

# Your District's Scorecard

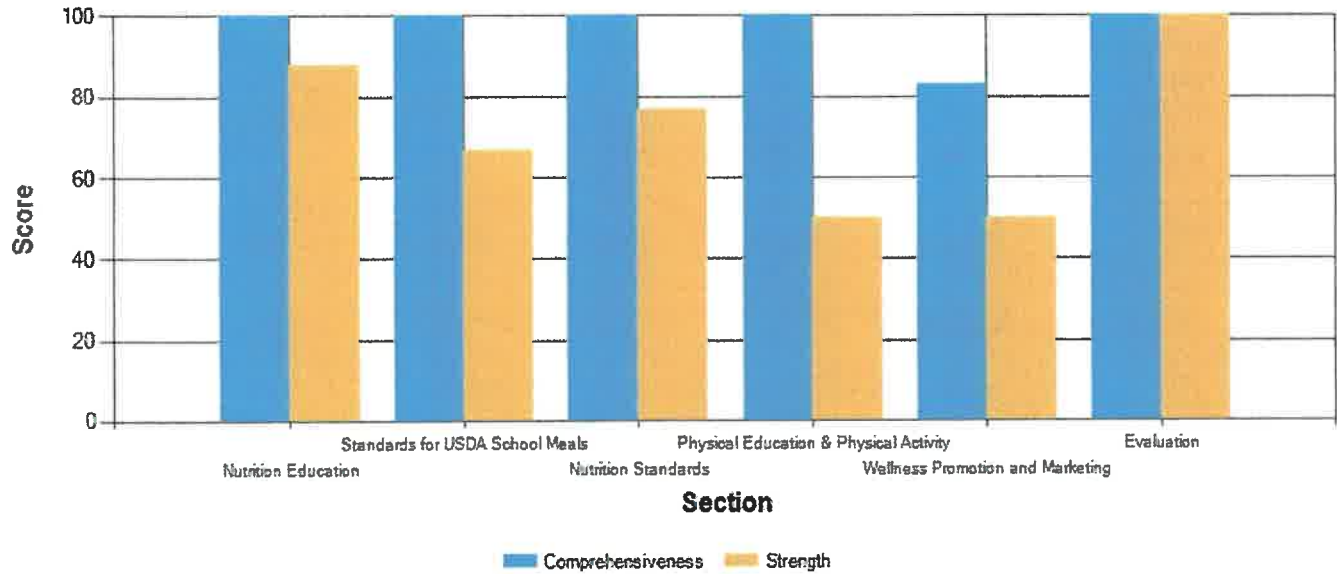
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Congratulations! You have completed the WellsAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness 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: SDCOE-June-2023**



## Section 1. Nutrition Education

Rating

Item ID	Description	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.	1
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
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>






**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.

**88**



[Click here for Nutrition Education Resources](#)





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

<b>SM1</b>	 Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>2</b>
<b>SM2</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>SM3</b>	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>2</b>
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	<b>2</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs.	<b>1</b>
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.	<b>1</b>
<b>SM8</b>	 Free drinking water is available during meals.	<b>2</b>
<b>SM9</b>	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>SM10</b>	 Addresses purchasing local foods for the school meals program.	<b>1</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 9 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 9 (the number of items in this section). Multiply by 100.	<b>67</b>

[Click here for School Food Resources](#)

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


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




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.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	1
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
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.	1
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	<b>Comprehensiveness Score:</b> 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."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	77

[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
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1

<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>2</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>1</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>1</b>
<b>PEPA11</b>	 Addresses family and community engagement in physical activity opportunities at all schools.	<b>1</b>
<b>PEPA12</b>	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>2</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>1</b>
<b>PEPA14</b>	 Addresses physical activity breaks during school.	<b>2</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>2</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>2</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	<b>50</b>

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

## Section 5. Wellness Promotion and Marketing

Rating







<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>2</b>
<b>WPM2</b>	 Addresses strategies to support employee wellness.	<b>2</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>1</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>1</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>1</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>2</b>
<b>WPM7</b>	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>2</b>

<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>1</b>
<b>WPM10</b>	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).	<b>2</b>
<b>WPM11</b>	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).	<b>0</b>
<b>WPM12</b>	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).	<b>0</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> 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."	<b>83</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>50</b>

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

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IEC2</b>	 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.	<b>2</b>
<b>IEC3</b>	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>2</b>
<b>IEC4</b>	 Addresses making the wellness policy available to the public.	<b>2</b>
<b>IEC5</b>	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>2</b>
<b>IEC6</b>	 Triennial assessment results will be made available to the public and will include:	<b>2</b>
<b>IEC7</b>	 Addresses a plan for updating policy based on results of the triennial assessment.	<b>2</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>2</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> 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."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>100</b>

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

### Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>97</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>72</b>



Federal Requirement



Farm to School



CSPAP

**SAN DIEGO COUNTY OFFICE OF EDUCATION**

**ADMINISTRATIVE  
REGULATION NO. 3572**

**CLASSIFICATION: Business and Noninstructional  
Operations**

**ADOPTED: 3/21/16**

**REVISED:**

**REVIEWED: 2/16/16**

**SUBJECT: Nutrition Program Compliance**

**PAGE: 1 of 3**

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Food service programs operated by the County Superintendent of Schools shall meet all state and federal requirements of the child nutrition programs in which the San Diego County Office of Education participates.

