

Model Wellness Policy Comparison Results Template

Component	Description
Tool used for Model LSWP Comparison:	WellSAT
Areas of Strength:	1. Nutrition education goals are designed to promote student wellness and is incorporated into other subjects beyond student health.
	2. Physical education curriculum is written and aligns with national and/or state physical education requirements.
	3. Specific language regarding marketing is used to promote healthy food and beverage choices.
Opportunities for Improvement	1. Include more language regarding social, emotional, and psychological health and resources within the district.
	2. Stronger language regarding health services and emergency response plans are needed.
	3. Family engagement should be addressed in LSWP.
As a result of the comparison, was new language adopted in the LSWP?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible)	New language has been added and is awaiting school board approval on the following: <ul style="list-style-type: none"> • Social/Psychological Health (page 6) • Health Services and Health Education (page 7) • Caffeine (page 11) • Physical Education (page 13) • Staff, parent and community engagement (page 15)
Describe next steps for strengthening your LSWP.	<ol style="list-style-type: none"> 1. Present the updated Wellness Policy to the School Board in September. 2. Present assessment results and updated LSWP to the public. 3. Ensure changes to LSWP are communicated to all school sites and ensure compliance and understanding.

Wellness School Assessment Tool (WellSAT) - Model Policy Comparison

This document is designed for a local educational agency to compare its local school wellness policy language with the WellSAT Model Local School Wellness Policy.

Select each tab below to continue.

- Instructions
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other Goals
- Foods Sold
- Foods Given Away
- Food and Beverage Marketing
- Designated Person In Charge
- Involving School and Community Members
- Implementation Plan
- Annual Update
- Triennial Assessment

California Department of Education
June 2021

Instructions

How to Use This Document

Before you begin, gather your current Local School Wellness Policy (LSWP), any district administrative regulations, action plans, or other documents that describe your policy, implementation, evaluation, and review.

Each tab represents the required elements of the LSWP and provides a table to compare your local policy language with the WellSAT Model Wellness Policy. Complete following steps for each tab to complete the model policy comparison:

Step 1: Select the tab with the LSWP Requirement you would like to compare.

Step 2: Enter your agency's name and date of your policy comparison at the top of the page (Column A, Rows 2 and 3).

Step 3: Add your agency's name and policy language under the column header [Agency Name] Policy Language.

Step 4: Compare your district's policy language to the WellSAT Model Policy Language which reflects the language from the WellSAT model policy for the LSWP Requirement selected.

Step 5: Add your comparison analysis and conclusions under the column header Comparison Analysis and Conclusions.

Step 6: Document the next steps needed to continue improving the health of your students and school (examples: make policy language changes, hold a committee meeting, or update implementation plans) under the column header Next Steps.

Step 7: Select the next tab for each of the required elements of the LSWP and repeat the steps above.

Note: The WellSAT uses a point system to measure a LSWP's comprehensiveness and strength. The point system is included in this spreadsheet for review only and is not meant as a rating system for this exercise.

Sources

The California Department of Education Local School Wellness Policy web page at:

<https://www.cde.ca.gov/ls/nu/he/wellness.asp>

The Wellness School Assessment Tool (WellSAT) Model Wellness Policy is available at:

<https://www.wellsat.org>

Local School Wellness Policy Requirement: Nutrition Education

Oxnard Union High School District (OUHSD)

