

Food and Nutrition Services

School Wellness Triennial Assessment 2019-20

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Audrey Mitchell, Director of Nutrition Services at 951-943-6369 ext.80241.

Section 1: General Information

Schools included in the assessment: All PUHSD School Sites

Assessment Completed: June 2, 2020

Date of Local Wellness Policy Revision: December 6, 2017

Board Updated Regarding Wellness Activities: December 2017, December 2018, December 2019

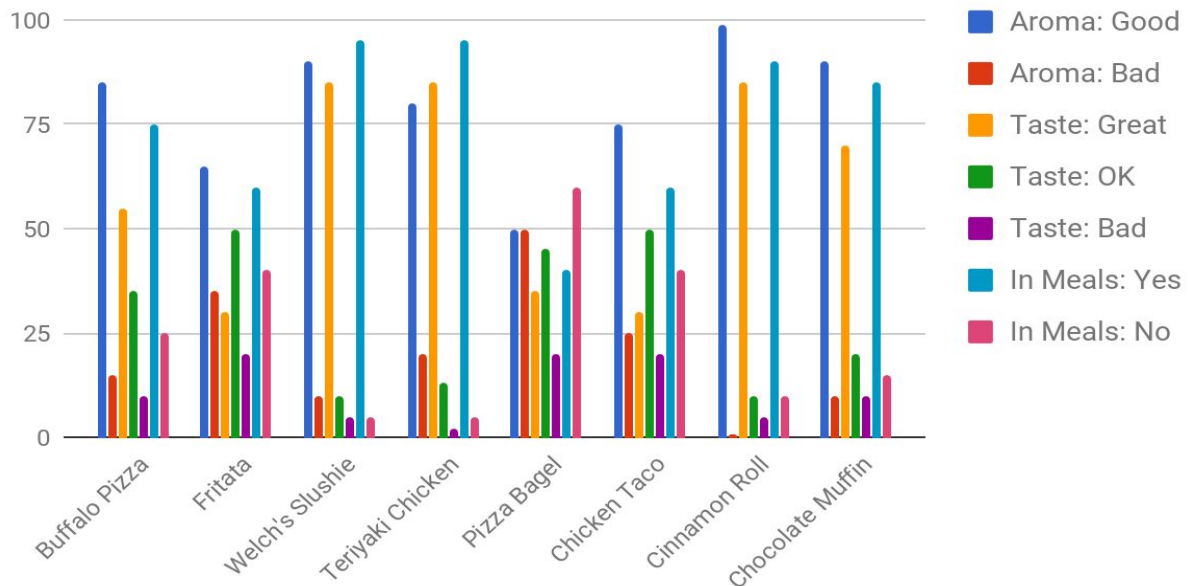
Section 2: Wellness Committee Events and Info

Events Held:

Taste Test 2017-18

In 2017, TerraBites Cafe invited one hundred students at each school site to participate in a Student Taste Test. Students were provided items to sample for the upcoming Fall and Spring Menus. Students feedback is provided below:

TerraBites Taste Test



Student Focus Groups 2018-19

Rick Linsalato, Field Supervisor of Nutrition Services held multiple Student Focus Groups which allowed students to provide feedback regarding the School Nutrition Program. Students shared their thoughts on our taste tests, current menus and which items they would like to see on future menus. Students also had the opportunity to learn about the regulations that the Nutrition Services Department must follow when creating menus.



Professional Development Days 2019-20

Annually, the Perris Union High School District conducts Professional Development for all Certificated and Classified Staff. During the PD Days in 2019, Rick Linsalato and Audrey Mitchell had the opportunity to provide nutrition education to the staff of the Perris Union High School District. Rick Linsalato taught a class on *Smart Shopping*

which provided useful information for creating healthy meals and how to shop for those items. One topic included how to make your own chicken stock which eliminates any preservatives and high sodium content. Other topics included to shop when you are not hungry and how to prepare the same item with different cooking techniques to eliminate menu boredom. Audrey Mitchell taught a class on *How to Read Food Labels* which helped educate the staff on macronutrients and micronutrients. The class provided useful information on nutrients you should avoid and nutrients you should look for when reading a food label. Information was also provided on the long term health risks associated with consumption of nutrients that were harmful to your body. Overall, both classes were well received and the staff was very happy with the information they were provided with.

City Of Perris Color Run and Wellness Clinic 2019-20

The City of Perris was planning to hold a Color Run in April of 2020(Runathon/Walkathon) along with a Wellness Clinic for the students and community of Perris. TerraBites Cafe was invited to participate in the event to discuss the School Breakfast Program and the National School Lunch Program at the Perris Union High School District school sites. Due to COVID-19 in the early months of February and March, the City of Perris decided to postpone the event for a future date.

