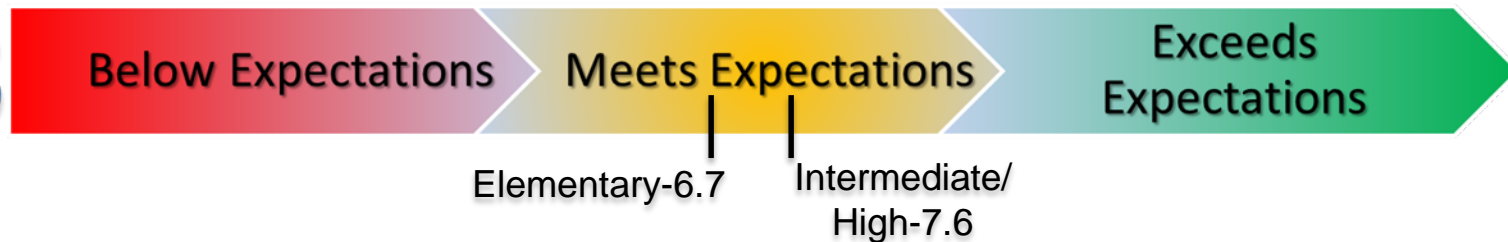


WHERE WE ARE & WHAT WE HAVE LEARNED

2017



2018



Best Practices

- **Physical Education/Activity** – Meeting or exceeding the required number of PE minutes; demand for more PE teachers at elementary schools
- **Nutrition Education** – School Gardening programs, Dairy Council Curriculum available for free, Annual Nutrition Fair – Linda on May 31, 2018



Highlights: Nutrition Education



Nutrition Services



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

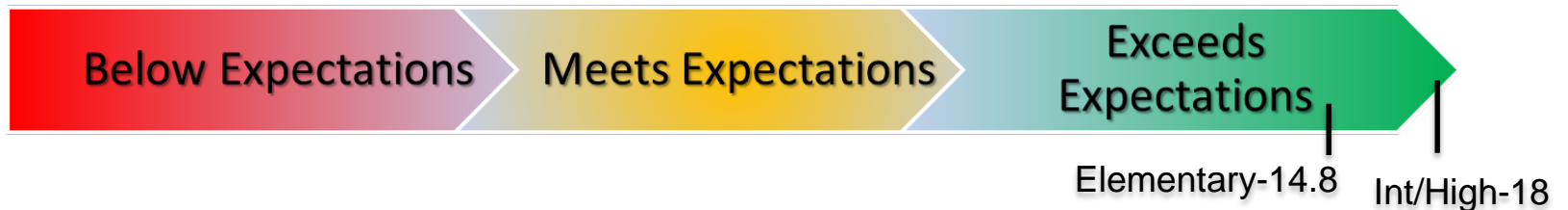


WHERE WE ARE & WHAT WE HAVE LEARNED

2017



2018



Best Practices

- Get Schools Cooking Grant Award - increased scratch & “speed scratch” menu items
- Increased summer meal access; 149% increase
- Fresh fruits & vegetables offered with each meal
- Training provided for NS staff on variety of job-related topics