4/27/2022

LSWP-Nutrition Education Subtopics	OUHSD Policy Language	WellSAT Model Policy Language	Comparison Analysis and Conclusions	Next Steps
Includes goals for nutrition education that are designed to promote student wellness.	The district's nutrition education and physical education programs shall be based on research shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.	<p>(0 points) Either no goals for nutrition education are mentioned or policy clearly detracts from requirement</p> <p>(1 point) Any of the following:</p> <ul style="list-style-type: none"> • Nutrition education goal is implied • Policy only repeats the language of the federal wellness requirement regarding nutrition education • Policy only mentions "total learning environment" language and no other NE-related language included <p>Examples:</p> <ul style="list-style-type: none"> • "The district is committed to nutrition education" • "Includes goals for nutrition education...designed to promote student wellness in a manner that the local education agency deems is appropriate" (and no other NE goals are stated) <p>"Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices."</p> <p>(2 points) Clear that there are specific goals for nutrition education.</p>	1 point. Language is vague. Need clear specific goals for Nutrition Education.	Nutrition sub-committee will work on strengthening the language for the specific goals of Nutrition Education. Determine what curriculum Nutrition Education is tied into at each site.
Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the healthy education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-and after-school programs, summer learning programs, and school garden programs.	<p>(0 points) Not mentioned</p> <p>(1 point) Nutrition education for development of behavioral skills is suggested. Specific skills are mentioned but none are required Skills based nutrition education is suggested outside the NE section of the policy</p> <p>Examples:</p> <ul style="list-style-type: none"> • All students should have the skills necessary to make nutritious food choices." • "Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors." <p>(2 points) Statement that skill-based nutrition education is required OR specific skills are identified and required (e.g., media awareness, menu planning, reading nutrition facts labels).</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning." • "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label." • "Nutrition education will provide the knowledge and skills necessary to promote health." 	1 point. Nutrition education for development of healthy behaviors that lead to disease prevention, weight management and overall health is mentioned. Need more specific details on what specific skills will be acquired.	Nutrition sub-committee will work on strengthening the language for the specific goals of Nutrition Education. Determine what curriculum Nutrition Education is tied into at each site.
All elementary, middle, and high school students receive sequential and comprehensive nutrition education.	It is recommended that Nutrition Education be provided within the 9th and 10th grade physical education classes, as well as in site specific specialty programs and classes.	<p>(0 points) Not mentioned</p> <p>(1 point for each grade group) Suggested. It is unclear if all elementary, middle, and high school students will receive nutrition education</p> <p>Example: "Nutrition lessons will be designed for integration into the curriculum and the health education program.</p> <p>(2 points for each grade group) Required. It is clear that all elementary, middle, and high school students will receive sequential and comprehensive nutrition education</p> <p>Example: "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12)."</p>	2 points. Specific grade levels receive Nutrition education classes.	None.
Nutrition education is integrated into other subjects beyond health education.	Nutrition education events may be coordinated through the Student Wellness Officer. Nutrition education will link with school meal programs, cafeteria nutrition promotion activities school gardens, and the district's Farm to School program. The nutrition education curriculum will use the school gardens as a teaching tool. Utilizing school gardens for Nutrition Education engagement is a research-based strategy that encourages students to increase fruit and vegetable intake. Nutrition education will increase collaboration with athletic trainers, athletic directors and athletic coaches to provide student athletes additional nutrition education	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested</p> <p>Examples:</p> <ul style="list-style-type: none"> • "...will encourage teachers to integrate nutrition education into the broader curriculum." • "Staff shall teach, encourage, and support healthy eating by students by providing nutrition education and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that..." • "Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate." <p>(2 points) Requires that nutrition education be integrated into other subjects.</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Nutrition education will be integrated into mathematics classes." • "Nutrition education will be integrated into the broader curriculum, where appropriate." • "Nutrition education is integrated into cooking lessons." 	2 points. Specific nutrition education collaborations are mentioned.	Look into verbiage to include culinary classes at school sites.
Links nutrition education with the food environment.	Nutrition education will link with school meal programs, cafeteria nutrition promotion activities school gardens, and the district's Farm to School program. The nutrition education curriculum will use the school gardens as a teaching tool. Utilizing school gardens for Nutrition Education engagement is a research-based strategy that encourages students to increase fruit and vegetable intake.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested</p> <p>Example: "The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity."</p> <p>(2 points) Requires that nutrition education be integrated into the larger school environment in concrete ways</p> <p>Example: "The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab."</p>	2 points.	Follow up to ensure policy is followed at all sites.
Nutrition education addresses agriculture and the food system.	The nutrition education curriculum will use the school gardens as a teaching tool.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested</p> <p>Example: "School gardens and nutrition instruction are encouraged as part of the academic curriculum."</p> <p>(2 points) Statement that students will receive education about agriculture and the food system through specific activities</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Each school will establish a garden club." • "The nutrition education curriculum will use the school garden as a teaching tool." <p>"Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals."</p>	2 points	Follow up to ensure nutrition education is used in school gardens.

Local School Wellness Policy Requirement: Nutrition Promotion

Oxnard Union High School District (OUHSD)

4/27/2022

OUHSD Policy Language	WellSAT Model Policy Language	Comparison Analysis and Conclusions	Next Steps
The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. Nutrition education will link with school meal programs, cafeteria nutrition promotion activities, school gardens, and the district's Farm to School program. The nutrition education curriculum will use the school gardens as a teaching tool.	Not addressed in this model policy.	Language of nutrition promotion is included. Language is vague	Nutrition sub-committee will work on strengthening the language for Nutrition promotion.

