

## Food and Nutrition Services

# School Wellness Triennial Assessment 2023-24

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 5, 2023

Date of Local Wellness Policy Revision: December 6, 2017

Board Updated Regarding Wellness Activities: December 2021, December 2022

## Section 2: Wellness Committee Events and Info

### **Events Held:**

**Due to the COVID 19 Pandemic many activities and events were not held during the 2020-21 and 2021-22 school year.**

**Taste Test 2022-23**

In 2022, TerraBites Cafe invited to taste test items such as hot wings, new breakfast items and new snack items. The feedback from the students was positive and the info provided was used to build the 2023-24 menu.

### **Share Tables- Reintroduced**

Rick Linsalato, Field Supervisor of Nutrition Services made sure that all share tables were re-introduced to each school site. Share tables are used to reduce food waste and encourage the consumption of food served, many food service operations have established share tables. Share tables are carts or tables where children can place unconsumed food and beverage items (i.e., prepackaged food and beverages; unopened, wrapped food and beverages; or food items with a peel) that they choose to not eat or drink. These tables provide an opportunity for other children to take additional helpings of food or beverages at no cost. TerraBites Café utilizes share tables at each school site and are available to students during breakfast and lunch. Students are encouraged to place their unwanted items in the bin and are welcome to select items from the bin.



### **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.

### **TerraBites Cafe Wellness Newsletter**

At least three to four times a year TerraBites Cafe releases a Wellness Letter to students and parents of the Perris Union High School District. The newsletter provides health education, nutrition education and program information. The newsletter is communicated to families via PeachJar.

WINTER 2022

**terra**B**ites**  
• CAFE •

# WELLNESS LETTER

2022  
HAPPY  
NEW YEAR

### Check out our Wellness Policy

Visit the website below to view the PUHSD Board Approved Wellness Policy. This site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools. This website also has information about the National School Lunch Program, approved snacks/beverages and Wellness Survey Results. For questions or suggestions please contact Nutrition Services at [do-nutrition-services@puhsd.org](mailto:do-nutrition-services@puhsd.org)

<https://www.terrabitescafe/13/department/wellness>

We welcome any comments, suggestions or feedback regarding the Local School Wellness Policy. Please visit the link below to access the survey.

<https://forms.gle/mCYKSVq99udZ2BwG8>

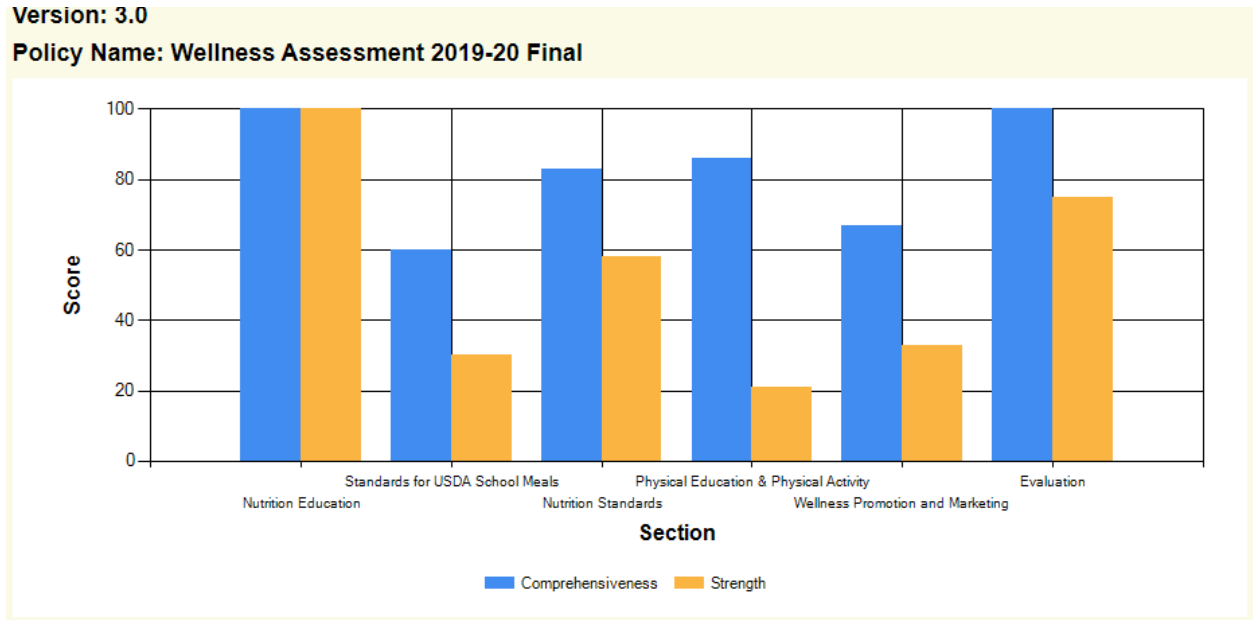
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PERRIS UNION  
HIGH SCHOOL DISTRICT