The County Superintendent of Schools acknowledges his/her responsibility for ensuring compliance with state and federal nondiscrimination laws as they apply to child nutrition programs. No individual shall be denied the benefits or service of any child nutrition program or be discriminated against on any basis specified in the applicable law or regulation.

The County Superintendent of Schools assigns the compliance officer specified in Administrative Regulation 1312.3, Uniform Complaint Procedures, or his/her designee(s), responsibility for efforts to comply with state and federal laws governing child nutrition programs and the requirements of this administrative regulation.

Training on the laws, regulations, procedures, and directives related to nutrition programs shall be provided to employees involved in administering them.

Procedures and systems for implementing child nutrition programs shall not restrict students' participation based on their race, ethnicity, or disability. Systems shall include a method for collecting racial and ethnic data of participants to determine whether programs are effectively reaching eligible students.

When a significant number of participants or potential participants are non-English speakers, an appropriate translation of nutrition program information shall be made available.

Child nutrition programs shall accommodate the special dietary needs of any student with a disability who has on file a medical statement that restricts the student's diet because of the his/her disability.

**CLASSIFICATION: Business and Noninstructional  
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Complaints

Complaints alleging failure to comply with applicable state or federal laws and regulations in child nutrition programs shall be filed with the compliance officer, who shall be responsible for investigating and resolving the complaint using the Uniform Complaint Procedures presented in Administrative Regulation 1312.3. Complaints may also be with the California Department of Education or the U.S. Department of Agriculture.

Notifications

All informational releases, publications, and posters concerning nutrition programs and/or activities shall include, in a prominent location, the most current version of the federal nondiscrimination statement available from the U.S. Department of Agriculture's civil rights web page. If the material is too small (half of a page or less) to permit the full statement to be included, the material shall, at a minimum, include the following statement in print no smaller than the text: "This institution is an equal opportunity provider and employer."

In addition, the U.S. Department of Agriculture's "And Justice for All" or other approved nutrition programs civil rights posters shall be displayed in areas visible to students participating in child nutrition programs, such as in food service areas and school offices.

Appropriate translations shall be made available as necessary to ensure access to nondiscrimination information for students and parents/guardians with limited English proficiency.

Notification of complaint procedures shall be provided to students, parents/guardians, and employees in the annual notification of Uniform Complaint Procedures distributed pursuant to Administrative Regulation 1312.3.



**SAN DIEGO COUNTY OFFICE OF EDUCATION**

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**Board Policy: 1312, 3570, 5140**  
**Administrative Regulation: 1312.3, 5140**

**Legal Reference: Education Code**  
**49490 – 49590**  
**California Code of Regulations, Title 5**  
**15500 – 15578**

**Management Resources: Nutrition Services Division, California Department of Education:**  
**[www.cde.ca.gov/ls/nu](http://www.cde.ca.gov/ls/nu)**  
**USDA Civil Rights, California Department of Education:**  
**[www.cde.ca.gov/ls/nu/cr/](http://www.cde.ca.gov/ls/nu/cr/)**  
**Food and Nutrition Services, U.S. Department of Agriculture:**  
**[www.fns.usda.gov](http://www.fns.usda.gov)**  
**Food and Nutrition Services Nondiscrimination Statement, U.S.**  
**Department of Agriculture: [www.fns.usda.gov/fns-nondiscrimination-](http://www.fns.usda.gov/fns-nondiscrimination-statement)**  
**statement**  
**Office for Civil Rights, U.S. Department of Agriculture:**  
**[www.ascr.usda.gov](http://www.ascr.usda.gov)**  
**Office for Civil Rights, U.S. Department of Education: [www2ed.gov/ocr](http://www2ed.gov/ocr)**

**CLASSIFICATION: Students****ADOPTED: 3/21/16****REVISED:****REVIEWED: 2/23/16****SUBJECT: Student Wellness****PAGE: 1 of 4**

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The County Superintendent of Schools understands that healthy eating and physical activity are critical for student achievement and is committed to providing a healthy school environment for students in schools under his/her jurisdiction. The County Superintendent establishes this administrative regulation to provide for implementation of the student wellness policy of the San Diego County Board of Education in the schools under his/her jurisdiction.

#### Student Wellness Advisory Council

The County Superintendent of Schools recognizes the importance of engaging parents/guardians, staff, and other stakeholders in support of student wellness activities and programs. A Student Wellness Advisory Council shall be established to facilitate stakeholder participation in the implementation and periodic review and update of the student wellness policy of the County Board of Education.

The Student Wellness Advisory Council may also advise on health-related issues, activities, and programs and may be involved in the planning, implementation, and evaluation of activities that promote student health.

The student wellness advisory council shall include representation from the various educational settings in which students are served and may include parents/guardians, students, food service employees, physical education and special education teachers, school health professionals, school administrators, and members of the public. Other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and others interested in school health issues may also be invited to participate.

#### Program Implementation and Evaluation

The County Superintendent of Schools designates the administrators directing each of the school programs operated by the County Superintendent of Schools to implement programs and activities in the school programs under their direction that ensure compliance with the student wellness policy of the County Board of Education.

**CLASSIFICATION: Students**

**ADOPTED: 3/21/16**

**REVISED:**

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**SUBJECT: Student Wellness**

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On a regular basis, the Student Wellness Advisory Council shall be convened by the designated administrators to participate in activities related to the implementation, evaluation, and update of the student wellness policy.