Highlights: School Lunches





Highlights: Fresh Produce



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

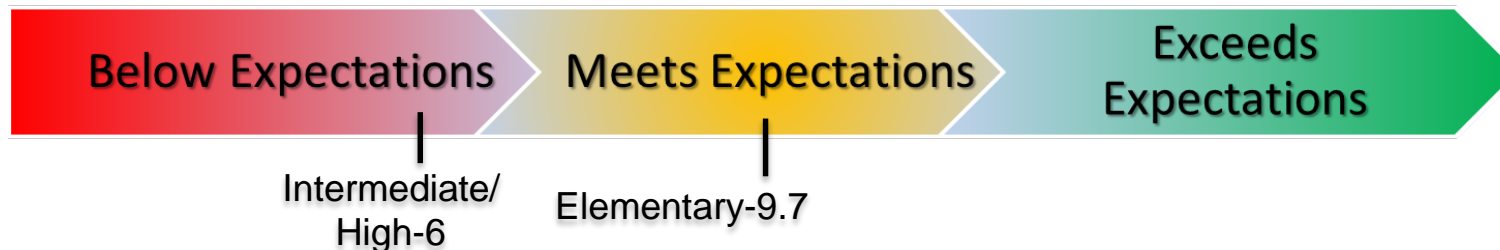


Staff, Community, Parent & Volunteer Involvement

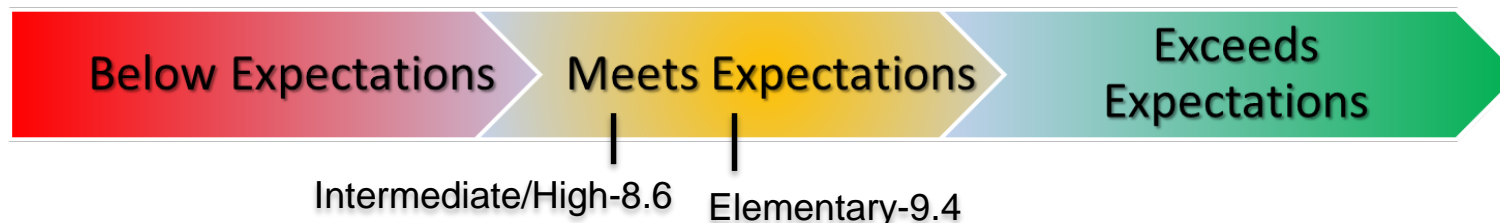


WHERE WE ARE & WHAT WE HAVE LEARNED

2017



2018



- **Best Practices**

- Teachers modeling healthy behaviors
- School walking clubs
- Fun Runs; Walk for the Arts
- Class parties are scheduled at the end of the school day
- Food sold meets/exceeds the nutrition requirements



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

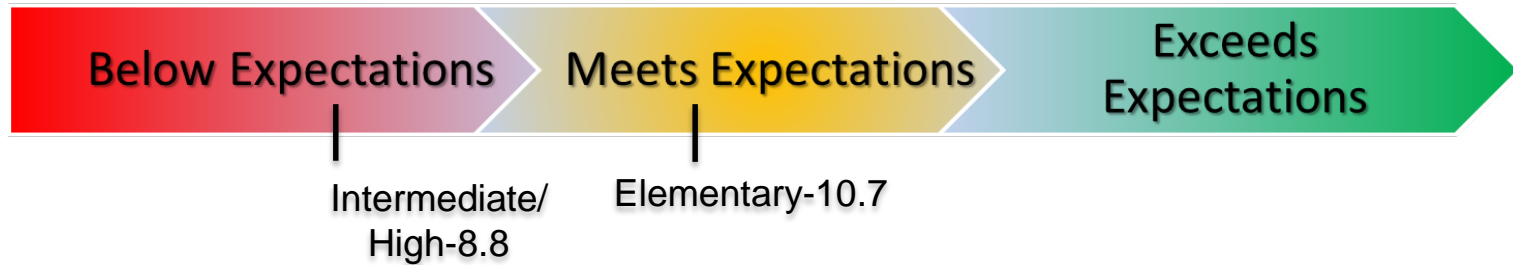


Students, Organizations, and ASB



WHERE WE ARE & WHAT WE HAVE LEARNED

2017



2018



Best Practices

- Non-food fundraisers are becoming more common (i.e. Jog-a-thon, Fun Run, Skate Night)
- Picnic Days
- Participate in Taste Tests for Nutrition Services





Highlights: Student Tastings



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

2017

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-11

2018

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-7

- **Best Practices**

- Continued from previous years: Held Diabetic Health Fair, Participates in annual Nutrition Fair, Performs screenings, provides referral resources.
- New Practices:
 - Collaborates with Yuba County Public Health, California Children's Services Regularly
 - Webpage development for parents to have easier access
 - AED implementation at each school site.



Site Level Goals



- Staff/parents food/beverages donated for classroom celebrations
- Physical Education is delivered by well-prepared and well-supported staff
- Nutrition Education & health is integrated into core academic areas and assemblies
- Teachers and staff model healthy behaviors

Staff Awareness Survey



- 62% of respondents very/somewhat aware of the School Wellness Policy
- 75% unsure of where to access the policy
- 61% not very/not at all aware of the school wellness requirements
- 70% of respondents are/may be interested in learning more about our district's School Wellness Policy

Committee Next Steps



2018-19 Goals

- Conduct a parent awareness survey
- Update ASB approved food/beverage list
- Development of a district school wellness brochure/flyer
- Expand nutrition education resources



Thank You!

Questions?