TerraBites Cafe Wellness Newsletter

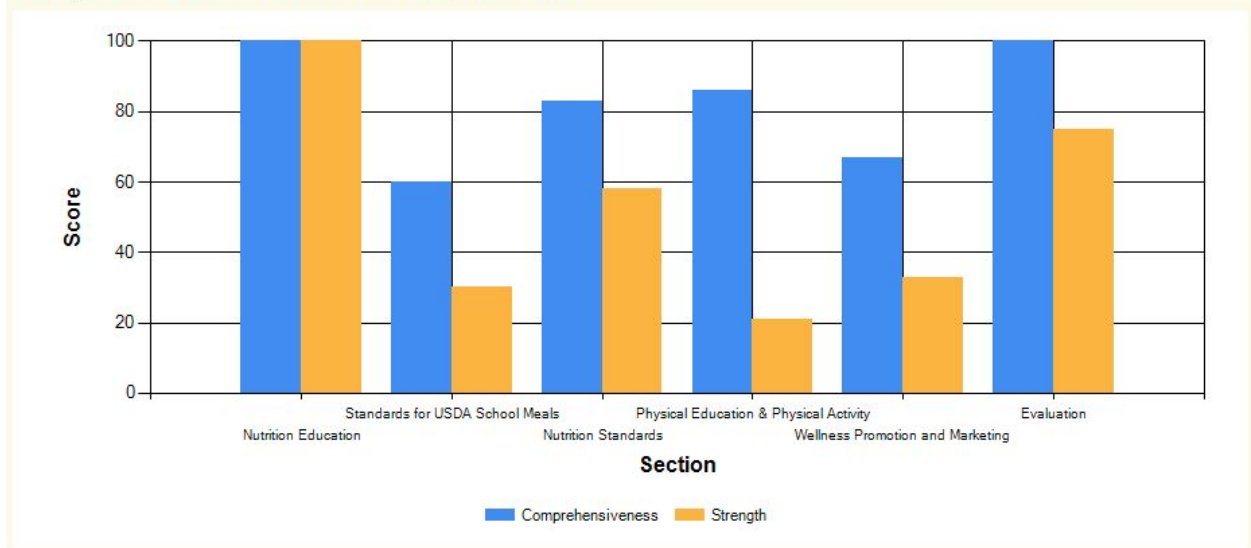
During the 2018-19 school year, the first TerraBites Today was released to students and parents of the Perris Union High School District. The newsletter provided health education, nutrition education and program information. The newsletter is communicated to families twice a year via Blackboard Messaging and PeachJar. In 2019-20, the newsletter was renamed to TerraBites Cafe Wellness Letter.

Section 3: Comparison to Model School Wellness Policies


Model Policy: WellSAT3.0

Version: 3.0

Policy Name: Wellness Assessment 2019-20 Final








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
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	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
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6. 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. 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.	1
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	1
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.	0
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	0
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	60
	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.	30





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.	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
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.	0
NS8	Addresses foods and beverages containing caffeine at the high school level.	1
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.	2
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.	2
NS12	Addresses food not being used as a reward.	1
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. 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. Multiply by 100.	58



Section 4. Physical Education and Physical Activity

Rating

PEPA1	 There is a written physical education curriculum for grades K-12.	1
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.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	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.	1
PEPA8	Addresses providing physical education training for physical education teachers.	1
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.	1
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA14	 Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."	86
	Strength Score: Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	21







Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
WPM2	 Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	0
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).	1
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).	0
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).	0
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).	1
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	67
	Strength Score: Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	33

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	1
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.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. 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 8. Multiply by 100.	75

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 83
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 53



Federal Requirement



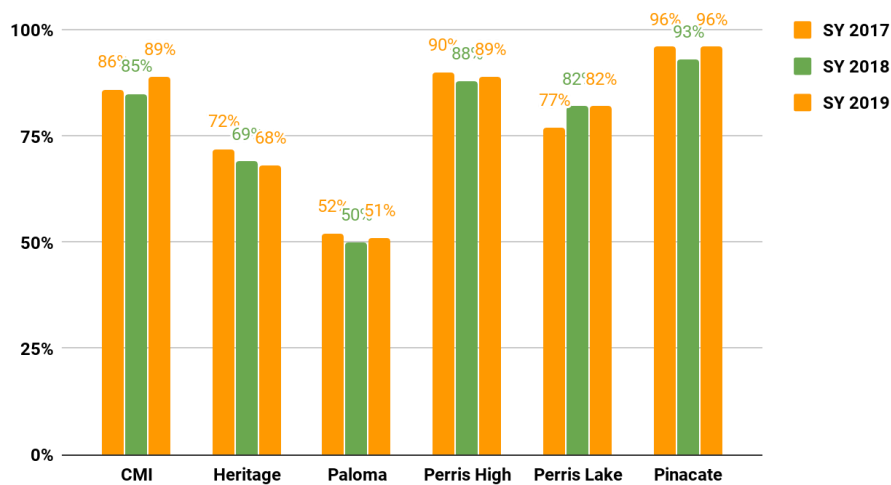
Farm to School



CSPAP

Section 4: Free & Reduced Percentages

Free and Reduced Percentages



Section 5: Meal Participation

Participation by Meal	2017-18	2018-19	2019-20
Breakfast	483,536	453,742	571,594
Lunch	972,428	952,479	880,273
Total	1,455,964	1,406,221	1,451,867