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# Section 3: Comparison to Model School Wellness Policies

Model Policy: WellSAT3.0



**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          |
| <b>Subtotal for<br/>Section 1</b> | <b>Comprehensiveness Score:</b><br>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." | <b>100</b> |
|                                   | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 6. Multiply by 100.  | <b>100</b> |

[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>1</b>  |
| <b>SM4</b>                    | Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.   | <b>1</b>  |
| <b>SM5</b>                    | Specifies how families are provided information about determining eligibility for free/reduced priced meals.  | <b>0</b>  |
| <b>SM6</b>                    | Specifies strategies to increase participation in school meal programs.   | <b>0</b>  |
| <b>SM7</b>                    | Addresses the amount of "seat time" students have to eat school meals.  | <b>2</b>  |
| <b>SM8</b>                    |  Free drinking water is available during meals.  | <b>0</b>  |
| <b>SM9</b>                    |  Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. | <b>1</b>  |
| <b>SM10</b>                   |  Addresses purchasing local foods for the school meals program.  | <b>0</b>  |
| <b>Subtotal for Section 2</b> | <b>Comprehensiveness Score:</b><br>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."                      | <b>60</b> |
|                               | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 10. Multiply by 100.   | <b>30</b> |


### 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 <b>sold</b> 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 <b>served</b> to students <b>after</b> 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 <b>sold</b> to students <b>after</b> 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         |
| <b>Subtotal for Section 3</b> | <b>Comprehensiveness Score:</b><br>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."  | <b>83</b> |
|                               | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 12. Multiply by 100.   | <b>58</b> |

## 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         |
| <b>Subtotal for Section 4</b> | <b>Comprehensiveness Score:</b><br>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."  | <b>86</b> |
|                               | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 14. Multiply by 100.   | <b>21</b> |









## 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         |
| <b>Subtotal for Section 5</b> | <b>Comprehensiveness Score:</b><br>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."  | <b>67</b> |
|                               | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 12. Multiply by 100.   | <b>33</b> |

## 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          |
| <b>Subtotal for Section 6</b> | <b>Comprehensiveness Score:</b><br>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."  | <b>100</b> |
|                               | <b>Strength Score:</b><br>Count the number of items rated as "2" and divide this number by 8. Multiply by 100.   | <b>75</b>  |

## Section 4: Meal Participation

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

## Section 5: 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.

| <b>Table 1. Comparisons of Child Nutrition Programs</b>       |                        |                           |                    |
|---|------------------------|---------------------------|--------------------|
| <b>Child Nutrition Programs</b>                               | <b>Calories (kcal)</b> | <b>Sat. Fat (% kcals)</b> | <b>Sodium (mg)</b> |
| 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              |
| <i>*Based on weekly average requirements for a 5-day week</i> |                        |                           |                    |

## Section 6: Student Survey Results

During the 21-22 school year and the 22-23 school year a Student Survey was sent to all PUHSD Students to receive feedback regarding the current meal program at their school site. The survey received 875 in 21-22 and 929 responses in the 22-23 school year. Below are the results from the student survey. The survey was used to gauge future Menu Ideas, Customer Service & Efficiency, and Program Education.

# Section 7: 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](#).

| Physical Fitness Area    | Total Tested* in Grade 5 | Number Grade 5 Students in HFZ* | % Grade 5 Students in HFZ | % Grade 5 Students in Needs Improvement | % 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 | % 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 | % Grade 9 Students in Needs Improvement - Health Risk |
|--------------------------|--------------------------|---------------------------------|---------------------------|---|---|--------------------------|---------------------------------|---------------------------|---|---|--------------------------|---------------------------------|---------------------------|---|---|
| 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   |