Local School Wellness Policy Requirement: Physical Activity

Oxnard Union High School District (OUHSD)
4/27/2022

LSWP-Physical Activity Subtopics	OUHSD Policy Language	WellSAT Model Policy Language	Comparison Analysis and Conclusions	Next Steps
There is a written physical education curriculum for grades K-12.	The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The District's physical education curriculum will follow the California State Physical Education K-12 Standards. Physical education is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers. California Ed Code requires 400 minutes of physical education in	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices." (2 points) Clear that school district has a written physical education curriculum for each grade K-12 (e.g., policy describes a comprehensive physical education curriculum- for "K-12," "all levels," or "all students"). Example: "The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects."	2 points. Specific language included.	Ensure policy is being followed at all schools.
The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	The District's physical education curriculum will follow the California State Physical Education K-12 Standards. Physical education is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "The physical education curriculum should follow existing standards." (2 points) Required. School district requires the written physical education curriculum to be aligned with state and/or national physical education standards Example: "The physical education curriculum for grades K-12 will be aligned with established state physical education standards."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Physical education promotes a physically active lifestyle.	The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge and skills for age appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short-and long-term benefits of a physically active and healthy lifestyle. The District will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	(0 points) Not mentioned (1 point) Any of the following: •Suggests that physical education promotes a physically active lifestyle •Suggests NASPE standards •Suggests that physical education programs focus on self-assessment Example: "Physical education programs should promote an active lifestyle" (2 points) Required. Any of the following: •Requires physical education to teach lifetime activities •Requires schools to follow NASPE standards •Focuses on self-assessment through a "Fitnessgram" or "Activity gram" Examples: •"Schools will provide physical education that fosters lifelong habits of physical activity." •"Physical education shall focus on personal fitness." •"Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses time per week of physical education instruction for elementary, or middle, or high school students.	California Ed Code requires 400 minutes of physical education in a 10 day period. All secondary students are required to take the equivalent of two academic years of physical education. Schools may not allow students to be exempt for required physical education class time or credit. There will be no substitutions allowed for physical education time requirements.	(0 points) Not mentioned (1 point) Vague and/or suggested OR requires less than 150 minutes/week of physical education (elementary), or less than 225 minutes/week of PE (middle or high school). Examples: •"Elementary (middle or high) schools should provide 150 minutes (225 minutes) per week of physical education instruction." •"All students in elementary school are required to complete an average of one hundred instructional minutes per week of physical education." •"All students in middle (high) school should provide 225 minutes/week of PE." (2 points) Required. School district requires 150 minutes/week (225 minutes/week) of physical education instruction for all elementary (middle, high) school students through the entire school year Example: "All elementary (middle, high) school students shall receive 150 minutes/week (225 minutes/week) of physical education instruction throughout the school year."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses qualifications for physical education teachers for grades K-12.	Physical education is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "Physical education should be taught by a licensed teacher." (2 points) Required Example: "Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses providing physical education training for physical education teachers.	Physical education is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "All staff involved in physical education should be provided with opportunities for professional development." (2 points) Required. Clear that all physical education teachers are required to receive annual professional development specific to physical education/physical activity content Example: "The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses physical education exemption requirements for all students. An exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons.	All secondary students are required to take the equivalent of two academic years of physical education. Schools may not allow students to be exempt for required physical education class time or credit. There will be no substitutions allowed for physical education time requirements.	(0 points) Not mentioned (1 point) Vague and/or suggested: School district discourages exemptions from PE due to taking other courses or training. Examples: •"The school district discourages students from taking driver's education in place of required physical education." •"Unless otherwise exempted, all students will be required to engage in the District's physical education program." (2 points) Required. Clear that school district prohibits students from being exempt from PE for other courses or vocational training Example: "School district prohibits students from being exempt from physical education due to enrollment in other courses or vocational training."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses physical education substitution for all students. A substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports.	Students unable to participate in PE are offered alternative assignments and adaptive PE or medical PE programs. All secondary students are required to take the equivalent of two academic years of physical education. Schools may not allow students to be exempt for required physical education class time or credit. There will be no substitutions allowed for physical education time requirements.	(0 points) NOT mentioned or allows exemptions Example: JROTC may be substituted for the 1/2 credit of PE required to graduate from high school." (1 point) Vague and/or suggested: School district discourages exemptions from PE due to taking other courses or training Example: "The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education." (2 points) Required. Clear that school district prohibits students from being exempt from PE for other school or community activities for physical education class time or credit. Example: "There will be no substitutions allowed for the physical education time requirement."	2 points. Specific language included.	Ensure policy is being followed at all schools.
Addresses family and community engagement in physical activity opportunities at all schools.	Schools will encourage family and community members to support programs outside of the school that promote a healthy active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "Physical activity opportunities should be provided at the school for families and community members." (2 points) Required. Example: "All schools are required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide variety of offerings." (0 points) Not mentioned	1 point	[Add your next steps here.]
Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day, and/or to use community facilities to expand student's access to opportunity for physical activity.	(0 points) Not mentioned (1 point) Vague and/or suggested Example: "Students should have the opportunity to be physically active before and after school." (2 points) Required. Provision of physical activity classes, clubs, or interscholastic activities is required. Examples: • "Schools shall provide physical activity opportunities for all students before and after school in all elementary, middle and high schools." • "Physical activity classes and interscholastic activities shall be available during before and after school hours."	2 points. Specific language included.	Ensure policy is being followed at all schools.

Addresses recess for all elementary school students.	Not applicable	<p>(0 points) Not mentioned</p> <p>(1 point) Either of the following:</p> <ul style="list-style-type: none"> • School district suggests that recess be provided for all elementary school students. • School district requires recess without including a required amount of minutes each day. <p>Example: "Schools should provide students with opportunities for play when weather permits."</p> <p>(2 points) Required. Addresses at least 20 minutes of daily recess for all elementary school students</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Schools shall provide at least 20 minutes of active daily recess to all elementary school students." 	2 points. Specific language included.	Ensure policy is being followed at all schools
Addresses physical activity breaks during school.	The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested: School district suggests physical activity breaks.</p> <p>Example: "Teachers should provide students with physical activity breaks."</p> <p>(2 points) Required. School district requires that all K-12 school students be provided with daily physical activity breaks during the school day.</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Each school shall provide at least one physical activity break for every 60 minutes of academic instruction daily." • "Schools must schedule a 10-minute mid-morning break each day to provide all students with physical activity opportunities." 	2 points. Specific language included.	Ensure policy is being followed at all schools
Joint or shared-use agreements for physical activity participation at all schools.	The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day, and/or to use community facilities to expand student's access to opportunity for physical activity.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague or suggested: District encourages schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity programming</p> <p>Example: "Schools should develop joint-use agreements in order to provide physical activity opportunities for community members at the school."</p> <p>(2 points) Required: District requires schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity programming.</p> <p>Example: "All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members."</p>	2 points. Specific language included.	Ensure policy is being followed at all schools
District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	Students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education courses and may also be provided through the following: Marching Band, school athletic programs, extracurricular programs and school clubs, before- and after school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested</p> <p>Example: "Schools should promote walking and biking to school."</p> <p>(2 points) Required. Clear that school district requires school to develop an active transport program.</p> <p>Example: "Each school shall partner with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Safe Routes to School Program)."</p>	1 point. Language is vague. Walking and biking to school is encouraged. However resources are not provided for the safest routes for students to take.	Education Sub-Committee will work to improve language that includes safe routes to school
Addresses physical activity not being used as a punishment.	The District will strongly recommend staff use physical activity as a reward when feasible. Students shall not be required to engage in physical activity as a behavioral consequence or punishment. In the same manner, physical activities will not be withheld from students as punishment for poor behavior.	<p>(0 points) Not mentioned</p> <p>(1 point) Discourages using physical activity as a punishment.</p> <p>Example: "Teachers are discouraged from assigning physical activity as student punishment."</p> <p>(2 points) Prohibits using physical activity as a punishment.</p> <p>Examples:</p> <ul style="list-style-type: none"> • "Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.(Example: running laps or jogging around a playground)" • "Students shall not be required to engage in physical activity as punishment. For example, students may not be singledout to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence." 	2 points. Specific language included.	Ensure policy is being followed at all schools
Addresses physical activity not being withheld as a punishment.	The District will strongly recommend staff use physical activity as a reward when feasible. Students shall not be required to engage in physical activity as a behavioral consequence or punishment. In the same manner, physical activities will not be withheld from students as punishment for poor behavior.	<p>(0 points) Not mentioned</p> <p>(1 point) Discourages withholding PA as a punishment</p> <p>Example: "The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment."</p> <p>(2 points) Prohibits withholding PA as a punishment</p> <p>Example: "Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work."</p>	2 points. Specific language included.	Ensure policy is being followed at all schools

