

## Hanford Elementary School District

### Wellness Policy - Executive Summary (2019-2020)

The Wellness Committee met during the 2019-2020 school year to discuss the implementation and monitoring of the District's policy. In addition to the original members, the Family Healthcare Network, Kings County Public Health Oral Health Program supervisor has joined the group, providing a health care prospective.

The committee discussed the current implementation of the plan and the recent monitoring of the plan through the student and parent LCAP survey. As in the past, the committee continues to feel that in addition to food service and healthful eating, other areas of wellness should be included in the plan. Those areas include: physical environment, health & safety, social and emotional health, and nursing services.

During the previous year, the District implemented the following: (1) each school campus has instituted a "sharing table." A "sharing table" is a designated location in the cafeteria where students can place non-perishable food items that they have not opened for other children to take and eat. The desire of the committee was to ensure that hungry students get fed and the food is not thrown away and wasted (the "sharing table" has been implemented and students are utilizing the non-perishable food left by others. It was shared by several district employees that the sharing table should be introduced in weekly messages to students and or have staff monitoring the cafeteria remind students of the purpose of the table. (2) each cafeteria has tried embraced a 20-minute period for students to eat (without disruption and hurry). The idea of this uninterrupted time is to provide students time to enjoy their lunch, not feel rushed to eat quickly, and to have conversation with one another in a comfortable setting. It was shared that some sites are utilizing this method better than others. In some cases, the number of students eating in the cafeteria makes it difficult to embrace the 20-minute period for eating without disruption, however, it is something that all schools are interested in implementing in the 2020-2021 school year. (3) having students participating in a food tasting for new cafeteria products. This is done in conjunction with the Districts LCAP survey of students. It has proven to be a huge success with upwards of 50 students participating. The student's recommendations after the tasting are taken into consideration by food service to put on the menu the following year. (4) in partnership with Cal Fresh Nutrition Education Program the District's food services program is working on evaluating each school sites' program and completing a "report card." This report card provides for a baseline to improve the overall quality and service of food to our children in our schools. The report card is a valuable tool used between our food service staff and our partnership with Cal Fresh Nutrition Education Program. (5) each school campus has implemented a variety of techniques to support positive behavior intervention systems (PBIS). As noted on the Districts dashboard, the number of student suspensions and expulsions has declined. In addition to the implementation of PBIS at the school sites, training and implementation of PBIS has been implemented on the school buses, which as appeared to be a sound system to connect the transportation department to the school sites to work together to improve student behavior while riding the buses. (6) the program to support school gardens is well underway. The pilot program to build raised vegetable gardens at Community Day School and plant them with fresh vegetables was a huge success. Thus, the Wellness Committee has since built gardens in 2019-2020 at Richmond with plans to build gardens at Hamilton in 2020-2021. (7) with the partnership with Family Health Care Network, we have mobile health units currently at three sites, with a plan to expand to three additional sites. The mobile health unit is a service available to students, staff and the community in the area. The number of participates has been good and

meets the required usership each visit. In addition, we began to use the Family Health Care Network dental unit at both junior high schools in the 2019-2020 school year. Although this did not get off to the best start, we have reevaluated the promotion of the service to our students and hope to see a much higher turnout.

The Wellness Committee responded well to the overall implementation and innovation of the District's efforts to improve the health and welfare of children across the District.