

## Grossmont Union High School District Wellness Policy Assessment

Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place
	X	X	List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Child Nutrition and Physical Activity Committee</b>			
1. A committee is in place		X	
2. The committee assists with development of the wellness policy and advise on activities and programs	X		
<b>Nutrition Education and Physical Activity Goals</b>			
1. All students in the district receive Exercise and Nutritional Science curriculum and training. Course titles and the classes in which they receive the specific instruction vary depending on how the school incorporates the curriculum.	X		
2. Safe route to schools - District will work to identify and suggest safe walking routes to schools	X		
3. Use of school facilities after school hours – policy is in place for all sites	X		
4. Ensure nutritional standards are being met:			
a. All menus met the requirements of the National School Lunch Program	X		
b. All menus are analyzed to ensure compliance	X		
c. Menus provide a variety of fruits and vegetables with an emphasis of fresh, seasonal fruits and vegetables	X		
d. Foods exposed to potentially harmful additives and processes have been reduced or eliminated	X		
e. Staff is trained on appropriate	X		

substitutions of foods to ensure guidelines are met			
5. Increase participation in the breakfast and lunch program. a. Frequent checking for Direct Certification is done b. Reduced priced students receive meals at no charge c. A outreach and promotion plan is in place at each site. A POS system is in place to eliminate the stigma of accepting “free” meals. An online payment system is in place.	X  X  X		
6. All carbonated beverages have been eliminated from the sites	X		
7. Candy has been eliminated from vending machines. Use of candy is discouraged for classroom parties, rewards, and special events.	X		
8. Sole authority to provide food and beverages a. Food Services has sole authority to provide food and beverages to be purchased by students from midnight of the school day until 30 minutes after school. b. Food services will have sole authority for the nutritious snack required in state and federally funded before and after school programs. c. Schools will encourage parents to arrange with the district food service for catering of class parties/staff celebrations. d. All food sold to students from midnight until 30 minutes after school will meet all state and federal guidelines. Fundraisers will follow all state and federal regulations including maintaining receipts. e. All food sold at fundraisers will be preapproved by the Governing Board	X  X	X  X	Continuing to work with ASB to ensure fundraisers meet regulation.

<p>9. Nutrition Promotion</p> <p>a. Goals for nutrition education, physical activity, nutrition guidelines for all foods available on campus will be included in the annual registration packets. Nutritional analysis of the student menu will be posted on the district website.</p>		<p><b>X</b></p>	<p>Nutritional analysis is posted on website. Working with district to develop a flier to be included in registration packets.</p>
<p>10. Student/Adult Health</p> <p>a. All students have daily access to a credentialed school nurse or designated staff member</p> <p>b. Students have access to credentialed school counselors and psychologists</p> <p>c. Staff wellness programs support employees' efforts to improve their personal health and fitness</p> <p>d. Individual Education Plans (IEP) can deviate from the nutritional guidelines in order to provide Free and Appropriate Public Education (FAPE).</p> <p>e. Foods made in a private home will not be sold or given to students.</p>	<p><b>X</b></p> <p><b>X</b></p> <p><b>X</b></p> <p><b>X</b></p> <p><b>X</b></p>		
<p>11. Community Education and Support of Wellness</p> <p>a. Health education should be provided to parents and families through the school/district nesdletter, information handouts, parent meetings, web site, etc. and be consistent with the Wellness Policy</p>	<p><b>X</b></p>		
<p><b>Guidelines for Reimbursable Meals</b></p>			
<p>Meals served to students will meet or exceed and state and federal guidelines</p>	<p><b>X</b></p>		
<p><b>Program Implementation and Evaluation</b></p>			
<p>1. School Health Assessment</p> <p>a. Each school will compete a "School Health Assessment" every two years</p>	<p><b>X</b></p>		

<ul style="list-style-type: none"> <li>b. San Diego County Office of Ed (SDCOE) Wellness coordinators are available to assist and advise</li> <li>c. The Wellness Committee will submit an annual written report on the assessment and implementation of the Wellness Policy and it will be posted on the website</li> </ul>	<p><b>X</b></p>	<p><b>X</b></p>	
<ul style="list-style-type: none"> <li>2. Monitoring <ul style="list-style-type: none"> <li>a. The Superintendent or designee will recommend specific quality indicators used to measure the implementation of the policy annually.</li> <li>b. The Governing board should be involved in establishing the goals of the Wellness Policy.</li> </ul> </li> </ul>		<p><b>X</b></p> <p><b>X</b></p>	