



School Wellness

MJUSD School Wellness Council

November 12, 2019



Committee Introductions



- Amber Watson, RD, SNS
Director of Nutrition Services
- Priya Trivedi, MSc, MS, RD
Nutrition Education Specialist, Center for Healthy Communities
- Katie Williams, MS, RD
Supervisor of Culinary Operations
- Lori Taylor
Dietetic Intern, California State University, Sacramento
- Jessica Guth
Director of Program Services
- Eric Preston
Principal, Kynoch Elementary School
- Rita Palmer
Program Supervisor, UC Cooperative Extension



Wellness Policy Annual Evaluation



- Schools are assessed for compliance with the Wellness Policy 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**
 - Schools encourage 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

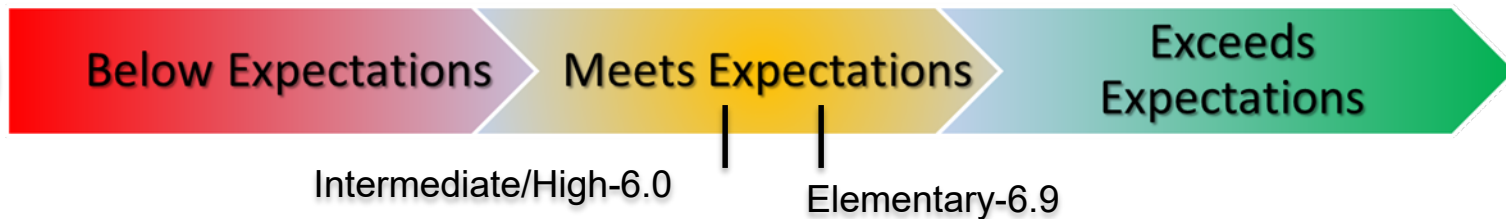


WHERE WE ARE & WHAT WE HAVE LEARNED

2018



2019



- Best Practices
 - Anti-bullying policies and prevention
 - Drug-free education and Red Ribbon Week
 - Water Stations
 - Homeless support services

Best Practices



School Blood Drive

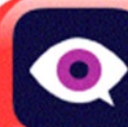


GIVE
BLOOD.
GIVE
LIFE.



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.

