

FORT BRAGG UNIFIED SCHOOL DISTRICT

WELLNESS POLICY ASSESSMENT 2024-2025

SUMMARY OF FINDINGS



SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

The 2024-2025 Wellness Policy Assessment revealed that Fort Bragg USD's Wellness Policy has a strong policy and is fully implementing practices that align with the policy in the following areas:

	Section 2: Standards for USDA Child Nutrition Programs and School Meals
SM2	Addresses access to the USDA School Breakfast program
SM8★	Free drinking water is available during meal times.
SM10	Addresses purchasing local foods for the school meals programs.
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
NS13	Addresses availability of free drinking water throughout the school day
	Section 4: Physical Education and Physical Activity
PEPA1	There is a written physical education curriculum for grades K-12
PEPA2	The written PE curriculum for each grade is aligned with national and/or state standards.
PEPA3	Physical education promotes a physically active lifestyle.
PEPA5	Addresses PE instruction time per week for all middle school students.
PEPA6	Addresses PE instruction time per week for all high school students.
	Section 5: Wellness Promotion and Marketing
WPM4	Addresses physical activity not being used as a punishment.
WPM5	Addresses physical activity not being withheld as a punishment.
	Section 6: Implementation, Evaluation & Communication
IEC1	Addresses the establishment of an ongoing district wellness committee.
IEC4★	Addresses making the wellness policy available to the public.



SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

The Health & Wellness Committee identified areas of practice that can be improved:

- “All elementary, middle, and high school students receive sequential and comprehensive nutrition education.”
 - The committee discussed the various ways nutrition education is being delivered through garden education and Harvest of the Month (HOTM).
 - HOTM is promoted monthly through emails and the Superintendent’s blog.
 - Grant funding was just received to support HOTM in the classrooms.
 - HOTM is also delivered in elementary garden classes.
 - Nutrition education can also be provided during PE minutes
 - Communications are being provided to District staff to promote these and other strategies for nutrition education.
- “Regulates food and beverages served at class parties and other school celebrations in elementary schools.”
 - This is strong in Policy but not in Practice.
 - It was discussed that staff may not be informed well enough.
 - Suggestions for better informing staff & families:
 - A mandatory beginning-of-the-year training video for all staff is being worked on, to be included in next year’s mandatory Keenan training.
 - Superintendent will discuss with site leadership and to ask them to inform their staff.
 - Include something in registration packets or Parent Square to inform families
 - Support materials are available on the website.



SECTION 3: UPDATE POLICIES

The only update to the policy identified is to include the USDA non-discrimination statement. The policy will be revised to include this.



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.

Refer to Sections 2 & 3