

Wellness policy survey results

In accordance with the district Wellness policy 5030 and to help the district transition with the new USDA competitive food laws, the Santa Cruz City Schools Wellness Committee created a short survey to help us measure our policy and implement the new laws. We surveyed 220 people total across the district including parent groups, teachers, administrators, and students.

“The wellness policy mission of the Santa Cruz City School district includes improving the health and wellness in our community by teaching students to establish and maintain lifelong healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education, Life Lab garden experiences, food and beverages served at schools, environmental education, psychological and counseling services, health promotion for staff, a safe and healthy school environment, core academic content in the classroom, and family/parent/community collaboration.”

Through the survey we discovered that our mission is being met however we have areas for improvement. Out of our community surveyed 52% take healthy eating into consideration when planning school events. Plus 90% of our teacher’s surveyed try to include teaching good nutrition in the classroom.

We also discovered that the preferred way to communicate is still through handouts and newsletters, however our younger surveyed group felt the social media was the way of the future. Our district community relies on fundraising however takes a healthy approach by using organic popcorn sales and bake sales after school.

However 59% did not know that our district had a wellness policy or that we had policies on class parties. 82% reported that our policy has not been reviewed on a yearly basis at the site level.

To combat these high percentages we feel that we need to launch a communications campaign that will tie the new regulations and our policies together. We will draft talking points for our administrator’s to use during the welcome back staff meetings. We will also create a pamphlet that our parent and student groups to use when planning events. Highlighting our policy and the new regulations in a user friendly way.