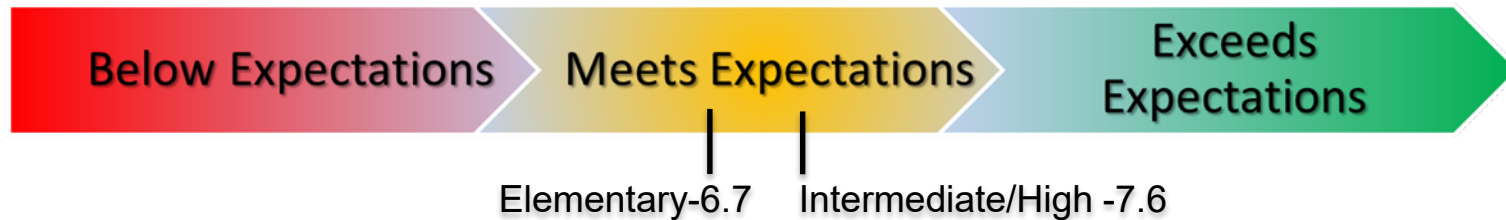


Physical Education/Nutrition Education/School Based Activities

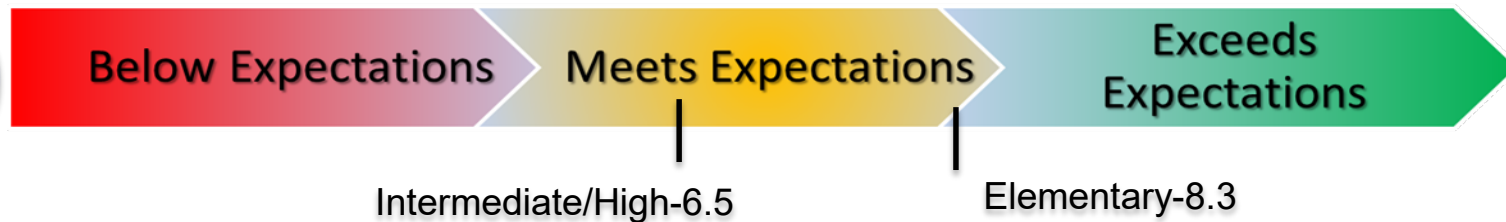


WHERE WE ARE & WHAT WE HAVE LEARNED

2018



2019



Best Practices

- **Physical Education/Activity** – dedicated PE teachers at the elementary schools
- **Nutrition Education** – Smarter Lunchroom Strategies are being implemented at all schools



Nutrition Services

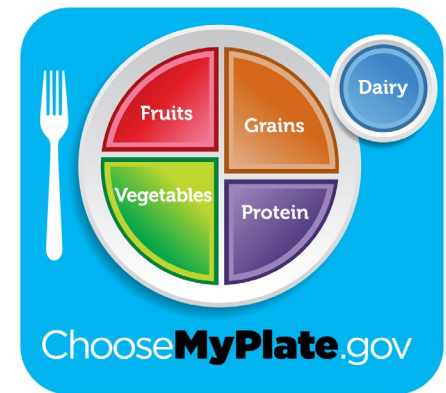


POLICY HIGHLIGHTS

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**

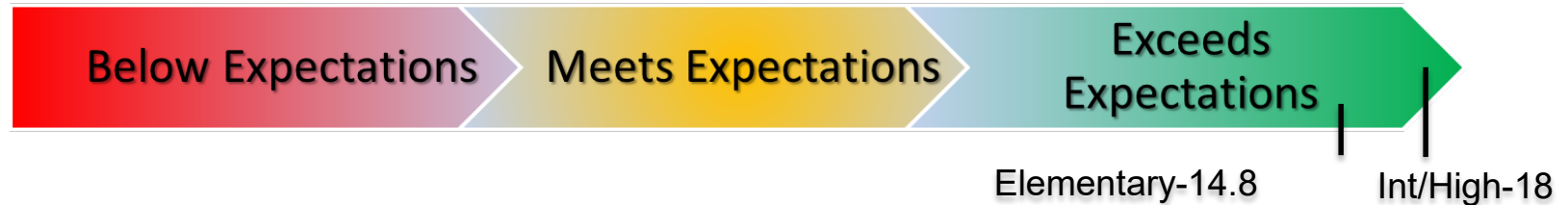
- All foods and beverages sold on campus from **midnight to one half hour after school day** must:
 1. Comply with USDA Smart Snacks in Schools and California Ed Code
 2. Health Department approved source (not homemade)

Nutrition Services

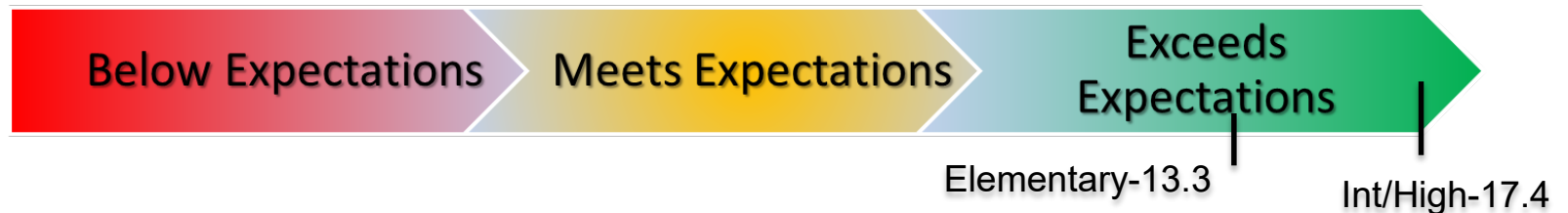


WHERE WE ARE & WHAT WE HAVE LEARNED

2018



2019



Best Practices

- Added Supervisor of Culinary Operations position
- Increasing quality of meals & items made in-house
- Increased summer meal access; served 24,104 meals
- Training provided for Nutrition Services staff on variety of job-related topics

