

**Implementation Assessment Results**  
**Board Policy 5030 Student Wellness**  
**School Year 2018-2019**

The following indicators have been established to measure the implementation and effectiveness of the district activities related to student wellness:

**1. Descriptions of the District's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements**

The District's nutrition, physical and health education curriculum follow the California State Standards and the California Education Code requirements. These disciplines are enhanced through additional activities such as the Rosemead School District's Educational Foundation annual Run/Walk & Health Fair.

**2. An analysis of the nutritional content of school meals and snacks served in all District programs, based on a sample of menus and production records**

All menus are planned to meet or exceed the United States Department of Agriculture and California Department of Education School Nutrition Program nutrition requirements. Nutritional content and allergen information of all menu items are regularly updated and posted online at [www.rosemeadcafe.com](http://www.rosemeadcafe.com)

See Appendix A for the nutrient analysis of the breakfast and lunch menus for the week of December 3, 2018.

**3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program**

See Appendix B

**4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards**

Each school site was asked to complete the "Competitive Foods & Beverage List" document for each venue that sells foods or beverages to students on school campus during the school day. All but one site completed the information by the time of this assessment. All sites are either in compliance or working towards compliance with the Smart Snacks in Schools nutritional standards. See Appendix C for further information.

**5. Results of the state's physical fitness test at applicable grade levels**

See Appendix D

**6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity**

**Grades TK-6:** At least 60 minutes per week of physical education is offered to all TK-6<sup>th</sup> grade students, exclusive of recesses and lunch periods, throughout the school year. Students participate in moderate to vigorous physical activity at least 50% of the time.

**Grades 7 & 8:** One 48 minute period of physical education is provided daily to all students (equaling 240 minutes per week). Students participate in moderate to vigorous physical activity at least 87.5% of the time spent in PE class. Students get at least 150 minutes of vigorous activity and 60 minutes of moderate activity per week.

**7. A description of District efforts to provide additional opportunities for physical activity outside of the physical education program**

A variety of physical activity opportunities are provided at each school site, including annual Jog-A-Thons at each site as well as the Rosemead Educational Foundation's Run/Walk & Health Fair. Additionally, each site offers the following:

- **Encinita** – primary grade morning campus walk-around and 6<sup>th</sup> grade yoga classes
- **Janson** – 100-mile Club and Boys & Girl Club provides 90 minutes of intermural sports activities per month
- **Muscatel** – lunchtime sports opportunities such as basketball, soccer, flag football and volleyball, and Hoops 4 Health fundraiser
- **Savannah** – Student Lighthouse Team provides daily 3-5 minute exercises for fellow students as they line up before heading to class
- **Shuey** – dance classes, track meet, Walking Club, and Student Lighthouse Team manages Activity Carts which provides materials to encourage physical activity during recess and lunch breaks
- **Preschool** – provides yoga classes for all preschoolers
- **ASES** – provides 45 minutes of outside activities per day

**8. A description of other Districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate**

All sites participate in a number of school-based wellness activities to foster social-emotional wellbeing that focuses on the health of the whole child; these activities include anti-bullying campaigns and initiatives such as *Positive Behavior Interventions Systems* (PBIS) and *Leader In Me*. The *Success Through Awareness & Resistance* (STAR) program has also been initiated this school year for all 4<sup>th</sup>-6<sup>th</sup> grade students, and will soon be implemented at Muscatel as well. Each preschool site has an edible

garden to teach students about healthy eating, food seasonality, and sustainable food systems.

### **Model Wellness Policy Comparison**

On October 4, 2018, the Board of Trustees approved a Wellness Policy update which integrated the model Local School Wellness Policy template from the Alliance for a Healthier Generation into our current Wellness Policy. Our Wellness Policy now closely aligns with the model Wellness Policy.

### **Wellness Survey**

Feedback is collected on District and school wellness activities from the Wellness Survey posted at [www.rosemeadcafe.com](http://www.rosemeadcafe.com)

Feedback is welcomed from all stakeholders, including food service personnel, school administrators, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.