

SLCUSD SCHOOL DISTRICT WELLNESS POLICY

Triennial Assessment Report

Report Completed: SY19-20, waiver to post until 6/30/23 due to Covid-19 pandemic

In accordance with the [2016 Final Rule](#), schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

1. Comparison of the district's School Wellness Policy to a model policy;
2. Measurement of the extent to which the district is in compliance with the policy;
3. Description of the district's progress toward achieving the goals described in the policy.

San Luis Coastal Unified School District (SLCUSD) used the WellSAT Triennial Assessment tools and worksheets to fulfill the requirements of the Triennial Assessment. Results are detailed below.

PART 1: Comparison to a model School Wellness Policy

- See completed [WellSAT 3.0 Scorecard \(attached\)](#).

PART 2: Local measurement of compliance with School Wellness Policy

- The district performed interviews with district- and school-level personnel, using the WellSAT-I tool. Scores were recorded using the WellSAT-I Scorecard and analyzed using the WellSAT Worksheet 3.

PART 3: Description of the district's progress toward achieving goals described in the policy

- See completed WellSAT Worksheet 4 (below).

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Goal of the District Wellness Policy

San Luis Coastal Unified School District (SLCUSD) Wellness Policy supports and promotes healthy eating, overall healthy lifestyle behavior, improving wellness and developing strategies in order to promote staff wellness and to also help to include parents and other community members as key stakeholders in wellness policy decisions to help bridge the gap between creating an overall healthy lifestyle for students.

Health and Wellness Committee

San Luis Coastal Unified School District (SLCUSD) has a wellness committee led by the Food and Nutrition Services Director responsible for organizing and maintaining this district level wellness committee and encourages active participation by key stakeholders such as parents, students, school health professionals, school administrators, and community members.

Purpose of this Report

This report is used to capture wellness related work that is currently being done in SLCUSD and to identify where there may be areas for potential improvements in both policy and implementation to better meet the health and wellness needs on a community, environmental, and individual levels addressing the needs of the district as a whole, individual school sites, students, school staff, and community members. The explicit purpose of this report is to critically analyze certain policies and current actions being done to determine the level of program compliance with the goals of the District's Wellness Policy. SLCUSD's Wellness Policy includes goals in the following areas:

1. Nutrition Education
2. Standards for USDA School Meals
3. Physical Education and Physical Activity
4. Wellness Promotion and Marketing
5. Stakeholder Involvement and Participation
6. Policy Alteration and Implementation
7. Assessing Compliance
8. Public Communication and Notification

Strong Policies and Aligned Practices

SLCUSD demonstrates a strong policy, fully implementing practices that align with the policy through implementation, evaluation, and communication of the wellness policy. The Food and Nutrition Services director is identified as responsible for the implementation and compliance of all wellness policy with the wellness policy being made available to the public.

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Creation of Practice Implementation Plan

1. Nutrition Education

Goals for nutrition education designed specifically to promote wellness, aspects of nutrition education, integrating nutrition education into other subjects beyond health education, and ensuring that elementary and middle school age students receive sequential and comprehensive nutrition education need to be further detailed to comply with policy standards to expand practice implementation. Nutrition education, for example, is only offered to some elementary, middle, and high school grade levels.

2. Nutrition Standards for Competitive and Other Foods Beverages

SLCUSD exemplifies strength in the implementation of standards for USDA Child Nutrition Programs and School Meals. School breakfast is offered every day to all students and all meals are in compliance with all elements of HHFKA. SLCUSD specifically takes pride in increasing the procurement of locally grown foods to help to further educate students about where food comes from and the importance of eating local foods.

Food should be reviewed at food-based celebrations during the school day to make sure Smart Snacks are being used at the site level. Support organization and site knowledge is needed annually to ensure compliance.

3. Physical Education and Physical Activity

Additional wellness policy planning should be focused on ensuring that there is accurate implementation of appropriate physical activity times to meet standard for each age group, encourage active transport for kids within a walkable/bike-able distance, and update physical education curriculum and activities as needed to better encourage and promote physically active lifestyles. In the case that students are unable to perform physical education, standards should be set to allow for specific and uniform exemptions as well as market and promote the benefit of participating in before and after school physical activity opportunities.

