

MVSD Wellness Committee
Assessments – Action Plan
Assessment of Mountain View School District (MVSD)
Wellness Policy Implementation Efforts

MVSD Wellness Committee
2019-2020

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 3 domains: 1) compliance with the wellness policy, 2) how the wellness policy compares to model wellness policies available from the U. S. Department of Agriculture 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: Compliance with the Wellness Policy

Policy evaluation and implementation was measured using the CDE recommended U.S. Department of Health and Human Services Centers for Disease Control and Prevention School Health Index (SHI) assessment tool. The SHI was conducted in the spring of 2018 and 2019 for Cogswell and Voorhis Elementary Schools. The SHI modules include questions on the following topics: School Health and Safety Policies and Environment; Physical Activity/Physical Education; Nutrition Environment and Services; Social and Emotional Climate; Family Engagement. The complete modules and discussion questions are available, upon request.

Key metrics for each component on the MVSD Wellness Policy are standard questions on the SHI. 2019 results for these metrics are as follows:

Module 1: School Health and Safety Policies and Environment

Component: *School Wellness Committee; Physical Activity and Punishment; Recess, Breaks, and Extracurricular Activity; Parent Engagement; Nutrition Guidelines; Fundraising Activities; Food Marketing; Rewards and Celebrations*

Key Metrics:

CC.1 Representative school health committee or team

CC.3 Communicate health and safety policies to students, parents, staff members and visitors

CC.6 Local school wellness policy

PA.2 Recess

PA.4 Access to physical activity facilities outside school hours

PA.5 Prohibit using physical activity as punishment

PA.6 Prohibit withholding recess as punishment

N.1 Prohibit using food as reward or punishment

N.2 Access to free drinking water throughout the school day

N.3 Access to free drinking water throughout the extended school day

N.5 All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards

N.6 All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards

N. 7 All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards

N.8 All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition Standards

N.9 All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards

N.10 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards

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N. 11 Food and beverage marketing

Module 1 Scores:

Cogswell 93/102pts = 91%

Voorhis 97/102 pts = 95%

Summary of Findings: Our vibrant district wellness committee consists of 42 members: administrators, teachers, classified, parents and community members. At the beginning of each year our MVSD Healthy Schools handout, MVSD Infographic and Superintendent's letter on health classroom parties, rewards and fundraisers are given to all families at Back to School Night. This information is also distributed throughout the year at parent workshops and community events.

Physical activities such as running laps, pushups are not used as punishment. However, a student may periodically be called in to the Principal's office to discuss what occurred and resolve any conflicts occurring on the playground.

All schools are required to fill out MVSD's Fundraiser Application if selling food or beverages. The Project Lean calculator is used to determine if foods and beverages are compliant, application is then signed by the Principal, Director of Fiscal Services and Director of Nutrition Services.

Module 3: Physical education and Physical Activity Programs

Component: *Educator Resources and Professional Development; Physical Activity and Punishment; Recess, Breaks, and Extracurricular Activity*

Key Metrics:

PA.4 Information and materials for physical education teachers

PA.9 Health-related fitness

PA.15 Professional development for physical education teachers

PA.18 Promotion or support of walking and bicycling to and/or from school

Module 3 Scores:

Cogswell 52/57pts = 91%

Voorhis 55/60 pts = 92%

Summary of Findings: Many of our schools have walking clubs for students and parents. Voorhis also conducts a Family Fitness Night with PE teachers and families. Parents are provided nutrition education resources, suggestions and opportunities to be physically active with their children. Classroom teachers also utilize brain break activities such as Go Noodle and Instant Recess.

In addition, each October all our schools and many of our teachers and families participate in Walk to School Day. The City of El Monte Police Department and community partners also volunteer and assist with safety.

Module 4: Nutrition Environment and Services

Component: *Nutrition Guidelines for All Foods Available at School; Qualifications for Food and Nutrition Services Staff and Training; Nutrition Promotion and Outreach; Fundraising Activities*

Key Metrics:

N.1 Breakfast and lunch programs

N.2 School breakfast

N.3 School lunch

N.7 Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques

N.10 Annual continuing education and training requirements for school nutrition services staff

N. 14 Farm to School Activities

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Module 4 Scores:

Cogswell 40/42 pts = 95%

Voorhis 38/39 pts = 97%

Summary of Findings: All students have access to a free breakfast and lunch. In addition, 9 of our 10 elementary schools receive the Fresh Fruit and Vegetable grant (FFVP). Students receive free produce at recess 3 days a week through the FFVP. Breakfast and lunch promotion includes teachers, staff and high school students wearing fruit and vegetable costumes during National School Breakfast Week, National School Lunch week and our District Community Fair - encouraging students to eat fruits and vegetables. In addition, families and students sample breakfast and lunch products during our District Community Fair and vote on products they would like to see on our school menu. On-site training occurs throughout the year for Food Service staff as well as opportunities to attend SCSNA and CSNA trainings.