Meals: Breakfast, Lunch, Supper, Fresh Fruit



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 groups at schools promote health and wellness by incorporating physical activity into programs, fundraisers, or other events
- 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. Recommend celebrations occur after lunch

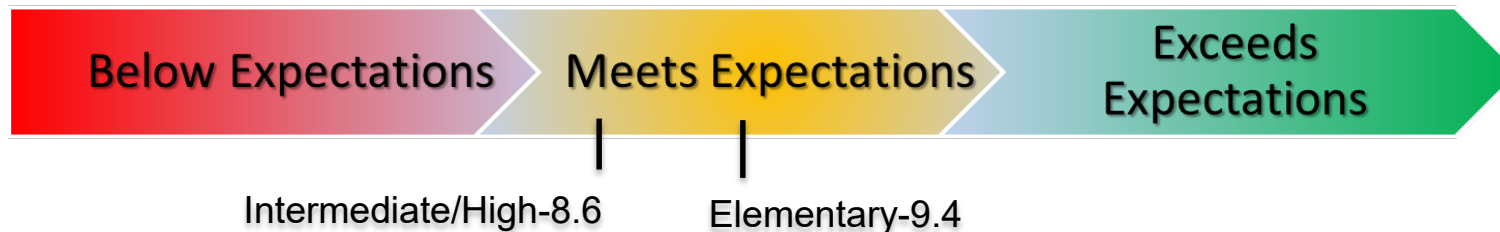


Staff, Community, Parent & Volunteer Involvement



WHERE WE ARE & WHAT WE HAVE LEARNED

2018



2019



• Best Practices

- Eliminate unhealthy food sales
- School assemblies on healthy themes
- Activity fundraisers (i.e. color run, jog-a-thon, fun run, walk for the arts)

Staff model healthy behaviors



Students, Organizations, and ASB



POLICY HIGHLIGHTS

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

- **Safety On Campus**
 - Promote 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**- 1 item per sale; 4 sales per school year
 - **Intermediate/High Sales** – no more than 3 categories of food items per sale, one organization sale per day, 4 “Food Days” per year



Students, Organizations, and ASB



WHERE WE ARE & WHAT WE HAVE LEARNED

2018



2019



Best Practices

- Non-food fundraisers are becoming more common (i.e. Jog-a-thon, Fun Run, Skate Night)
- Picnic days
- Participate in taste tests with Nutrition Services



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 policy
- 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

2018

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-7

2019

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-9

• Best Practices

- Attends meetings and actively participates in annual nutrition fair.
- Trains staff in emergency care of students and offers annual CPR training.



Numerous referrals made, nurse on SARB board and SARB cases have continued follow up.



Site Level Goals



- Integrated nutrition education into core academic areas
- Healthy themed assemblies
- Provide more playground equipment
- Teachers and staff model healthy behaviors
- Recognition of healthy behaviors



Wellness Achievements



2018-19 Goals Achieved

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

Still in Progress:

- Expand nutrition education resources

Parent Awareness Survey



- 41% of respondents very/somewhat aware of the School Wellness policy
- 75% unsure of where to access the policy
- 64% not very/not at all aware of the School Wellness requirements
- 60% of respondents are/may be interested in learning more about our district's School Wellness policy
- Electronic & hard copy newsletters are the preferred method for parents to receive School Wellness communication

Committee Next Steps



2019-20 Goals

- Promote & disseminate wellness materials
- Provide professional development opportunities for PE teachers
- Inform teachers and administrators of current nutrition education resources
- Complete the 2020 School Wellness evaluation with face-to-face support from community partners



Thank You!

Questions?