Student wellness programs and activities at school sites shall be aligned with the following components of the County Board of Education student wellness policy as presented in Board Policy 5140, Student Wellness:

1. County Board of Education goals for nutrition promotion and education, physical activity, and other wellness activities are implemented to the greatest extent possible.
2. Foods and beverages available during the school day are consistent with nutritional guidelines established by the County Board of Education, comply with state and federal law, and support the objectives of promoting student health and reducing childhood obesity.

Administrators directing each of the school programs operated by the County Superintendent of Schools shall invite feedback on wellness activities from the Student Wellness Advisory Council and other stakeholders such as food service personnel, school administrators, parents/guardians, students, teachers, and before- and after-school program staff.

Designated administrators shall conduct assessments of the implementation and effectiveness of the student wellness policy in accordance with regulations of the U.S. Department of Agriculture. Assessments may include, but are not limited to, the following indicators:

1. An analysis of the nutritional content of school meals and snacks served in all schools and program based on a sample of menus

**CLASSIFICATION: Students**

**ADOPTED: 3/21/16**

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**SUBJECT: Student Wellness**

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2. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
3. The extent to which foods and beverages available on campus outside the food services program comply with nutritional standards
4. A description of any other school-based wellness activities
5. Results of the state's physical fitness test, if administered, at applicable grade levels
6. An assessment of youth health risks and behaviors, school connectedness, protective factors, and school violence using the California Healthy Kids Survey. The California Healthy Kids Survey shall be administered to students in grades five, seven, nine, and eleven unless parents/guardians notify the school that they do not want their child to participate (opt out).

The public shall be informed of the assessment results at a regularly scheduled meeting of the County Board of Education.

#### Posting Requirements

The administrators overseeing the Juvenile Court and Community Schools and special education programs shall make the County Board of Education student wellness policy available to the public on the San Diego County Office of Education website and on each school website and shall ensure that it is posted in public view in all school cafeterias or central eating areas.

**Board Policy: 5140**

**Administrative Regulation: 3570**

**CLASSIFICATION: Students**

**ADOPTED: 3/21/16**

**REVISED:**

**REVIEWED: 2/23/16**

**SUBJECT: Student Wellness**

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**Legal References:** Education Code  
38086, 49430 – 49434, 49490 et seq.  
California Code of Regulations, Title 5  
15500 – 15065, 15575 – 15578  
United States Code, Title 42  
1751 – 1769, 1771 – 1791  
Code of Federal Regulations, Title 7  
210.1 – 210.31, 220.8, 220.12

**Management Resources:**

California Department of Education, Nutrition Services Division:

[www.cde.ca.gov/re/di/or/nsd.asp](http://www.cde.ca.gov/re/di/or/nsd.asp)

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)

*Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies*, California School Boards Association, 2012

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide*, California School Boards Association, 2012

United States Department of Agriculture, Food and Nutrition Service:

[www.fns.usda.gov/school-meals/child-nutrition-programs](http://www.fns.usda.gov/school-meals/child-nutrition-programs)

**CLASSIFICATION: Business and Noninstructional  
Operations**

**ADOPTED: 4/13/16  
REVISED:  
REVIEWED: 4/13/16**

**SUBJECT: Nutrition Program Compliance**

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The County Board of Education recognizes that adequate, nourishing food is essential to student health, development, and ability to learn. The County Board of Education directs the County Superintendent of Schools to make healthy foods and beverages available to students in school programs under his/her jurisdiction.

The County Superintendent of Schools shall maintain an administrative regulation that ensures compliance with all state and federal requirements for participation in child nutrition programs and with state and federal nondiscrimination laws and regulations as they apply to these programs.

**CLASSIFICATION: Business and Noninstructional  
Operations**

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**Legal Reference: Education Code**

200 – 262.4

48985, 49490 – 49590

California Code of Regulations, Title 5

4600 – 4687, 4900 – 4965, 15500 – 15578

United States Code, Title 20

1400 – 1482, 1681 – 1688

United States Code, Title 29

794

United States Code, Title 42

2000d – 2000d-7, 2000e – 2000e-17, 2000h – 2000h-6

Code of Federal Regulations, Title 28

35.101 – 35.190, 36.303

Code of Federal Regulations, Title 34

100.1 – 100.13, 104.1 – 104.39, 106.1 – 106.61, 106.9

**Management Resources: Nutrition Services Division, California Department of Education:**

[www.cde.ca.gov/ls/nu](http://www.cde.ca.gov/ls/nu)

**USDA Civil Rights, California Department of Education:**

[www.cde.ca.gov/ls/nu/cr/](http://www.cde.ca.gov/ls/nu/cr/)

**Food and Nutrition Services, U.S. Department of Agriculture:**

[www.fns.usda.gov](http://www.fns.usda.gov)

**Food and Nutrition Services Nondiscrimination Statement, U.S.**

**Department of Agriculture: [www.fns.usda.gov/fns-nondiscrimination-statement](http://www.fns.usda.gov/fns-nondiscrimination-statement)**

**Office for Civil Rights, U.S. Department of Agriculture:**

[www.ascr.usda.gov](http://www.ascr.usda.gov)

**Office for Civil Rights, U.S. Department of Education: [www2ed.gov/ocr](http://www2ed.gov/ocr)**

**CLASSIFICATION: Business and Noninstructional  
Operations****ADOPTED: 5/24/06  
REVISED: 4/13/16  
REVIEWED: 4/13/16****SUBJECT: Student Wellness in Outdoor Schools****PAGE: 1 of 4**

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The County Board of Education recognizes that there is an important connection between student health and learning. Additionally, the Board recognizes that federal law requires each local educational agency participating in federally reimbursable meal programs to adopt a student wellness policy. The Board acknowledges its responsibility to promote student wellness and directs that practices and activities in the Outdoor School programs (Outdoor Schools) operated by the County Superintendent of Schools encourage healthy eating and physical activity for participating students.

