

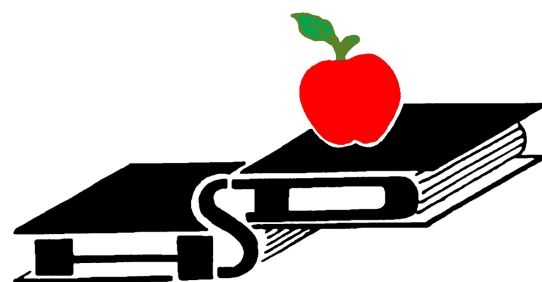
JUNE 2021

# TRIENNIAL ASSESSMENT

*of the Local School Wellness Policy*

HAWTHORNE SCHOOL DISTRICT

**BP 5030**



# CALIFORNIA LOCAL SCHOOL WELLNESS POLICY

## The Triennial Assessment

**Local Education Agencies (LEAs) must conduct a comprehensive assessment of the Local School Wellness Policy (LSWP) a minimum of once every three years, beginning no later than June 30, 2020.**

On April 23, 2020, the United States Department of Agriculture (USDA) issued a Nationwide Waiver of Local School Wellness Policy Triennial Assessment to allow LEAs to submit a request to the California Department of Education, Nutrition Services Division extending the deadline from June 30, 2020, to June 30, 2021



# OVERVIEW

*This report will focus on three domains:*

## 1.

How the Wellness Policy compares to model wellness policies available from the USDA.

## 2.

Compliance with the Wellness Policy

## 3.

Progress made in achieving the goals of the Wellness Policy.