Section 6: Child Nutrition Standards

The Nutrition Services Department prepares well-balanced, student friendly meals that meet strict nutrition standards set by the United States Department of Agriculture (USDA) and the California Department of Education (CDE). Nutrition

Services participates in the School Breakfast Program, National School Lunch Program, Snack Program and the Seamless Summer Program. Each program has its own set of Nutritional Standards (refer to table 1). All menus are planned and reviewed by the Director of Nutrition Services and Field Supervisor of Nutrition Services. All menus incorporate fresh fruits and vegetables, vegetable subgroups, whole grains, lean proteins, legumes, and low-fat and fat-free milk.

Nutrition Services provides the Offer vs. Serve Menu planning for all students at the Perris Union High School District. Meal Accommodations are made for all students who have a Medical Statement on file with the Nutrition Services Department.

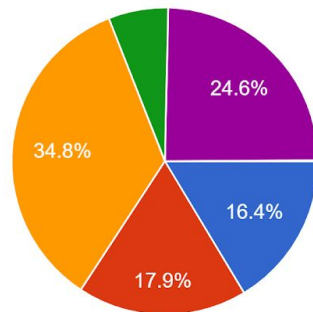
Table 1. Comparisons of Child Nutrition Programs			
Child Nutrition Programs	Calories (kcal)	Sat. Fat (% kcals)	Sodium (mg)
School Breakfast Program (<i>Grades K-8</i>)	450-500*	< 10%*	≤ 540*
School Breakfast Program (<i>Grades 9-12</i>)	450-600*	< 10%*	≤ 640*
National School Lunch Program (<i>Grades K-8</i>)	600-650*	< 10%*	≤ 1,230*
National School Lunch Program (<i>Grades 9-12</i>)	750-850*	< 10%*	≤ 1,420*
Smart Snacks (<i>Items</i>)	< 200	< 10%	< 200
Smart Snacks (<i>Entrée</i>)	< 350	< 10%	< 480
*Based on weekly average requirements for a 5-day week			

Section 7: Student Survey Results

On January 13, 2020 a Student Survey was sent to all PUHSD Students to receive feedback regarding the current meal program at their school site. The survey received 790 responses. Below are the results from the student survey. The survey was going to be used to gauge future Professional Development for Staff, Menu Ideas, Customer Service & Efficiency, and Program Education, however due to the effects of COVID-19 the Nutrition Services Department was unable to proceed with the results of the survey.

What school site do you attend?

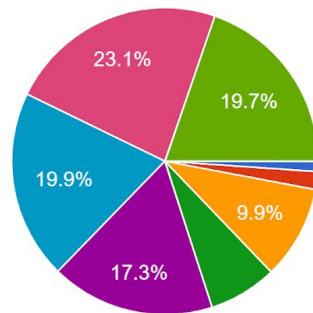
1,014 responses



- Heritage High School
- Perris High School
- Paloma Valley High School
- Pinacate Middle School
- California Military Institute
- Perris Lake High School

What grade level are you in?

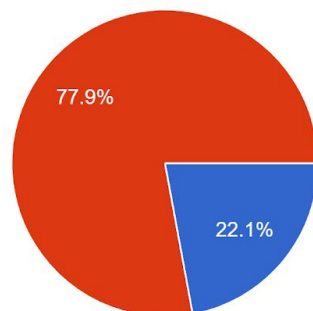
1,014 responses



- 5th grade
- 6th grade
- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

Do you normally...