The San Diego County Office of Education provides four- and five-day residential outdoor school instructional programs to sixth grade students from San Diego County school districts. Pursuant to federal law, this policy specifies goals for nutrition education, physical activity, and other school based activities that support the health and fitness of participating students and establishes nutrition guidelines for Outdoor Schools.

#### GOALS FOR NUTRITION EDUCATION

The County Superintendent of Schools shall implement practices at each Outdoor School site that promote student awareness and understanding of good nutrition and encourage healthy eating habits. Nutrition education practices shall include:

1. Reinforcing messages on healthy eating through staff modeling of healthy food and beverage choices and instructional materials such as nutrition posters.
2. Integrating current, scientifically accurate nutrition content into outdoor school instruction where appropriate.
3. Utilizing instructional strategies that incorporate experiential learning opportunities to reinforce healthy nutrition behaviors.



**CLASSIFICATION: Business and Noninstructional  
Operations**

**ADOPTED: 5/24/06  
REVISED: 4/13/16  
REVIEWED: 4/13/16**

**SUBJECT: Student Wellness in Outdoor Schools**

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**GOALS FOR PHYSICAL ACTIVITY**

Outdoor Schools shall offer students the opportunity, support, and encouragement to be physically active. Activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate to reach common goals. The physical activity program shall include:

1. A range of structured and unstructured physical activities designed to meet students' varied needs, interests, and abilities.
2. Opportunities to participate in physical activity incorporated into the daily routine, such as hikes to outdoor lessons.
3. Staff enforcement of rules and procedures that ensure the safety of students while participating in physical activities.

**GOALS FOR OTHER WELLNESS ACTIVITIES**

Outdoor Schools shall provide an environment that supports the physical and emotional safety of students and adults and reflects a sense of community and mutual support among staff and students. Outdoor Schools shall ensure that:

1. Students have daily access to a registered nurse or a designated staff member who has current certification in CPR and first aid and is supervised by and has physical or electronic access to, a registered nurse or another qualified supervisor of health.
2. Students have access to staff that can provide support and assistance in making healthy decisions, managing emotions, and coping with crises.
3. Staff is encouraged to improve personal health and fitness, enabling them to serve as positive role models for students.

**CLASSIFICATION: Business and Noninstructional  
Operations**

**ADOPTED: 5/24/06  
REVISED: 4/13/16  
REVIEWED: 4/13/16**

**SUBJECT: Student Wellness in Outdoor Schools**

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**NUTRITION GUIDELINES FOR THE REIMBURSABLE MEAL PROGRAM**

In order to maximize its ability to provide nutritious meals, Outdoor Schools may elect to participate in federally reimbursable meal programs. Foods and beverages served through these programs shall:

1. Meet or exceed federal regulations and guidance for participating schools.
2. Be appealing and attractive to students from diverse backgrounds.
3. Be served in a pleasant environment that meets applicable requirements for safety and sanitation.

**NUTRITION GUIDELINES FOR OTHER FOODS AND BEVERAGES**

All foods and beverages served to students in Outdoor Schools shall promote student health and support the reduction of childhood obesity. Outdoor Schools shall:

1. Serve consistent, healthy and appealing meals and ensure food safety by exercising sole authority to provide foods and beverages through Outdoor School cafeterias to participating students.
  - A. Students shall be informed in advance that no food or drink items should be brought to Outdoor School.
  - B. No foods or beverages shall be available for sale to students.
  - C. Access to free, fresh drinking water shall be provided in food service areas during meal times.
2. Ensure that all foods and beverages served outside of the federally reimbursable meal program are nutritious and support student wellness.

**CLASSIFICATION: Business and Noninstructional  
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REVIEWED: 4/13/16**

**SUBJECT: Student Wellness in Outdoor Schools**

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**POLICY IMPLEMENTATION AND EVALUATION**

The County Superintendent of Schools assigns to the administrator directing the Outdoor Education Program, ~~with~~ operational responsibility for implementation and evaluation of this policy. The senior director, Outdoor Education Program, shall:

1. Ensure that Outdoor School principals implement practices and activities that support this student wellness policy, including but not limited to those specified above, and direct Outdoor School staff to provide ongoing assistance with policy compliance.
2. Provide inservices for staff on instructional strategies and practices that promote healthy behaviors.
3. Review state Child Nutrition Program audit reports and conduct periodic outdoor school site visits as part of the plan to measure implementation of this policy.
4. Recommend revisions to this policy as necessary to incorporate changes in state and federal law and to address areas in need of improvement.

Stakeholders were involved in the development of this student wellness policy, as required by law. This policy shall be posted in public view in all Outdoor School cafeterias.