# COMPARISON TO MODEL WELLNESS POLICY

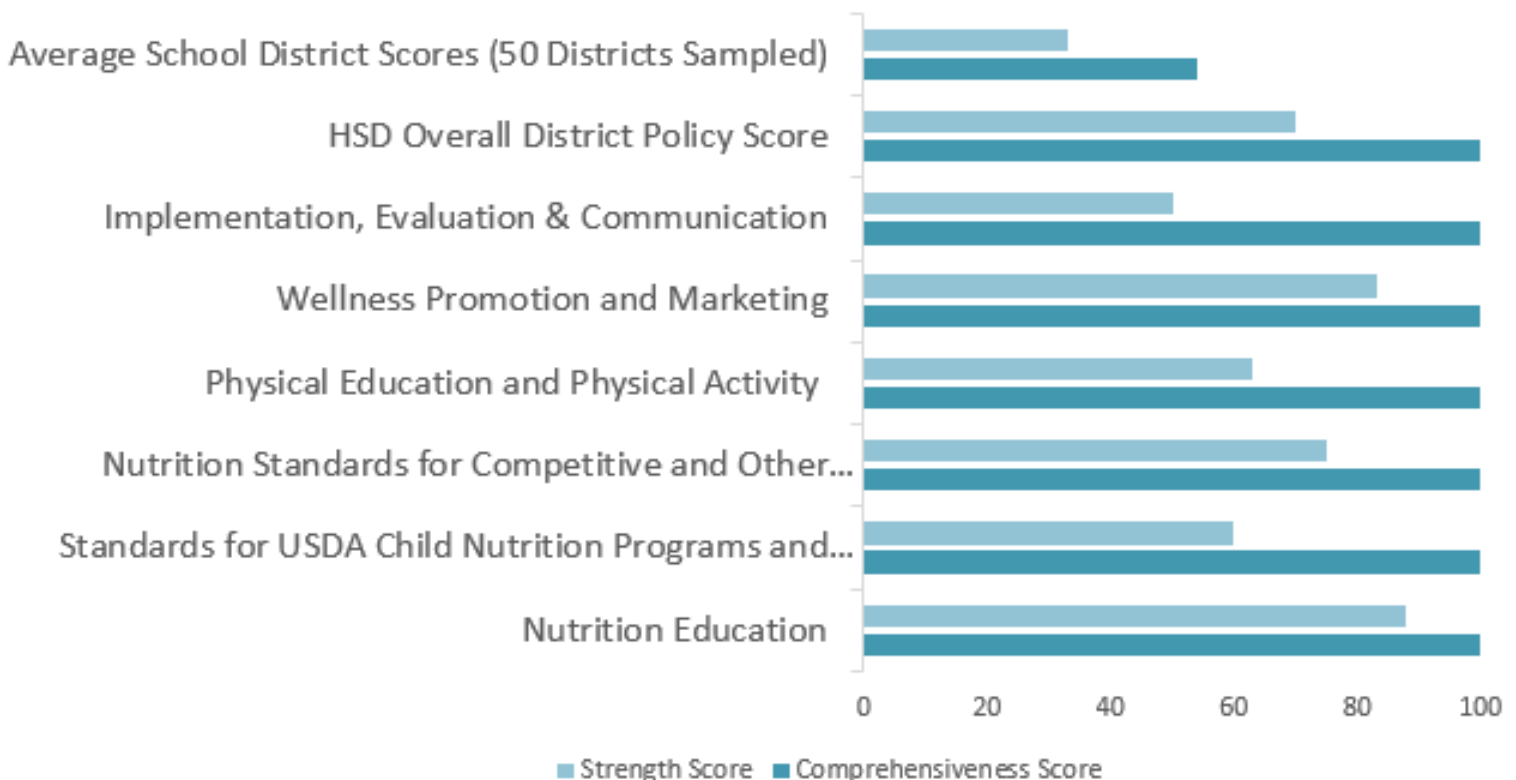
## WellSAT 3.0

The HSD Wellness Policy (BP 5030) was last revised and adopted by the Board on February 10, 2021. The review assessed compliance with policy requirements per the USDA Final Rule: *LSWP Implementation Under the Healthy, Hunger-Free Kids Act (HHFKA) of 2010*, published July 29, 2016.

In May 2021, the Rudd Center’s Wellness School Assessment Tool (WellSAT) 3.0 was used to compare HSD’s BP 5030 to the California School Boards Association (CSBA) Student Wellness Policy. The WellSAT tool scores each area in two categories: comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy, while the strength score reflects how strongly the policy items are worded.

Scores should not be interpreted like letter grades. This tool is meant to highlight opportunities for improvement.

**Wellness Policy WellSAT 3.0 Scores**





# COMPLIANCE WITH LSWP

## Survey Results

In June 2021, HSD Site Administrators completed an evaluation survey to determine if the District is meeting the goals set forth in the District's LSWP, and what were the policy's areas of strength and areas for improvement. Questions were based on goals listed in the LSWP as well as questions from the School Health Index assessment tool by the Centers for Disease Control and Prevention. Categories included:

- Health and Wellness Overview;
- School Health, Safety, and Environment;
- Nutrition Environment and Services;
- Physical Activity and Physical Education;
- Family, Staff and Community Engagement;
- Social and Emotional Climate.

Twelve administrators responded to the survey. Promotion of a healthy lifestyle and School Health, Safety and Environment scored from 83% to 92%. Results indicated the District's overall successful implementation of wellness practices. Five participants responded that their school site met or exceeded goals in each category.

# PROGRESS

*The COVID-19 pandemic prevented some practices outlined in the LSWP to be fully implemented, nevertheless the district developed ways to ensure students and staff stayed healthy:*

## **School Health, Safety and Environment**

- COVID-19 Daily Health Screening was performed using the Beach Cities Health District Symptom Assessment Tool for use by staff and students upon entering campus.
- COVID-19 Reopening Protocols for K-12 Schools were implemented throughout the District.
- COVID-19 Health and Safety Protocols were posted on the District's website and provided to each employee.



# PROGRESS

## Nutrition Environment and Services

- Contact free Grab 'n' Go meals were provided at curbside twice a week providing a total of seven breakfasts and seven lunches for each student.
- Food safety and storage tips were placed in each Grab 'n' Go meal bag.

## Physical Education/Physical Activity

- Prairie Vista Middle School held their third annual Winter Break Fitness Challenge which invited participants to perform 1,150 burpees, squats, push-ups, and sit-ups.
- PE distance learning at PVMS included the usual PE standards of fitness: Cardio, Strength, and Endurance Training. They also exercised their creativity muscle to include activities using household items, such as juggling tissues, throwing and catching socks, volleyball with rubber gloves, scavenger hunts, charades, and fitness trivia games.



# PROGRESS

## Social and Emotional Climate

- The District encouraged staff to take care of their own health and well-being, including mental health, by sharing free resources for counseling and emotional support.



*You can't pour from  
an empty cup*

**Take care of  
yourself first**



# NEXT STEPS

The Hawthorne School District's Wellness Committee will use the results of the WellSAT 3.0 and the evaluation survey to guide the committee's focus for 2021-2022 school year. Federally required policy updates will continue to be monitored, and the District's Wellness Policy will be updated as needed.

