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Wellness Policy Assessment October 2024

The Lawndale Elementary School District recently completed its triennial assessment of the Local School Wellness Policy which is an assessment of our wellness policy every three years per USDA guidelines. During the 2023 - 2024 school year, we engaged with stakeholders including students, staff, parents, community members and administrators to review and update our current wellness policy. In November of 2023, stakeholders identified topics that they would like to focus on updating or adding to the wellness policy, such as information about classroom parties, clarity and communication of the policy, physical activity, etc. An additional six meetings were held during the school year in person and via Zoom where stakeholders provided feedback on these items, discussions took place, edits were made and language was reviewed. After submitting the revised policy to the Board of Trustees, the revised policy was adopted. The Nutrition and Wellness Services department then conducted a comparison of the revised wellness policy to the WellSAT 3.0 tool to determine its strengths and areas for growth.

WellSAT 3.0 and WellSAT-I tools

The evaluation highlighted areas where the district has strong policies and aligned practices, such as nutrition education, USDA school meal standards, competitive food and beverage regulations, physical activity, and wellness promotion. Opportunities for growth were identified including strengthening nutrition education language and employee wellness strategies. The district will develop an action plan to improve implementation where gaps exist and update policies to better support students' wellness.



SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

LESD has strong nutrition education goals for students wellness including nutrition education curriculum.

- Nutrition education implementation with our Food Access Partnership
- Nutrition education is linked with school food environment and addresses agriculture in conjunction with food systems
- We are implementing and in compliance with regulations for breakfast or lunch under the Healthy Hunger-Free Kids Acts (HHFKA)
- Student eligibility information for regarding free, reduced price and paid school meals is kept confidential
- Nutrition staff are trained to serve our students and meet USDA Professional Standards training requirements



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SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

School site wellness councils convene to set goals for each school site to further student health and well being as well as foster a schoolwide culture of health. Each school site council determines how to implement their goals in the short term (i.e. the current school year) and in the longer term (i.e. up to 3 years into the future). School site wellness councils work on implementation and provide reports throughout the school year during district wellness meetings. They will also share best practices to provide support to one another and explore wellness activities to improve the health and wellness of our students and schools. Lastly, representatives from the school site wellness councils will report successes and areas for growth at the last district wellness meeting of the school year.



SECTION 3: UPDATE POLICIES

Our district wellness committee hosts wellness meetings open to all stakeholders about 8 times per school year. The wellness policy will continue to be reviewed and updated to include any and all federally required items, as well as anything necessary at the state level.



SECTION 4: OPPORTUNITIES FOR GROWTH

Our wellness policy meets all federally required items. Upon conducting a comparison of our wellness policy to the WellSAT 3.0 tool, we found that we received 91 out of 100 points for the comprehensiveness of our policy. We also found that we received 81 out of 100 points for the strength of our wellness policy. As mentioned previously, we have identified areas of potential growth. These areas include items such as the following:

- addressing the amount of “seat time” students have to eat school meals
- providing more clarity on the purchase of local foods for inclusion in school meals
- no longer allowing food to be served during classroom celebrations
- Adding more information on strategies to support employee wellness



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