**Legal Reference:** Education Code  
38086, 49500 – 49505, 49530 – 49531, 49536, 49547 – 49548.3, 49570  
California Code of Regulations, Title 5  
15550 – 15565  
United States Code, Title 42  
1751 – 1769, 1751 Note, 1771 – 1791  
Code of Federal Regulations, Title 7  
210.1 – 210.31, 220.1 – 220.21

**Management Resources:** *Guidance for the Development of California School Wellness Policies*, California Department of Education, 2005

**CLASSIFICATION: Students****ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and  
Community Schools (JCCS) and Monarch  
Schools****PAGE: 1 of 9****Student Wellness – (JCCS and Monarch Schools)**

The San Diego County Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for JCCS and Monarch Schools students. The county superintendent of schools or designee shall coordinate and align the San Diego County Office of Education (SDCOE) efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the county superintendent of schools or designee shall develop 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.

The county superintendent of schools or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, County Board of Education members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the JCCS and Monarch Schools student wellness policy.

To fulfill this requirement, the county superintendent of schools or designee may appoint a wellness advisory council or another SDCOE committee whose membership shall include representatives of the above groups. The county superintendent of schools or designee also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues. The county superintendent of schools or designee may make available to the public and JCCS or Monarch Schools community a list of the names, position titles, and contact information of the members.

The wellness advisory council/committee shall advise SDCOE on health-related issues, activities, policies, and programs. At the discretion of the county superintendent of schools or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

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### **Goals for Nutrition, Physical Activity, and Other Wellness Activities**

SDCOE shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, SDCOE shall review and consider evidence-based strategies and techniques.

SDCOE 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 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 health 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.

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before-and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

SDCOE may enter into a joint use agreement or memorandum of understanding to make JCCS and/or Monarch Schools facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

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Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, SDCOE may provide access to health services at or near JCCS or Monarch schools and/or may provide referrals to community resources.

The County Board of Education recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The county superintendent of schools or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. The county superintendent of schools or designee shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

### **Nutrition Guidelines for All Foods Available at School**

For all foods and beverages available on each campus during the school day, SDCOE shall adopt nutrition guidelines consistent with United States Code, Title 42, sections 1758, 1766, 1773, and 1779, and federal regulations, and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize SDCOE's ability to provide nutritious meals and snacks, all JCCS and Monarch schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education (CDE), SDCOE may sponsor a summer meal program. The JCCS and Monarch schools will include evidence-based strategies to increase meal participation. Students will have access to a safe, comfortable eating environment with adequate time to eat.

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The county superintendent of schools or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code section 38086 and United States Code, Title 42, section 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

SDCOE protects the privacy of all qualifying students. No overt identification of students eligible for free and reduced priced meals will occur. Student households shall be provided with the annual notification to advise the parent or guardian of the program of free and reduced priced meals pursuant to Education Code section 49510. If another qualifying meal provision program is active and available at the school that the student's parents or legal guardians qualify, and is based on annual household income, then it shall also be provided.

SDCOE believes that all foods and beverages sold or served to students during the school day at JCCS and Monarch schools/programs, including those available outside SDCOE's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by SDCOE for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards and shall not reduce student participation in SDCOE's food service program.

The county superintendent of schools or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

JCCS and Monarch Schools staff shall encourage parents/guardians or other volunteers to support SDCOE's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible and the maximum number of classroom celebrations will be no more than three per year. This will be consistent at each school site.

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Nutrition Services shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals. All Non-Program foods must be maintained separately and away from Nutrition Services, shall meet or exceed state and federal nutrition standards, and shall not reduce student participation in JCCS and Monarch Schools' food service program. These non-program foods can be included in Nutrition Services' regularly scheduled Administrative Review by state nutrition officials and separate records must be kept by the operating entity selling or serving them.

Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, SDCOE sponsored, before- and after-school programs.

School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible. These meals shall also use foods low in sodium and limit sources of trans fatty acids whenever possible.

Nutrition Services shall monitor and implement food safety procedures for all food sold, served, or consumed on school premises, with the exception of food brought from home for individual consumption or staff-only functions.

To reinforce SDCOE's nutrition education program, SDCOE prohibits the marketing and advertising of non-nutritious foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

### **Program Implementation and Evaluation**

The county superintendent of schools or designee shall designate the Food Service Program Supervisor as its meal program service administrator, as appropriate, to ensure that each school site complies with this policy.



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The county superintendent of schools or designee shall assess the implementation and effectiveness of this policy at least once every three years. The plan for evaluation shall be directed by the program administrator.

The assessment shall include the extent to which JCCS and Monarch schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

The county superintendent of schools or designee shall invite feedback on JCCS and/or Monarch Schools and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The county superintendent of schools or designee shall establish indicators that will be used to measure the implementation and effectiveness of JCCS and Monarch Schools activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the JCCS or Monarch Schools nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all SDCOE programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold or served on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

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5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of JCCS or Monarch Schools efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other county-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of SDCOE data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the county superintendent of schools or designee shall prepare and maintain the proper documentation and records needed for the administrative review of JCCS and Monarch Schools' wellness policy conducted by the CDE every three years.

The county superintendent of schools or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results.

