



School Wellness

MJUSD School Wellness Council

November 14, 2017



Wellness at the Federal Level



- **Healthy Hunger-Free Kids Act of 2010**

Public Law 111-296 enacted Dec 2010; Section 204 - Local School Wellness Policy

- Requires districts that participate in the National School Lunch Program to establish a local wellness policy and inform the public
- Required to measure and evaluate wellness policy compliance of current district practices with model policies
- Each school must have a designee to oversee wellness policy
- Nutrition guidelines limit calories, fat, sugar, and sodium

Committee Introductions



- Amber Watson, RD, SNS,
Director Nutrition Services
- Jeri Echols
Nutrition Site Manager III, Marysville High School
- Michelle Hendrix
Teacher, Marysville High School
- Pierce Desmond
ASB President, Marysville High School
- Chelsey Slattery, MS
Nutrition, Family & Consumer Sciences Advisor, Cooperative Extension



Wellness Policy Annual Evaluation



- School compliance with the Wellness Policy assessed based on a series of questions addressing each domain:
 - Physical Education, Nutrition Education, School Activities
 - Nutrition
 - Staff, Community, Parent, and Volunteer Improvement
 - Students, Organizations, ASB
 - Health Services
- Scoring Scale for Responses:
 - 0 = Needs Improvement
 - 1 = Meets Expectations
 - 2 = Exceeds Expectations



Physical Education/Nutrition Education/School-Based Activities

POLICY HIGHLIGHTS

BP 5030 pp 2-3; AR 5030 pp 1-2

- **Physical Education**

- Grades 1-6: 200 minutes every 10 school days
- Grades 7-12: 400 minutes every 10 school days

[California Ed Code 51210/51222 \(BR/AR 6142.7\)](#)

- **Nutrition Education**

- Provided through health education program K-12
- Integrated into core academic subjects

- **School-Based Activities**

- Encourage physical activity and formation of healthy eating habits before/after school.



Physical Education/Nutrition Education/School Based Activities



WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



- **Best Practices**

- **Physical Education/Activity** – Meeting or exceeding the required number of PE minutes
- **Nutrition Education** – Utilize Harvest of the Month and Dairy Council Curriculum, STARS & UC CalFresh partnership



Nutrition



POLICY HIGHLIGHTS

BP 5030 pp 3-4; AR 5030 pp 2-3

- **Nutrition Services**

- Cafeteria staff are well prepared & efficiently serve meals
- Adherence to federal regulations regarding food/beverages

- **Food and Nutrition Standards**

- All foods and beverages sold on campus from **midnight to one half hour after school day** must:
 1. Comply with USDA Smart Snacks in Schools and California Ed Code
 2. Health Department approved source (not homemade)
- Staff/parents are encouraged to support District Policy regarding food/beverages donated for classroom celebrations.
 1. One non-compliant food/beverage permitted per party
 2. Recommended celebrations occur after lunch



Nutrition Services



WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



• Best Practices

- Increased “speed scratch” menu items
- Fresh fruits & vegetables offered
- Weekly analysis of menus
- Fresh ice water provided during all meal services
- Approved list of foods to sell
- Training provided for NS staff on variety of job-related topics



Staff, Community, Parent & Volunteer Involvement



POLICY HIGHLIGHTS

BP 5030 pp 3-4; AR 5030 pp 2-3

- Teachers/Staff model healthy behaviors
- Parent/volunteer group at schools promote health and wellness by incorporating physical activity into programs, fundraisers, or other events
- Food and beverages sold or served on campus meet USDA Smart Snacks & California Ed Code Regulations
- Classroom Celebrations:
 1. Nutrition quality considered when donating food/beverages
 2. Celebrations occur after lunch

Staff, Community, Parent & Volunteer Involvement

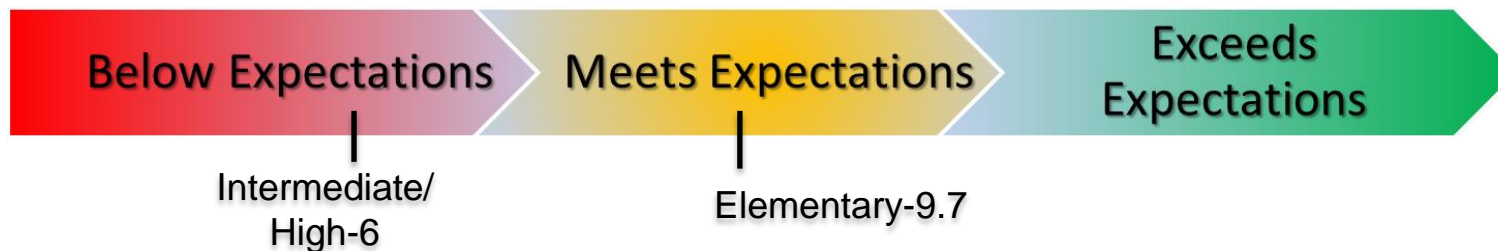


WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



• Best Practices

- Class parties are scheduled at the end of the school day
- Family events are planned (i.e. walk in local parades, sold local mandarins as school fundraiser)
- Integrate healthy lifestyle into academic lesson plans
- Publish parent newsletters with health messages
- Food sold meets/exceeds the nutrition requirements

Include wellness/healthier options for reward recognition



Students, Organizations, and ASB



POLICY HIGHLIGHTS

BP 5030 pp 3-4; AR 5030 pp 2-3

- **Safety On Campus**
 - Promotes drug- and substance-free environment
 - Anti-bullying policies
 - Promotion of a healthy lifestyle
- **Food Sales (during school hours)**
 - Food safety & sanitation standard requirements
 - Sales occur after lunch and do not compete with school nutrition program
 - **Elementary Sales**- one item per sale; four sales per school year
 - **Intermediate/High Sales** – no more than 3 categories of food items per sale, one organization sale per day, four “Food Days” per year

Students, Organizations, and ASB



WHERE WE ARE & WHAT WE HAVE LEARNED

2016



2017



• Best Practices

• Safety on Campus

- Implementation of Cyber Safety, PBIS, PASS Officer, Catapult
- “Drug Free Zone”, Red Ribbon Week Celebration, Plant the Promise, 20 Days of Kindness Challenge, Character Chronicles

• Food Sales (during school hours)

- Monitoring food based fundraisers during school hours.
- All schools scored themselves as meets expectations or higher for food sales during school hours.



Health Services



POLICY HIGHLIGHTS

BP 5030 pp 1-3; AR 5030 pp 1-2

- District Nurses educate Health Services and school sites on communicable disease control policies
- Assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation and emotional wellness
- Assist with non-mandated health screenings
- Serve as a source of information on low/no cost health care resources and health insurance
- Community outreach activities

Health Services



WHERE WE ARE & WHAT WE HAVE LEARNED

2016

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-7

2017

Below Expectations

Meets Expectations

Exceeds Expectations

Elementary &
Intermediate/High-11

- **Best Practices**

- Held Diabetic Health Fair
- Collaborates with Yuba County Public Health, California Children's Services
- Participates in annual Nutrition Fair
- Performs screenings, provides referral resources





Highlights



Salad Bar & Fresh Produce



Highlights



Fresh Meals: Street Tacos





Highlights



Menu Committee

Student Taste Tests





Highlights

Nutrition Education





Highlights



ASB Food Sales



Committee Next Steps



2017-18 Goals

- Teacher Academies: Nutrition Education focused
- Seeking grants to purchase and install water stations
- Improve communication on foods approved for schools to sell during the school day



Thank You!

Questions?