Local School Wellness Policy Requirement: Other Goals

Oxnard Union High School District (OUHSD)

4/27/2022

LSWP-Other Goals Subtopics	OUHSD Policy Language	WellSAT Model Policy Language	Comparison Analysis and Conclusions	Next Steps
Health Education	<p>Health Services will provide local community resources for health care, health insurance, and health education, including low-and no-cost resources to students, their families, and staff. OUHSD will encourage health education to students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors. District staff will use a health education curriculum consistent with state standards for health education. Schools will be encouraged to provide education events to support and teach healthy choices through the classrooms, school assemblies, and peer to peer education. School assemblies will incorporate health and wellness awareness through guest speakers, health fairs for students, as well as the community and families. The District discourages the use of any tobacco products, including vaping. Parent programs and student programs will be made available to help students and parents have conversations about the risks of tobacco and vaping products. Students will be encouraged to attend presentations on</p>	Not addressed in this model policy.	Specific language for health education is included.	Health and Safety Sub-Committees will research to ensure all sites are provided with proper health education.
Employee Wellness-Encourages staff to model healthy eating and physical activity behaviors.	The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.	<p>(0 points) Not mentioned</p> <p>(1 point) Either of the following: •Suggests district or school administrators encourage staff to model healthy eating and physical activity behaviors •Encourages modeling healthy eating OR physical activity, but not both Example: "Principals should encourage staff to model healthy eating habits"</p> <p>(2 points) Requires district or school administrators to encourage staff to model healthy eating AND physical activity behaviors Example: "School staff members shall be encouraged to model healthy eating and physical activity behaviors"</p>	2 points. Specific language for staff modeling healthy behaviors is included.	Health and Safety Sub-Committees will research to ensure all staff at all sites are modeling healthy behaviors.
Employee Wellness-Addresses strategies to support employee wellness.	Staff wellness opportunities shall be regularly offered to district employees to enhance their health knowledge and skills.	<p>(0 points) Not mentioned</p> <p>(1 point) Suggests employee wellness activities Example: "The district desires to provide a comprehensive program promoting healthy eating and PA for district students and staff."</p> <p>(2 points) Specific strategies to support employee wellness are outlined Examples: •"Health and wellness classes will be offered to staff." •"Activity programs will be available for staff." •"School physical activity equipment will be available for use by staff before or after school to support employee wellness." •"Free water and healthy snacks will be available in the staff break room." •"Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. In addition, an employee wellness program will be implemented in each building to meet the unique wellness needs of school staff."</p>	2 points. Specific language for staff wellness is included.	Health and Safety Sub-Committees will research to ensure staff have employee wellness opportunities.
Social & Emotional School Climate	Student wellness liaisons will collaborate with student groups and site/district staff to review and promote social emotional, mental health, and overall wellness resources and events on campus. School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others. To assist with identifying and tracking students with emotional, behavioral, and mental health needs, the District will provide Teacher and Staff Training. Topics can include, but are not limited to, recognizing the signs of mental health and how to do referrals.	Not addressed in this model policy.	Specific language for social and emotional development is included.	Health and Safety Sub-Committees will research to ensure students and staff have resources for social and emotional health.

