

Hanford Elementary School District
Wellness Policy - Executive Summary (2022-2023)

Schools across the district continue to work on implementing the Wellness policy. In the 2021-2022 school year, the district participated in a triennial review assessment, which included the School Site-Level Assessment Questionnaire (“SLAQ”) and the Smarter Lunchrooms Scoreboard. These assessment tools provided information for the wellness committee to highlight areas of strength and opportunities for improvement, which guided the wellness committee to identify next steps.

The assessment identified areas of strength as:

- A clear understanding of the wellness policy and meal programs on the school campuses
- Promotion of health food and beverage choices for all students across the school campuses and sound encouragement for students’ participation in the national school meal program.
- Credentialled physical education teachers provide physical education opportunities to students that align to the California State PE standards.

The assessment identified areas of opportunities as:

- Nutritional material has not been universally adopted by the district, therefore, limited instructional opportunities have been provided to credentialled teachers to teach nutrition education and health food choices.
- Greater focus should be placed on engaging both parents and students in understanding and participating in the national school meal program (breakfast and lunch). Limited information is provided to parents, staff and students about the breakfast and lunch program, including but not limited to a monthly menu, nutritional information on menu items and highlight school breakfast and lunch programs.
- There is not a school garden at each elementary site across the district, although the administration and staff have showed interest.

Based on the outcome of the review, the following next steps have been identified as priority:

- Adopt an evidence-based curriculum for nutrition and education that is aligned with National Health Education standards for grades K – 6.
- A concerted effort will be placed on engaging parents and students in the breakfast and lunch program. Monthly information will be provided to parents about the school menu, through fun and engaging “nutrition nuggets.”

-A school garden will be developed at the school site and managed by school personnel. Once a school garden is in place, students will be able to plant, tend and gather fruits and vegetables grown in the garden and try them out in both raw and cooked forms.

-Continue to educate staff, students, and the community on the district wellness policy through all possible venues.

Outcomes to date:

-The district's Curriculum Committee reviewed various health related curriculum and selected a curriculum that will be piloted in the 2023 summer program and implemented across K – 6 in the 2023-2024 school year.

-The food services department is now including fun and engaging “nutritional nuggets” on the monthly menu which is provided to parents both in paper form and on the district's website.

-Individual school sites have discussed ways in which school breakfast and lunch menu items can be highlighted on the school campus such as using a sandwich board, informing students of the menu during morning announcements and/or providing students with opportunities to create art pieces to hang in the cafeteria to highlight healthy food choices.

-Individual school sites administrators are exploring ideas with staff on the feasibility and management of developing school gardens. A few administrators have researched various grant opportunities for funding support for hydroponic and aquaponic growing systems for school gardens.

-The wellness committee continues to partner with outside agencies to support the effort of educating staff, students and the community on the district's wellness policy and the importance of a healthy lifestyle.