The assessment results shall be submitted to the County Board of Education for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus JCCS and/or Monarch Schools resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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**Notifications**

The county superintendent of schools or designee shall inform the public about the content and implementation of the SDCOE's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He or she shall also inform the public of JCCS and/or Monarch Schools' progress towards meeting the goals of the wellness policy, including the availability of the triennial SDCOE assessment.

The county superintendent of schools or designee shall distribute this information through the most effective methods of communication, including SDCOE, JCCS, or Monarch school newsletters, handouts, parent/guardian meetings, SDCOE, JCCS, and Monarch Schools web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of SDCOE's nutrition and physical activity laws and regulations prepared by the CDE.

**Records**

The county superintendent of schools or designee shall retain records that document compliance with the Code of Federal Regulations, Title 7, section 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each JCCS and Monarch school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

**Derivation:** Adopted 9/9/20.

**Legal Reference:** Education Code  
33350-33354, 38086, 49430-49434, 49490-49494, 49500-49505, 49510-49520,  
49530-49536, 49540-49546, 49547-49548.3, 49550-49562, 49565-49565.8,  
49570, 51210, 51210.1-51210.2, 51210.4, 51220, 51222, 51223, 51795-51798,  
51880-51921

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**California Code of Regulations, Title 5**  
**15500-15501, 15510, 15530-15535, 15550-15565,**  
**United States Code, Title 42**  
**1751-1769j (1758b), 1771-1793 (1773), 1779**  
**Code of Federal Regulations, Title 7**  
**210.1-210.33 (210.31), 220.1-220.22**

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) *mail:* U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) *fax:* (202) 690-7442; or
- (3) *email:* [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# WORKSHEET 3: IDENTIFY CONNECTIONS BETWEEN POLICY AND PRACTICE

This worksheet includes four sections that assess the connections between the written wellness policy and the district and school practices.

**Instructions:** Print out the WellSAT 3.0 Scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the following using Worksheet 3:



All items that received a written policy score of 2 and an interview practice score of 2. These are your district's Strong Policies and Aligned Practices. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. These are items where you need to Create Practice Implementation Plans. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 2. These items are where your district should Update Policies. List items in this section on Worksheet 2, starting with those that are federally required.



All items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. These items represent Opportunities for Growth. List items in this section on Worksheet 2, starting with those that are federally required.

## SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES



This document identifies where the district has a strong policy and is fully implementing practices that align with the policy.

- ▶ Describe the items that received a written policy score of 2 and an interview practice score of 2. Start with the Federal Requirements for each section.

Item number	Item description
	Section 1. Nutrition Education
NE1	Includes goals for nutrition education that are designed to promote student wellness.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.
SM3	District takes steps to protect the privacy of students who qualify for free or reduced-price meals.
SM8	Free drinking water is available during meals.
SM9	Ensure annual training for food and nutrition service staff in accordance with USDA Professional Standards.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS1	Address compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold or served to students during the school days.
NS3	Regulates food and beverage sold in ala cart.
NS4	Regulates food and beverage sold in vending machines.
NS5	Regulates food and beverage sold in school stores.
NS6	Addresses fundraising with food to be consumed during the school day.
NS9	Regulates food and beverage served at class parties and other school celebrations in elementary schools.
	Section 4: Physical Education and Physical Activity

	Section 5: Wellness Promotion and Marketing
<b>WPM7</b>	Restricts marketing on school campus during the school day to only those foods and beverages that meet Smart Snack standards.
	Section 6: Implementation, Evaluation & Communication

## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN



This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. The Connecticut State Department of Education (CSDE) recommends working with key stakeholders and developing a plan to fully implement the policy as written.

- ▶ Enter the items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
<b>NE2</b>	Nutrition Education teaches skills that are behavior focused, interactive, and/or participatory.
<b>NE3</b>	All elementary school students receive sequential and comprehensive nutrition education.
<b>NE4</b>	All middle school students receive sequential and comprehensive nutrition education.
<b>NE5</b>	All high school students receive sequential and comprehensive nutrition education.
<b>NE6</b>	Nutrition education is integrated into other subjects beyond health education.
<b>NE7</b>	Links nutrition education with the school environment.



**NE8** Nutrition education addresses agriculture and food systems.

**Section 2: Standards for USDA Child Nutrition Programs and School Meals**

**SM6** Specifies strategies to increase participation in school meal programs.

**SM10** Addresses purchasing local foods for school for school meal programs.

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**

**NS6** Addresses fundraising with food to be consumed during the school day.

**NS7** Exemptions for infrequent school sponsored fundraisers with food to be consumed during the school day.

**NS8** Addresses food and beverages containing caffeine at the high school level.

**Section 4: Physical Education and Physical Activity**

**PEPA1** There is a written physical education curriculum for grades K-12

**PEPA2** The written physical education curriculum for each grade is aligned with national and/or state physical education standards.

**PEPA3** Physical education promotes a physically active lifestyle.

**PEPA4** Addresses time per week of physical instruction in all elementary school students.

**PEPA5** Addresses time per week of physical instruction in all middle school students.

**PEPA6** Addresses time per week of physical instruction in all high school students.

**PEPA7** Addresses qualifications for physical education teachers for grades K-12.

**PEPA8** Addresses providing physical education training for physical education teachers.

**PEPA9** Addresses physical education exemption requirements for all students.

**PEPA10** Addresses physical education substitutions for all students.

**PEPA11** Addresses family and community engagement in physical activity opportunities at all schools.

- PEPA12** Addresses before and afterschool physical activity for all students including clubs, instrumental, interscholastic opportunities.
- PEPA14** Addresses physical activity breaks during school.
- PEPA15** Joint or shared-use agreements for physical activity participation at all schools.