4. Wellness Promotion and Marketing

Marketing in school publications, media, and education materials should be included to stay in line with healthy living standards and nutrition education that is compliant with written policies of the school district that align with the Alliance for a Healthier Generation's Model Policy.

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Update Policies

1. Nutrition Education

Nutrition education is profoundly linked with the school environment and addresses agriculture and the food system, however the implementation of these could be better supported through stronger written policy language.

2. Standards for USDA Child Nutrition Programs and School Meals

SLCUSD displays strong implementation in all areas in this report section, however these items are currently being hindered due to weak written policies. Improvement in policy will allow for key stakeholders participating and supporting these programs to have more confidence in the direct implementation and compliance with state and federal guidelines. Policies will need to be updated to better address specific food and beverages sold on the school campus during the day that are consistent with Federal regulations for school meals and the Smart Snacks in School nutrition standards.

3. Nutrition Standards for Competitive and Other Foods and Beverages

Smart Snacks, availability of free drinking water, elimination of vending machines and caffeinated beverages are all highly implemented throughout the district. However, policies need to be updated to clearly align with current practices. Specifically, the policies should include standards for all foods and beverages provided, but not sold, to students during the day (e.g., in classroom parties, or classroom snacks brought in by parents). A policy should also address the importance of making adequate hydration available and reasoning behind eliminating certain available snacks on campuses to further promote healthy eating behaviors.

4. Physical Education and Physical Activity

Policies should include specific goals for physical activity guidelines and opportunities to better align with current implementation practices and physical activity guidelines.

5. Implementation, Evaluation, and Communication

Policy to be updated to better address how all relevant stakeholders will participate in development and implementation of the wellness policy and provide specific guidelines for assessment results being made available to the public. The policies should also include specific goals for other school-based activities that can promote wellness.

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Opportunities for Growth

Overall, SLCUSD should work to increase both the policy and implementation regarding consistent nutrition education across all grade levels and districts. Additionally, there should be policies set to regulate food being served outside of the classroom and behavioral reasons why food may be used in the school system for students. Regarding physical activity, there is room for improvement to better engage family and community members as well as increase physical activity opportunities and advertisement outside of the classroom. SLCUSD should work to address an organized and continuous plan to assess policies, practice implementation, gather feedback from key stakeholders to continue the ongoing and essential role of the established wellness committee within the district.

Goals for the Wellness Committee for Next the Three Years

1. Work with key stakeholders in the district and the community to update and revise policies to better meet standards.
2. Communicate with the head of curriculum or health/nutrition teachers to ensure that nutrition education is being provided through the use of didactic methods to increase student knowledge and further support the overarching wellness policy of promoting healthy lifestyles both inside and outside the classroom.
3. Determine if all food and beverage fundraisers include items that meet Smart Snack standards.
4. Discuss opportunity for growth and development of additional before and after school physical activity opportunities and ensure that there are shared-use agreements for physical activity participation with consistent physical education curriculum used throughout the district.
5. Develop a plan for retaining records to document improving compliance with wellness policy.
6. Actively inform families and the public each year of basic information about the policy, including and not limited to its content, updates, and implementation status.
7. District is fully committed to being responsive to community input from key stakeholders and will actively communicate ways in which representatives can participate in the development, implementation, and review and update of certain policies. SLCUSD will specifically include annual updates along with triennial reports and assessments through email, notices on the district website, newsletters, presentations to parents, and by sending information home with students. The Wellness Committee will ensure that all communications are culturally and linguistically appropriate for the public to view.

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Our School Wellness Policy: What Parents Need to Know

Having healthy choices at school helps keep our children healthy and ready to learn. Our Wellness Policy helps create an action plan for nutrition and physical activity at school. To better meet the needs of our district and community, current Wellness Policy goals include:

Improving consistency in nutrition education delivery across all grade levels and school sites.

Updating current policies to ensure food and beverages sold on campus are consistent with federal regulations for school meals.

Encouraging family and community involvement in physical activity opportunities.

Gathering input from key stakeholders, including parents, students, and other community members, to inform policy decisions.

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning. Read our full Wellness Policy on our website www.slcsudfood.org.



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