

MVSD Wellness Assessment
Assessment of Mountain View School District (MVSD)
Wellness Policy and Implementation Efforts

2020-2021

The following assessment was conducted to measure the effectiveness of the Mountain View School District (MVSD) Wellness Policy. Such assessments will be conducted every 3 years, at a minimum. This assessment will be shared with MVSD community members to understand shared progress on wellness efforts in the District. This report will focus on three domains: 1) how the wellness policy compares to model wellness policies available from the U. S. Department of Agriculture 2) compliance with the wellness policy 3) progress made in attaining the goals of the wellness policy. Results will be made available to the public through the MVSD website.

Domain 1: Comparison of Wellness Policy to Model Policies

The latest MVSD Wellness policy underwent its last revision in School Year 2018-2019 and was adopted on December 11, 2019. The goal of the review was to assess compliance with wellness policy requirements, including those updated under the USDA Final Rule, published July 29, 2016. During the review, the policy was compared to the California School Boards Association (CSBA) Student wellness policy. Revisions were made to the District’s policy to comply with the Final Rule.

In May 2021, MVSD utilized the Rudd Center’s Wellness School Assessment Tool (WellSAT) 3.0 to compare our December 2019 policy to a model policy. WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended best practices are included in the policy. The strength score reflects how strongly the policy items are stated. It is important to note that the scores should not be interpreted like letter grades. This tool can be used to highlight opportunities for improvement.

Overall Assessment Review		
	MVSD	Average Scores (Sample of 50 School Districts)
Comprehensiveness Score	100	54
Strength Score	63	33

- Nutrition Education
 - Comprehensiveness Score 100
 - Strength Score 86
- Standards for USDA Child Nutrition Programs and School Meals
 - Comprehensiveness Score 100
 - Strength Score 67
- Nutrition Standards for Competitive and Other Foods and Beverages
 - Comprehensiveness Score 100
 - Strength Score 55
- Physical Education and Physical Activity
 - Comprehensiveness Score 100
 - Strength Score 38

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- Wellness Promotion and Marketing
 - Comprehensiveness Score 100
 - Strength Score 67
- Implementation, Evaluation & Communication
 - Comprehensiveness Score 100
 - Strength Score 63
- Overall District Policy Score
 - Comprehensiveness Score 100
 - Strength Score 63

Domain 2: Compliance with the Wellness Policy

In May 2021, MVSD surveyed a sample size of 15 administrators, teachers, nurses, office staff, community liaisons and parents. The purpose of the evaluation survey was to determine if the District is meeting the wellness goals set forth in the District's wellness policy and to determine particular areas of strength and areas for improvement. Questions were based on goals set forth in the wellness policy as well as questions from the Centers for Disease Control and Prevention School Health Index (SHI) assessment tool. 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.

Promotion of a healthy lifestyle and school health, safety and environment scored 87% to 91%. The comment section indicated additional promotion is needed with buy-in from more teachers and parents. Results indicated overall the District has successfully implemented wellness practices. 87% to 96% of the survey participants responded that their school site met or exceeded in each category.

Domain 3: Progress Made in Attaining the Goals of the Wellness Policy

Although COVID-19 and virtual learning prevented some of the practices outlined in the wellness policy to be fully implemented, the district created innovative ways to keep our students and staff healthy:

- School Health Safety and Environment
 - Risk Manager hired and established Covid-19 Daily Health Screening emails/text messages through Qualtrics. Employees must complete the screening before arriving at work.
 - Covid-19 safety procedures implemented throughout the district
 - Covid-19 Employee Handbook on the District's website is available to each employee
- Nutrition Environment and Services
 - Weekly curbside meal kits included fresh bulk produce
 - Fresh produce provided weekly through the Fresh Fruit and Vegetable Grant
 - MVSD Parent Leadership Academy conducted virtual nutrition education workshops to parents
 - Healthy snacks while at home promoted during virtual district parent workshops and end of year drive-through events
 - Wellness and nutrition tips included in monthly family newsletters
 - Nutrition themed promotional items provided to students through funding from the Healthier US School Challenge gold level awards
 - Hydration stations installed at school sites

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- Physical Education/Physical Activity
 - During In-Person instruction, teachers highlighted and incorporated the importance of movement and physical activity
 - PE Teachers created dynamic virtual [physical activity break](#) videos based on grade level
- Family, Staff and Community Engagement
 - Vaccination clinics available to families and staff via collaboration with community partners
 - City of Hope grant and Dairy Council provided cooking supplies and resources for parent leaders teaching nutrition education workshops to parents
 - No Kid Hungry grant provided fresh weekly salads
 - UC Cooperative Extension-EFNEP provided virtual nutrition education classes to students and parents
 - LACOE and MVSD Public Information Officer shared “Daily Positives” with messages of positivity and inspiration.
- Social and Emotional Climate
 - Counselors created a [Virtual Calming Room](#) for students, parents, and staff
 - Counselors conducted lessons with students on mental health and stress
 - School site indicated they are promoting health and wellness by doing breathing exercises, stress management, positive affirmations, healthy eating habits and involvement in physical activities

The MVSD Wellness Committee will use the results of the WellSAT and evaluation survey to help guide the discussions and committee’s focus for SY 2021-2022. Federally required policy updates will continue to be monitored and the District’s wellness policy will be updated as needed.

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