Health Services	<p>In order to ensure that students have access to comprehensive health services, the district may provide access to health services. In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to health services and mental health services at, or near, District school and/or may provide referrals to community resources through school site nurses, counselors, and student intervention specialists.</p> <p>The District will provide more publicity of mental health services that are available throughout the District including, but not limited to, posters, flyers, classroom announcements. The Health Services program is a critical means to improving both education performance and well-being of the students.</p> <p>Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.</p> <p>Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits, and injury prevention.</p> <p>Health Services will provide local community resources for health care, health insurance, and health education, including low-and no-cost resources to students, their</p>	Not addressed in this model policy.	Specific language for health services is included.	Health and Safety Sub-Committees will research to ensure students have access to health services.
Counseling, Psychologic, and Social Services	<p>In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to health services and mental health services at, or near, District school and/or may provide referrals to community resources through school site nurses, counselors, and student intervention specialists.</p>	Not addressed in this model policy.	Language regarding counseling, psychologic and social services is vague.	Wellness Committee will work to determine the specific resources available at the district to include language in the Wellness Policy.
Community Involvement	<p>The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle. Through a partnership between OUHSD, Ventura County, and community-based organizations, schools provide information for important medical, mental health, and health education services for students and community members regardless of insurance status or ability to pay, and are committed to reducing the unmet need for health care services among OUHSD youth and their families.</p>	Not addressed in this model policy.	Specific language regarding community involvement is included.	Staff, Family, and Community Sub-Committee will research to ensure community is involved in wellness resources (provided by OUHSD and in providing resources to OUHSD community)
Physical Environment	<p>.Physical Environment</p> <p>District safety committees are formed to address specific school site concerns ensuring compliance with emergency procedures.</p> <p>Annual updated emergency plans are provided through annual school site safety plans submitted each October. Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.</p> <p>School sites will monitor grounds/equipment and refer potential hazards for repair with the OPRA system promptly.</p> <p>Staff will be informed of and follow district safety regulations.</p> <p>School sites will promote a drug-and substance-free environment and will encourage making healthy choices at home and at school.</p> <p>School sites will enforce an "anti-bullying" policy and encourage social tolerance and respect for others.</p> <p>First Aid kits are made available through the health office and within each classroom at school sites.</p> <p>Emergency preparedness supplies will be made available at each school site in the case of disasters. School site nurses inventory items and restock as necessary.</p> <p>Annual "drug free" awareness training is provided to all students within the 9th grade curriculum.</p>	Not addressed in this model policy.	Specific language for physical environment is included.	The Health and Safety Sub-Committees will work to ensure all campuses are equipped to provide safe and secure environments to students and staff.
Family Engagement	<p>Community-based movement activities should be provided for all members of the family for various age groups.</p>	Not addressed in this model policy.	Language regarding family engagement is vague.	Staff, Family, and Community Sub-Committee will work to provide more specific language of family engagement into the Wellness Policy.

Free drinking water is available during meals.	The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.	<p>(0 points) Not mentioned</p> <p>(1 point) Drinking water is available, but accessibility is unclear Example: "Drinking water is available in the cafeteria upon request." "Water should be available in the cafeteria."</p> <p>(2 points) Free drinking water is available for self-service in the cafeteria Examples: •"Water fountains or water filling stations are available in all cafeterias."</p>	2 points. Specific language regarding free water is provided.	Nutrition Sub-Committee will ensure free water is available to all students at all sites during meals.
Addresses availability of free drinking water throughout the school day.	None.	<p>(0 points) Not mentioned or only mentions water availability where meals are served.</p> <p>(1 point) Availability of free water is suggested or encouraged. Examples: •"Water should be accessible during hours of school operation through choices such as drinking fountains or vending machines." •"Schools are encouraged to provide drinking fountains throughout the school campus."</p> <p>(2 points) Free water is always available. Examples: •"Students and staff will have access to free, safe, and fresh drinking water throughout the school day." •"Drinking water fountains will be made available to students and staff throughout the school building." •"Students will be provided free access to drinking water throughout the school day." •"Students are allowed to bring in bottled water from home."</p>	0 points. Language of free water available throughout the school day is not included.	Director Nutrition Services will work with Superintendent to address availability of water to students all day. Will research drinking fountains and water bottle fillers at each school site.
Addresses foods and beverages containing caffeine at the high school level. As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools. However, high schools are allowed to sell caffeinated beverages. Note: California competitive food rules are stricter and do not allow caffeine.	Principals are encouraged to limit the sale of beverages with caffeine to high school students. Beverages containing caffeine will not be sold by the Nutrition Services Department.	<p>(0 points) Not mentioned</p> <p>(1 point) Recommends or suggests high schools not sell foods and/or beverages with caffeine. Example: "High school principals are encouraged to limit the sale of beverages with caffeine to high school students (e.g. coffee from the school store)."</p> <p>(2 points) Either of the following: Prohibits the sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day; or requires high schools to follow the stricter Smart Snack beverage standards for middle schools. Examples: •"USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools." •"Beverages containing caffeine will not be sold on the high school campus." •"Only water, milk, and 100% juice shall be sold to students during the school day."</p>	2 points. Specific language regarding caffeine is included. Caffeine is not sold by the Nutrition Services Department.	Nutrition Sub-Committee will research caffeine availability to students outside of the cafeteria.