**Section 5: Wellness Promotion and Marketing**

- WPM1** Encourages staff to model healthy eating and physical activity behaviors.
- WPM3** Addresses physical activity as a reward.
- WPM4** Addresses physical activity not being used as a punishment.
- WPM5** Addresses physical activity not being withheld as a punishment.
- WPM9** Specifically addresses marketing to educational materials (e.g... Curricula, textbooks, or other printed or electronic educational material).
- 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).
- WPM11** Specifically addresses marketing in school publications and media (e.g... advertisements in school publications, school radio stations, in-school television stations, computer screen savers, school sponsored internet sites, and announcements on the public announcement system (PA) system).
- 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 Top for Education).

**Section 6: Implementation, Evaluation & Communication**

- IEC1** Addresses the establishment of an on-going district wellness committee.
- IEC2** Addresses how the relevant stakeholders (parents, students, representatives of school food service authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.

<b>IEC3</b>	Identifies the official responsible for the implementation and compliance of the local wellness policy.
<b>IEC4</b>	Addresses making the wellness policy available to the public.
<b>IEC5</b>	Addresses the assessment of the district implementation of the local wellness policy at least one every three years.
<b>IEC6</b>	Triennial Assessment results will be made available to the public and will include:
<b>IEC7</b>	Addresses a plan for updating policy based on results of the triennial assessment.
<b>IEC8</b>	Addresses the establishment of an on-going school building level wellness committee.

### SECTION 3: UPDATE POLICIES

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the implementation level.



- ▶ Enter the items that received a written policy score of 0 or 1 and an interview practice score of 2. **Start with the Federal Requirements for each section.**

<b>Item number</b>	<b>Item description</b>
	<b>Section 1. Nutrition Education</b>
<b>NE3</b>	All elementary school students receive sequential and comprehensive nutrition education.
	<b>Section 2: Standards for USDA Child Nutrition Programs and School Meals</b>
<b>SM6</b>	Specifies strategies to increase participation in school lunch meals.
<b>SM7</b>	Addresses the amount of seat time students have to eat school meals.
<b>SM10</b>	Addresses purchasing local foods for the school meals.

### Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

- NS8** Addresses food and beverages containing caffeine at high school level.
- 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 programs.
- 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 programs.

### Section 4: Physical Education and Physical Activity

- PEPA4** Addresses time per week of physical education instruction for all elementary schools.
- PEPA5** Addresses time per week of physical education instruction for all middle schools.
- PEPA6** Addresses time per week of physical education instruction for all high schools.
- PEPA7** Addresses qualifications for physical education teachers for grade K-12.
- PEPA9** Addresses physical education exemption requirements for all students.
- PEPA10** Addresses physical education substitutions for all students.
- PEPA11** Addresses family and community engagement in physical activity opportunities at all schools.
- PEPA13** Addresses recess for all elementary school students.

### Section 5: Wellness Promotion and Marketing

- WPM3** Addresses physical activity as a reward.
- WPM4** Addresses physical activity not being used as a punishment.
- WPM5** Addresses physical activity not being withheld as a punishment.
- WPM9** Specifically addresses marketing to educational materials (e.g... Curricula, textbooks, or other printed or electronic educational material).
- WPM11** Specifically addresses marketing in school publications and media (e.g... advertisements in school publications, school radio stations, in-school television stations, computer screen savers, school sponsored internet sites, and announcements on the public announcement system (PA) system).
- 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 Top for Education).

**Section 6: Implementation, Evaluation & Communication**

**IEC1**

Addresses the establishment of an on-going district wellness committee.

## SECTION 4: OPPORTUNITIES FOR GROWTH

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.



- ▶ Enter the items that received a written policy score of 0 or 1 and an interview practice score of 0 or 1. **Start with the Federal Requirements for each section.**

Item number	Item description
	Section 1. Nutrition Education
<b>NE3</b>	All elementary school students receive sequential and comprehensive nutrition education.
	Section 2: Standards for USDA Child Nutrition Programs and School Meals
<b>SM6</b>	Specifies strategies to increase participation in school lunch meals.
<b>SM7</b>	Addresses the amount of seat time students have to eat school meals.
<b>SM10</b>	Addresses purchasing local foods for the school meals.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
<b>NS8</b>	Addresses food and beverages containing caffeine at high school level.
<b>NS10</b>	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 programs.
<b>NS11</b>	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 programs.
	Section 4: Physical Education and Physical Activity
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary schools.
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle schools.
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high schools.

<b>PEPA7</b>	Addresses qualifications for physical education teachers for grade K-12.
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.
<b>PEPA10</b>	Addresses physical education substitutions for all students.
<b>PEPA11</b>	Addresses family and community engagement in physical activity opportunities at all schools.
<b>PEPA13</b>	Addresses recess for all elementary school students.
	<b>Section 5: Wellness Promotion and Marketing</b>
<b>WPM3</b>	Addresses physical activity as a reward.
<b>WPM4</b>	Addresses physical activity not being used as a punishment.
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.
<b>WPM9</b>	Specifically addresses marketing to educational materials (e.g... Curricula, textbooks, or other printed or electronic educational material).
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g... advertisements in school publications, school radio stations, in-school television stations, computer screen savers, school sponsored internet sites, and announcements on the public announcement system (PA) system).
<b>WPM12</b>	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 Top for Education).
	<b>Section 6: Implementation, Evaluation &amp; Communication</b>
<b>IEC1</b>	Addresses the establishment of an on-going district wellness committee.

