2023-2024 Wellness Policy Report

Arvin Union School District

We met these goals:

- ✔ Successful exit from 3 Nutrition Department Reviews in the Spring/Summer of 2023-2024.
- ✔ Excellent participation rates and representation from staff, parents, students, and community participants.
- ✔ Addition of social-emotional climate, health, and behavioral supports, and transportation plan added to Wellness plan following WELLSAT suggestions
- ✔ Nutrition education and cooking classes have been a component of afterschool and summer school programs.
- ✔ Physical activity time was expanded to 30 minutes in the policy for the 2024-2025 school year.
- ✔ Celebrations continue to focus on activities and foods meeting the wellness policy guidance for parties, incentives, and food sales.
- ✔ Alternate dress days to support mental health

We are still working on these:

- Training for staff, especially noon duty, focused on promoting healthy eating, appropriate use of share tables, and monitoring of seated time
- Expansion of the Community Engagement Initiative at Haven Drive and Community Schools Implementation throughout the district.
- Sharing information from the Summary of the Summary of the Final Rule - Healthy, Hunger Free Kids Act of 2010
- Discussion of language and actions for Model School Drinking Water Access and Consumption following state review
- Determining specific assessment tools and criteria for Wellness Policy assessment
- Variety of vegetables, proteins for breakfast and continued expansion of scratch cooking.

Our District Wellness Policy

District Wellness policy:
Student Wellness Policy

District policy evaluation:
https://arvinschoolscom.finalsite.com/fs/resource-manager/view/8c0dbcd2-e48b-4b23-bdc8-3b5e99d0228f

Wellness Policy Components with % of schools compliant for each area:

- Nutrition Education - compliant
- Nutrition Promotion - compliant
- Physical Activity - compliant
- Other Student Wellness - partially compliant
- State/Federal Meal Standards - compliant
- Foods Offered but not sold - compliant
- Celebrations - compliant
- Rewards - compliant
- Marketing - partially compliant

District Wellness Committee

*Meets 5 times per year about school health and safety led by District Superintendent and District Nutrition Director
*Designates district and school officials to ensure that schools use the wellness policy

Current members include: parents, students, administrators, food services staff, school board members, community partners, teachers

Wellness Committee Meetings
October 16, 2023
November 13, 2023
January 29, 2024
March 2024 - Open House Sierra Vista cafe
April 15, 2024

- AR 5030 updated as proposed by Wellness Committee and approved as BP 5030 Student Wellness Policy
- 2023-2024 School Wellness policy and committee agendas/minutes October 9, 2024
- 2023-2024 School Wellness Policy Report provided to School Board December 10, 2024 followed by posting to district website