

SCHOOL SITE NUTRITION WELLNESS ASSESSMENT - RESULTS 2019-2020

PART 2: BACKGROUND INFORMATION SURVEY

	Yes	No
1. I know that the District as a Student Wellness Policy.	100%	0%
2. I am aware that the District Wellness Policy requires having a Wellness Committee.	93%	7%
3. I am aware that the District Wellness Policy and Wellness Committee is a legislative requirement identified in the 2010 Healthy, and Hunger Free Kids Act.	93%	7%
4. I have read the Student Wellness Policy.	50%	50%
5. I have students and staff who I know will want to get involved to promote nutritional wellness.	80%	20%

PART 3: SCHOOL SITE WELLNESS EVALUATION

	Meets Expectations	Needs Improvement	Exceeds Expectations	Need More Information
OVERALL HEALTH AND SAFETY QUESTIONS				
1. Your school site promotes a healthy lifestyle to you staff, students, and parents.	81%	13%	6%	0%
2. A drug- and substance-free environment is promoted.	19%	13%	69%	0%
3. Your school site hosts events that are based around promoting nutrition.	81%	13%	6%	0%
4. Your school site hosts events that are based around promoting sleep.	33%	60%	0%	7%
5. Your school site hosts events that are based around promoting physical activity.	53%	13%	33%	0%
6. Teachers and staff model healthy behaviors.	75%	0%	25%	0%

	Meets Expectations	Needs Improvement	Exceeds Expectations	Need More Information
NUTRITION QUESTIONS				
1. The cafeteria staff promotes balanced and healthful food options to students.	73%	0%	27%	0%
2. Teachers promote balanced and healthful food options to students.	69%	13%	13%	6%
3. The PTA promotes balanced and healthful food options to students.	80%	7%	13%	0%
4. The ASB/ Student council promotes balanced and healthful food options to students.	64%	29%	0%	7%
5. Fundraisers, awards, and incentives comply with the currently wellness policy regulations.	50%	44%	6%	0%
6. Cafeteria staff are well-prepared and efficiently serve meals to your students.	60%	7%	33%	0%
7. Fresh, safe, free drinking water is available to students on campus.	53%	7%	40%	0%
8. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations.	60%	13%	20%	7%
9. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc).	87%	0%	13%	0%

10. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.	69%	6%	25%	0%
11. Fundraising efforts support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.	63%	25%	13%	0%
12. Students are encouraged to consume nutrition dense food over empty calories both on and off campus.	73%	20%	7%	0%
13. Non-food rewards are encouraged for student achievement.	63%	13%	25%	0%
14. Classroom celebrations involving food for kindergarten through 5th grade (K-5) occur after the lunch period.	46%	15%	23%	15%
15. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects.	63%	19%	6%	13%
16. School website has a link to Nutrition Services to ensure parents have access to nutritional content of food and beverage sold through the school meal programs.	64%	7%	21%	7%

	Meets Expectations	Needs Improvement	Exceeds Expectations	Need More Information
PHYSICAL ACTIVITY QUESTIONS				
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.	53%	7%	40%	0%
2. The physical education curriculum at your school follows the California Education Code requirements.	47%	7%	47%	0%
3. Physical education/activity is not used for disciplinary purposes.	75%	0%	25%	0%
4. Physical education is delivered by well-prepared and well-supported staff.	60%	7%	33%	0%
5. School offers a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.	69%	0%	31%	0%
6. Physical activity is available in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	50%	25%	13%	13%
7. Students are not withheld from physical education, recess, or other physical activities as a consequence of poor behavior or punishment for any reason.	81%	0%	19%	0%
8. Students are not required to engage in physical activity as a behavioral consequence (extra laps, push-ups, etc.).	69%	6%	25%	0%
9. Teachers use extra physical activity such as extra recess, as a reward or in place of food-based celebrations.	71%	7%	7%	14%
10. Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	31%	50%	6%	13%
11. The school has adequate physical activity equipment for PE, recess, etc.	69%	13%	19%	0%
12. Staff promotes healthy lifestyles including healthy eating and physical activity through positive role modeling.	81%	0%	13%	6%
13. Parents are provided with information about physical education, school- based physical activity or wellness opportunities that take place at school.	69%	19%	13%	0%

1. Please describe any wellness initiatives (nutrition, physical activity, etc.) that you are most proud of at your site.

Elementary

- No food rewards or food to celebrate birthdays*
- Class parties after lunch
- Mindboost Dance
- Run Club*
- PE Program*
- PBIS: Highlight activity, behavior, and nutrition

Intermediate

- Booster Club/Intramural athletics are very popular, 100% voluntary

2. Are there any projects/initiatives that you would like the Nutrition Wellness Committee to assist you with? (How to build a wellness team, implementing healthy celebrations, healthy fundraising, etc.)

Elementary

- Parent education*
- Healthy fundraising*
- Messaging from district about policies
- Learn about building a wellness team

3. How can parents/community get involved with the wellness activities happening at your school?

Elementary

- Parent education, discussion meetings
- Volunteer in edible garden program
- Read newsletters and district policy, participate using school rules*
- Send healthy snacks to school
- Join PTA
- Help with Red Ribbon Week
- Help with Run Club
- Booster to help promote policy
- Online options for working parents

Secondary

- School site council

Additional Comments

Need to incorporate more activities that promote healthy lifestyle activities on campus