## WORKSHEET 4: SUMMARY OF FINDINGS

This worksheet can be used to create narrative descriptions to post alongside sections from **Worksheet 3: Identifying Connections between Policy and Practice**. The purpose of these narratives is to describe the district's progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.



### SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

If applicable, write a narrative below to describe your district's areas of success in meeting its wellness goals.

The U.S. Department of Agriculture's (USDA) Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires that each local educational agency (LEA participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete an assessment of their local school wellness policy (LSWP) at least once every three years. This document assists LEAs with meeting the USDA's triennial assessment requirements.

The SDCOE-JCCS Food Service department was only established in 2013-14 school year with only the 2006 policies in place for the student wellness policy. (AR-3571, AR 3572, AR 5140 and BP-5140) Soon after the operations of the department had been established, work started to begin a comprehensive SDCOE-JCCS Student Wellness Policy by the Food Service Authority. Research was done to see what SDCOE had at that time, and what needed to be added at the time to be compliant. The above policies were updated in 2016 to reflect the policy requirements at that time. These updates helped the food service department pass our first state administrative review audit in 2015-16. Then the next step was to update again in 2019-2020 and to create a new policy BP-5030 that incorporated all changes required at that time by state and federal policies. This is the framework JCCS operates under currently. Between 2020 and 2023 work continued to be down on implementing the new BP-5030 policy to the administration and teachers at all JCCS school sites and to develop food (snack) guidelines for them to follow. It has taken much work, time, and patience, but we can see progress has been made.

March 2020-2022 there was a pause in implementation of the policy due to the pandemic. Waivers were issued by state and federal agencies that allowed for this during this time. Once the pandemic subsided, work continued on performing the first required Triennial Assessment of the policy to see where we stand to date, and where we need to go in the future. It is true we have made progress, but it is also true that there's more work to be done before the next Triennial Assessment in done in 2025. The information submitted is through the assessment tool of WELLSAT 3.0 as stated above.

Some samples of the policy working in the following areas are listed below.



### Section 1: Nutrition Education

- Includes goals for nutrition education that are designed to promote student wellness.
- Links to nutrition education with the school food service environment.
- Nutrition education addressing agriculture and the food system.

### Section 2: Standards for USDA Child Nutrition Programs and School Meals

- Assures compliance with USDA nutrition standards for reimbursable school meals.
- The district takes steps to protect the privacy of students who qualify for free or reduced-price meals.
- Free drinking water is available during meals.
- Ensure annual training for food and nutrition service staff in accordance with USDA Professional Standards.

### Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

- Address compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold or served to students during the school days.
- Regulates food and beverage sold in ala cart.
- Regulates food and beverage sold in vending machines.
- Regulates food and beverage sold in school stores.
- Addresses fundraising with food to be consumed during the school day.
- Regulates food and beverage served at class parties and other school celebrations in elementary schools.

### Section 4: Physical Education and Physical Activity

- Improvement needed.

### Section 5: Wellness Promotion and Marketing

- Restricts marketing on school campus during the school day to only those foods and beverages that meet Smart Snack standards.

### Section 6: Implementation, Evaluation & Communication

- Improvement needed.



## SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

Improvement recommendation based on this assessment are as follows:

- Continuing with, and improving on, the Student Wellness Committee participation and communication now that the pandemic is over.
- Use the regional parent/student/partner meetings on a bi-annual basis to solicit suggestions, and any changes that may be needed in the current policy.
- Identify or assign food service and other department personnel to be on the student wellness committee to attend meetings, pass out literature, and answer questions.
- Create or obtain a written JCCS-Physical Education requirements and/or any JCCS exemptions for students and physical education teachers and add it to the policy.
- Develop sequential and comprehensive nutrition education for all grade levels. This can be done through the Farm to School grant received in 2023.
- Improve agriculture and link to food systems by implementing the Farm to School grant.
- Continue to improve ways to communicate to teachers, parents, students, and partners on the Student Wellness Policy-attend meetings, pass out brochures and relevant information of the policy.



## SECTION 3: UPDATE POLICIES

If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

- In between the Triennial Assessments, use meetings to get ideas/suggestions from the community and review with the committee to see if they can be added to the policy.
- Continue to attend CDE meetings and update on any policy changes or additions. Discuss with the committee and add to the policy if warranted.



## SECTION 4: OPPORTUNITIES FOR GROWTH

If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired. In April 2023 the Food Service Department was awarded a \$ 150,000 grant to implement a comprehensive Farm to School Program. This program is called, **Come to the Table: Cultivating Change and Healing**. It includes; local foods, nutrition education, field trips to farms, personal development, Gardening equipment, composting equipment and education, lesson plans, support staff, and driving mileage. This should help to close any gaps in the current policy in a big way.

The Student Wellness Policy will be an on-going entity that will live and breathe through our students, teachers, partners, and the community. It should be maintained and supported as time goes on as a part of the food service department in order to maintain compliancy and receive reimbursements for our student meals.

JS/FS-June-2023