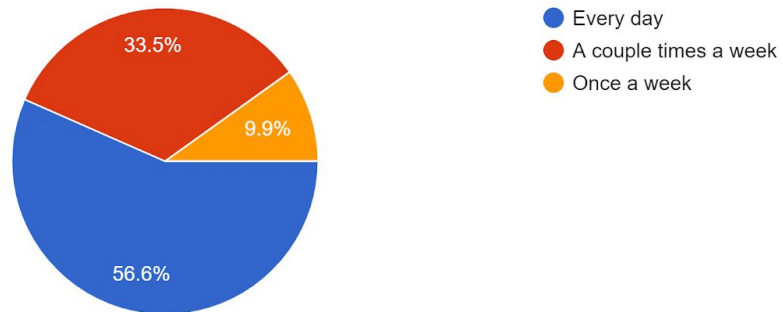
1,014 responses



- Bring lunch
- Eat in cafeteria

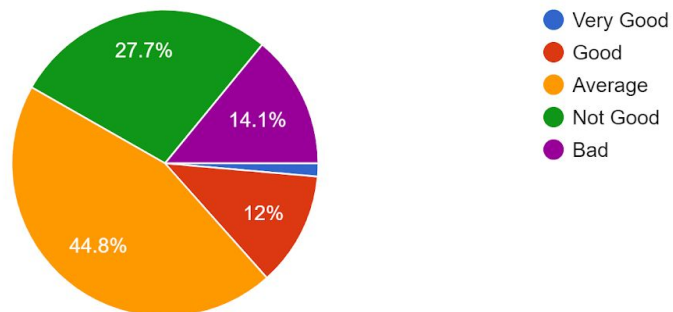
How often do you eat in the cafeteria?

790 responses



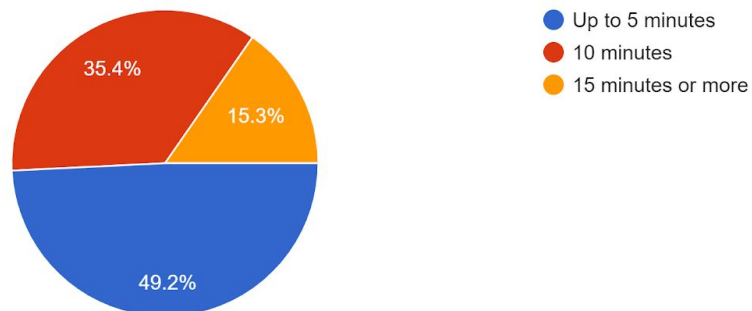
How would you rate the cafeteria food

790 responses

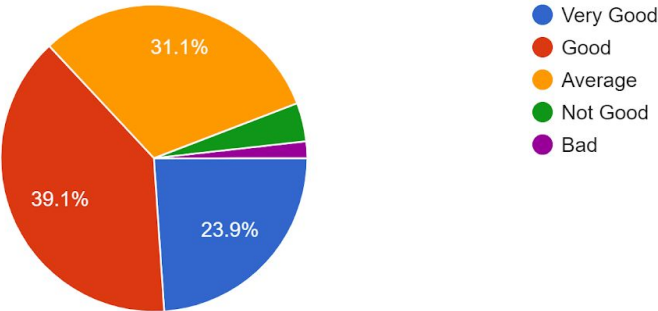


How long do you wait in line?

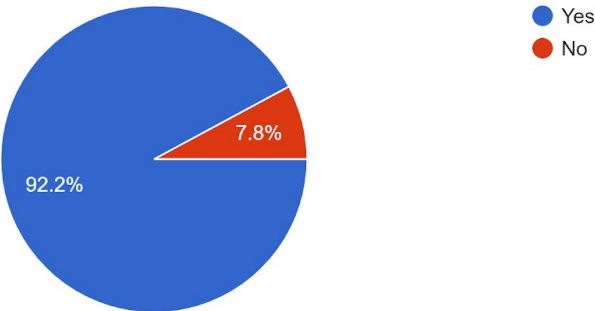
790 responses



How would you rate the service of the cafeteria staff?
790 responses



Did you know Breakfast is FREE to ALL students?
790 responses



Section 8: Results of PFT for Applicable Grades

State: [California](#)
 County: [Riverside](#)
 District: Perris Union High
 School:

2018-19 California Physical Fitness Report Overall - Summary of Results Perris Union High District

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

	Total Tested* in Grade 5	Number Grade 5 Students in HFZ*	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement - Health Risk	Total Tested* in Grade 7	Number Grade 7 Students in HFZ*	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement - Health Risk	Total Tested* in Grade 9	Number Grade 9 Students in HFZ*	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement - Health Risk			
Physical Fitness Area															
Aerobic Capacity	65	29	44.6	53.8	1.6	773	333	43.1	48.0	8.9	1,782	834	46.8	40.8	12.4
Body Composition	65	43	66.2	15.4	18.4	773	409	52.9	17.7	29.4	1,782	1,066	59.8	21.6	18.6
Abdominal Strength	65	51	78.5	21.5	N/A	773	479	62.0	38.0	N/A	1,782	1,385	77.7	22.3	N/A
Trunk Extension Strength	65	53	81.5	18.5	N/A	773	566	73.2	26.8	N/A	1,782	1,603	90.0	10.0	N/A
Upper Body Strength	65	43	66.2	33.8	N/A	773	340	44.0	56.0	N/A	1,782	1,086	60.9	39.1	N/A
Flexibility	65	59	90.8	9.2	N/A	773	543	70.2	29.8	N/A	1,782	1,426	80.0	20.0	N/A