In 2020, we are partnering with City of Hope to provide a monthly Farmer's Market at La Primaria. Organic produce is ordered, inventoried, prepped, marketed and sold by students who are guided by lead teachers.

Module 7: Social and Emotional Climate

Component: *School Wellness Committee; Rewards and Celebrations*

Key Metrics:

CC.4 Collaboration to promote social and emotional learning

CC.6 Community partnerships to promote social and emotional learning for students in school

Module 7 Scores:

Cogswell 28/30 pts = 97%

Voorhis 28/30 pts = 97%

Summary of Findings:

MVSD wellness committee collaborates with the PBIS initiative (Positive Behavioral and Interventions Supports), a framework the district has adopted to encourage kindness. Healthy non-food rewards are encouraged e.g. Sip and Paint parties with flavored water. The 2019 Walk to School theme "Eat Wise, Be Nice" was promoted in banners created by parents and visitors that were given to adult and student participants. Community partners such as the El Monte Police Dept and Day One assist with the annual event.

Module 10: Family Engagement

Component: *School Wellness Committee; Nutrition Promotion and Outreach*

Key Metrics:

CC.1 Communication with families

CC.3 Family Engagement in school decision making

CC.4 Family volunteers

CC.8 Professional development to assist parents seeking services

N.1 Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus

Module 10 Scores:

Cogswell 22/27 pts = 81%

Voorhis 25/30 pts = 83%

Summary of Findings:

At the beginning of each year our MVSD Healthy Schools handout, MVSD Infographic and Superintendent's letter on health

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classroom parties, rewards and fundraisers are given to all families at Back to School Night. This information is also distributed throughout the year at parent workshops and community events. For the annual Walk to School event, parents create banners with nutrition and physical activity themes and walk with students for safety. Nutrition services conducts parent workshops, parents have the opportunity to provide input on meal programs. During the annual District Community Fair, families also provide input on products offered on the breakfast and lunch program.

However, MVSD is most proud of our Parent Leadership Academy. Parent leaders received training on nutrition education and now provide nutrition workshops based on the USDA MyPlate and other evidence-based resources.

Domain 2: 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 (listed on CDE's LSWP website as an example for policy language). Some updates were needed to comply with the Final Rule and to be more consistent with the SHI/Model School Wellness Policy reviewed.

Please see Domain 1 for SHI evaluation details of our wellness policy.

To create the School Health Index, the CDC collaborated with ASCD (formerly the Association for Supervision and Curriculum Development), the Alliance for a Healthier Generation, Action for Healthy Kids, and a variety of other internal and external partners on the development of the new SHI. Both the Alliance for a Healthier Generation and Action for Healthy Kids have adopted an abbreviated version of the SHI as its sole assessment tool to guide school-based obesity prevention and health promotion. The abbreviated versions include only the nutrition and physical activity health topics, plus some cross-cutting school health questions. ([SHI FAQ](#))

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

After evaluating our wellness policy with the SHI, an action plan was developed. It was determined that PE teachers had not received as much nutrition education professional development or nutrition related resources as classroom teachers (classroom teachers received training and resources from the Network for a Healthy California, NEOP, Dairy Council and other community partners). The Social and Emotional Climate continues to be an area the wellness committee wants to focus on. Please see 2019-2020 Implementation Plan and timeline for details.

In addition to our wellness policy collaboration with the LA County Office of Education, wellness committee members completed the LA County Department of Local School Wellness Policy (LSWP) Implementation Survey in 2019. MVSD is awaiting a summary of the results from LACDPH.

As a result of the above and beyond compliance of our schools, five of our schools are nationally recognized as recipients of the Gold level award by the USDA's Healthier School Challenge: Smarter Lunchroom.

With respect to Staff Wellness, our dynamic work-site WW (fkaWeight Watchers) group has lost over 1,300 lbs since February 2017.

The MVSD Wellness Committee will continue to develop action plans, which will highlight key focus areas for the school year. Assessment results will be posted on our website and annual priorities will be informed by results of wellness policy surveys and input from the wellness members.