Local School Wellness Policy Requirement: Standards for Foods Sold

Oxnard Union High School District (OUHSD)
4/27/2022

LSWP-Standards for Food Sold Subtopics	OUHSD Policy Language	WellSAT Model Policy Language	Comparison Analysis and Conclusions	Next Steps
Assures compliance with USDA nutrition standards for reimbursable school meals.	Annual training on policies and procedures regarding the USDA and CDE requirements for the reimbursable meal program will be provided to all Nutrition Services Staff.	<p>(0 points) Not mentioned</p> <p>(1 point) Policy states that school meals will meet or are in compliance with USDA nutrition standards but does not link to or cite the nutrition standards Example: "...all foods sold/served on campus will meet USDA nutrition standards for school meals "</p> <p>(2 points) USDA standards are included in the policy or a working link to the USDA website is provided Example: "Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will research to ensure all reimbursable meal standards are met at each school site.
Addresses access to the USDA School Breakfast Program.	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, as well as the At Risk Afterschool Supper programs. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given their student ID number to enter at the cash register. Schools must serve students a reimbursable meal (first meal only), regardless of whether the student has money to pay or owes money. Applications for free/reduced priced meals are sent to all households at non-CEP schools (where all students do not receive free meals) at the beginning of the school year. The application is available through the Nutrition Services Department.	<p>(0 points) Not mentioned</p> <p>(1 point) Encourages or suggests participation in the School Breakfast Program or addresses breakfast without mentioning SBP by name Examples: • "The district shall make every effort to offer school breakfast." • "The district shall operate under USDA regulations for National School Lunch and/or Breakfast Programs."</p> <p>(2 points) Includes language to institutionalize the School Breakfast Program (e.g., specific reference to USDA, School Breakfast Program or CFR Part 220). Example: "All schools will provide breakfast through the USDA School Breakfast Program."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will research to ensure all school sites offer school breakfast to all students.
District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given their student ID number to enter at the cash register. Schools must serve students a reimbursable meal (first meal only), regardless of whether the student has money to pay or owes money. Applications for free/reduced priced meals are sent to all households at non-CEP schools (where all students do not receive free meals) at the beginning of the school year. The application is available through the Nutrition Services Department.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague/suggested Example: "The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way."</p> <p>(2 points) District has implemented plans to protect student privacy which include methods used (in addition to following relevant regulations) Example: "The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food</p>	2 points. Specific language is included.	Nutrition Sub-Committee will ensure privacy of student information.
Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	Schools must serve students a reimbursable meal (first meal only), regardless of whether the student has money to pay or owes money.	<p>(0 points) Not mentioned</p> <p>(1 point) Suggests that students with unpaid balances should be given a nutritious meal, with efforts to reduce stigma Example: "Schools should avoid stigmatizing students who are unable to pay for their meal."</p> <p>(2 points) Requires that students with unpaid balances are given the regular reimbursable meal and not stigmatized Examples: • "It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance." • "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money." • "Schools will not throw away a student's meal because the student has an unpaid balance." • "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced</p>	2 points. Specific language is included.	Nutrition Sub-Committee will research to ensure that all students are offered free meals, regardless of if they have unpaid meal balances.
Specifies how families are provided information about determining eligibility for free/reduced price meals.	Applications for free/reduced priced meals are sent to all households at non-CEP schools (where all students do not receive free meals) at the beginning of the school year. The application is available through the Nutrition Services Department.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague/suggested Example: "Parents should be informed that the application is available online and should be completed by..."</p> <p>(2 points) Clear procedure for providing information is in place Example: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will ensure availability of meal applications to appropriate families.
Specifies strategies to increase participation in school meal programs.	<p>The District will promote healthy food and beverage choices and practices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least these specific areas: Meals are accessible to all students and will cater to special diets and individual needs as communicated to Nutrition Services. Students are provided at least 20 minutes to eat their lunch; and do not need to wait more than ten minutes in line to buy lunch. Meals are appealing and attractive to students. Meals are served in clean and pleasant settings. Meals meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. Daily fruit and vegetable options are displayed in a location in the line of sight and reach of students. The Superintendent and designee will encourage the development of a Student Wellness Officer at each site. Student Wellness Officer will assist with promotion of healthy behaviors through development of school wide events which tie into the district's overall health and wellness goals. Student Wellness Officer will promote participation and support in the schools Nutrition Services program by reaching out to students, faculty, and parents with opportunities for Nutrition Services menu tasting events, as well as providing information to ASB regarding proper processes for school fundraisers and events during the school day. Farm to School Program is supported by the district and will ensure that Nutrition Services provides fresh, locally grown, and high quality produce for students. Farm to School and the Nutrition Services Department will provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu. Student Wellness Officer leads efforts to include student feedback about school meals using surveys, taste testing opportunities that will inform menu development. Student artwork is displayed in the service and/or dining areas. Daily announcements are used to promote and market menu options. Menus are posted on the District website and will include nutrient content and ingredients. Nutrition information for all programs (i.e. SBP, NSLP, Supper Meals and Summer Meals) offered within the District will be</p>	<p>(0 points) Not mentioned</p> <p>(1 point) Mentions vague and/or suggested strategies Examples: • "School meals shall be made attractive to students by appealing to their taste preferences." • "To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs."</p> <p>(2 points) Requires specific strategies, such as limiting access to competitive foods in the cafeteria, requiring that all high school students have a scheduled lunch period, prohibiting students from promotional mailings or events, use of Smarter Lunchroom strategies, altered bus schedules, student input on the menu, "Grab and Go" or Breakfast in the Classroom Examples: • "Students will have the opportunity to provide input on local, cultural, and ethnic favorites." • "Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu." • "Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast." • "Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings" • "The district shall use the USDA's Smarter Lunchroom tools and other resources available on the USDA website." • "The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria." • "Snack foods may not be purchased during meals."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will ensure students are encouraged to participate in school meal programs.

Addresses the amount of "seat time" students have to eat school meals.	Students are provided at least 20 minutes to eat their lunch; and do not need to wait more than ten minutes in line to buy lunch	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggests a specific amount of time Examples: •"Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes." •"Personnel will schedule enough time so students do not have to spend too much time waiting in line." •"Schools are required to provide all full day students a daily lunch period of not less than 20 minutes." (not clear howmuch of that time is "seat time")</p> <p>(2 points) Requires meal periods to include at least 10 minutes of "seat time" for breakfast (if offered) and at least 20 minutes of "seat time" for lunch</p>	2 points. Specific language is included.	Nutrition Sub-Committee will research to ensure students have adequate time to consume meals during nutrition and lunch break.
Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	Annual training on policies and procedures regarding the USDA and CDE requirements for the reimbursable meal program will be provided to all Nutrition Services Staff. Nutrition Services staff will be annually trained in food safety, Hazard Analysis Critical Control Point (HACCP).	<p>(0 points) Not mentioned</p> <p>(1 point) Training suggested, but unclear if USDA requirement is met Examples: •"All food service personnel will have adequate training in food service operations." •"All food service personnel shall receive pre-service training in food service operations."</p> <p>(2 points) It is clear that USDA requirement for training and/or continuing education is being met. Examples: •"The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New andcurrent food service directors must have at least 12 hours; new and current managers must have at least 10 hours; newand current staff must have at least 6 hours" •"All school nutrition program directors, managers and staff will meet hiring and annual continuing education/trainingrequirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets theirlearning needs."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will research to ensure Nutrition Services staff is properly training.
Addresses purchasing local foods for the school meals program.	Farm to School Program is supported by the district and will ensure that Nutrition Services provides fresh, locally grown, and	<p>(0 points) Not mentioned</p> <p>(1 point) Mentions vague and/or suggested strategies Examples: •"Schools are encouraged to make available locally grown produce available." •"Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable."</p> <p>(2 points) Local foods will be purchased and promoted Examples: •"School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria."</p>	2 points. Specific language is included.	Nutrition Sub-Committee will work to ensure students are offered local food products and that students are offered opportunities of food taste testing.
Addresses compliance with USDA competitive food and beverage requirements (known as Smart Snacks) for all food and beverages sold to students, on school campus, and during the school day. Note: Public, noncharter schools must also comply with California's competitive food and beverage requirements.	Documentation of nutrition information for foods sold outside of Nutrition Services on school campuses, starting at midnight and up to one half hour after the school day, shall be provided to the Director, Nutrition Services prior to any food related fundraisers. All fundraisers held during the school day must meet Smart Snack Guidelines. There are no exceptions. Following the Healthy Hunger Free Kids Act 2010/2016 and Smart Snack Rules, Nutrition Standards (USDA and CDE policies) will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack, food carts, and school club fundraising events.	<p>(0 points) Not mentioned</p> <p>(1 point) Vague and/or suggested. Any of the following: •Specifies meeting nutrition standards for competitive foods, but does not show: specific standards that documentcompliance OR specify USDA Smart Snacks OR specify federal requirements. •Lists some, but not all standards/ implies partial compliance •Requires Smart Snacks for foods or beverages, but not both. Examples: •"All foods sold to students outside of school meals shall meet district nutrition standards" (district nutrition standards donot meet Smart Snacks) •"All beverages sold must meet Smart Snack nutrition standards."</p> <p>(2 points) All foods and beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks federal nutrition standards or specific standards are named that imply compliance. Examples: •"The district is in compliance with all federal and state nutrition standards for all foods served in schools." •"Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in thecafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold onschool campuses during</p>	2 points. Specific language is included.	Nutrition Sub-Committee will work with the Nutrition Services Department to ensure that all school sites are following regulations of competitive foods.
USDA Smart Snack standards are easily accessed in the policy. Note: California competitive food requirements, if applicable, shall also be easily accessed in the policy.	Smart Snack standards are not easily accessible through Wellness Policy.	<p>(0 points) Not mentioned</p> <p>(1 point) USDA Smart Snacks are mentioned without a link to the full regulation Example: "The District will follow the Smart Snacks in School standards for all food and beverages sold to students on school campus during the school day." (no link or full description of standards are provided)</p> <p>(2 points) The complete Smart Snack standards are included in the policy or an active web link is provided</p>	0 points.	Link to Smart Snack standards must be added to Wellness Policy immediately.
Regulates competitive foods and beverages sold in a la carte, in vending machines, or in school stores.	Documentation of nutrition information for foods sold or served outside of Nutrition Services on school campuses, starting at midnight and up to one half hour after the school day, shall be provided to the Director, Nutrition Services prior to any food related fundraisers. All fundraisers held during the school day must meet Smart Snack Guidelines. There are no exceptions.	<p>(0 points) Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs". (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)</p> <p>(1 point) Recommended/limited to either of the following: •A la carte, vending machine, or school store regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions •A la carte, vending machine, or school store nutrition standards are required, but do not meet the level of Smart Snacks Examples: •"Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales." •"All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)</p> <p>(2 points) Requires either Smart Snacks or competitive food and beverage sales are banned during the school day Examples: •"It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks inSchool (Smart Snacks) nutrition standards." •"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes afterthe end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive foodguidelines." •"Food and beverage sales are limited only to those sold through the school meal program." •"All vending machines will be turned off during the school day." •"This district does not allow for the operation of school stores during the school day."</p>	1 point. Vague language regarding competitive foods sold.	Nutrition Services Director must provide specific langage in regulatory actions taken with non-compliance to Smart Snack standards.

Addresses fundraising with food to be consumed during the school day.	Documentation of nutrition information for foods sold or served outside of Nutrition Services on school campuses, starting at midnight and up to one half hour after the school day, shall be provided to the Director, Nutrition Services prior to any food related fundraisers. All fundraisers held during the school day must meet Smart Snack Guidelines. There are no exceptions.	<p>(0 points) Not mentioned or language such as "The district shall monitor all food and beverages sold or served to students, including those available outside of the federally regulated child nutrition programs. (i.e., a la carte, vending, student stores, rewards, fundraising, etc.)"</p> <p>(1 point) Recommended or limited to either of the following: •Fundraiser regulations or umbrella statement regulating "all (competitive) foods" is vague, suggested, time- or location- specific, subject to principal's discretion, or weakened by other exceptions •Fundraiser nutrition standards are required, but do not meet the level of Smart Snacks. Examples: •"Food service shall strive to include some healthy choices (choices listed) for all fundraisers." •"All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold." (requirements don't meet Smart Snacks)</p> <p>(2 points) Requires either Smart Snacks or competitive food and beverage sales are banned during the school day (or just fundraisers) Examples: •"It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks nutrition standards." •"All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines." •"There will be no food-related fundraisers held during the school day." •"No competitive foods or beverages may be sold during the school day."</p>	1 point. Vague language regarding fundraiser foods sold.	Nutrition Services Director must provide specific language in regulatory actions taken with fundraiser foods sold during the school day.
Exemptions for infrequent school-sponsored fundraisers. Note: California does not allow exempted fundraisers. All foods and beverages sold to students, on school campus, during the school day, outside of the school meal program, including fundraisers, must meet all applicable Smart Snack and California competitive food rules.	Documentation of nutrition information for foods sold or served outside of Nutrition Services on school campuses, starting at midnight and up to one half hour after the school day, shall be provided to the Director, Nutrition Services prior to any food related fundraisers. All fundraisers held during the school day must meet Smart Snack Guidelines. There are no exceptions.	<p>(0 points) Not mentioned</p> <p>(1 point) Some number of exemptions for infrequent fundraisers are allowed during which foods and beverages sold do not have to meet the Smart Snacks nutrition standards. Example: Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold.</p> <p>(2 points) Zero fundraiser exemptions are allowed Example: All fundraisers held during the school day must meet Smart Snacks. There are no exemptions.</p>	2 points. Specific language is included.	Nutrition Sub-Committee will work with Nutrition Services Department staff to ensure that fundraisers are compliant with Smart Snack standards at all school sites.
Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	None.	<p>(0 points) Not mentioned</p> <p>(1 point) Nutrition standards apply to extended day, but they are weaker than Smart Snack standards. Examples: •"Only healthy snacks will be sold to children participating in on-site programs after school ends." •"Snacks sold to students during after school programs must be less than 200 calories and be low in sugar and sodium."</p> <p>(2 points) Requires that foods sold during the extended school day meet or exceed Smart Snacks nutrition standards. Policy must either state that Smart Snacks or federal nutrition standards are used OR document compliance by providing a list of the nutrition standards. Examples: •"Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards." •"All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day."</p>	0 points. Policy does not address foods sold to students after school.	Work with Nutrition Services Director to provide guidelines for afterschool foods sold on campus.

Your District's Scorecard

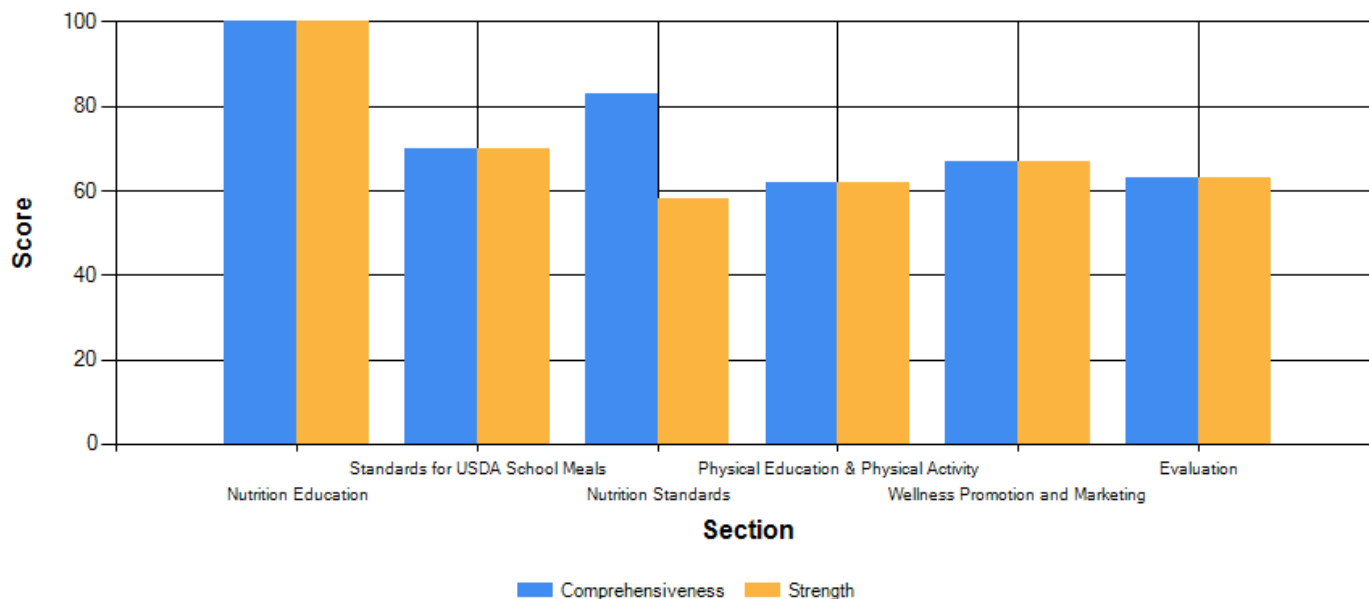
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.



Version: 3.0

Policy Name: Oxnard Union High School District



Section 1. Nutrition Education






Rating

NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	 Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 6 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals




Rating



SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	70
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	70

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating



NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	1
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2



NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	1
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	0
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	83
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	58

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2

PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	62
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	62

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section).	67

Multiply by 100. Do not count an item if the rating is "0."

Strength Score:







Count the number of items rated as "2" and divide this number by 12 (the number of items in this section).
Multiply by 100.

67

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	0
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	63
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	63

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 74
Total Strength Add the strength scores for each of the six sections above and divide this	District Score 70

number by 6.



Federal Requirement



Farm to School



CSPAP