



Santa Cruz City Schools

Wellness Policy Assessment

By Amy Hedrick Farr, Director of Food Services
April 14, 2021

Goal of this report

Monitoring the implementation of the Wellness Policy in practice and presenting recommendations to the Board



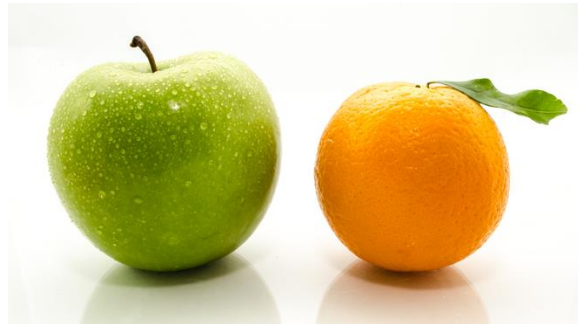
Mission of SCCS's Wellness Policy BP 5030

The educational mission of the Santa Cruz City School District includes improving the health and wellness in our community by teaching students to establish and maintain life-long healthy eating and physical activity habits.

Adopted March 13, 2013

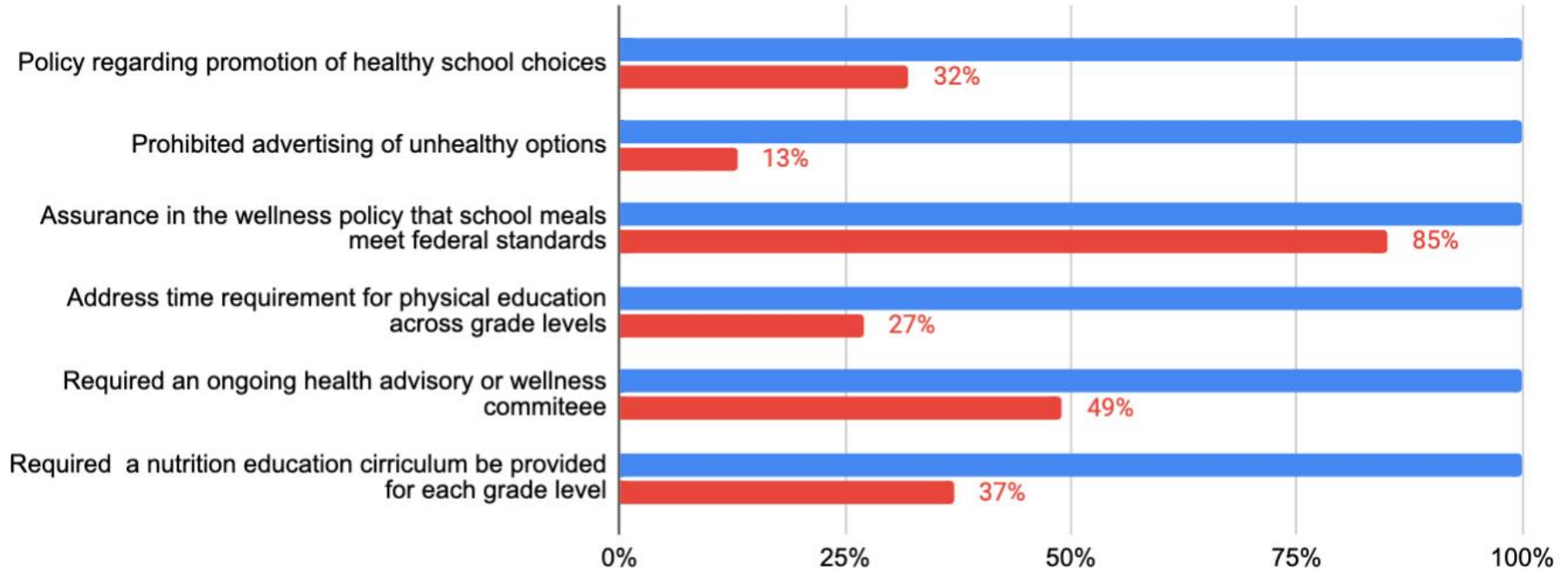
Last Revised: April 19, 2017

How does our Wellness Policy
compared to other districts
nationally?



Wellness Policy Comparison Data

■ SCCS ■ Nationally



Sources: Centers for Disease Control and Prevention, (DHHS/PHS). *Local school wellness policies: Where do they stand and what can you do?* Centers for Disease Control and Prevention.

How are we monitoring wellness implementation?

Using the Healthy Schools Assessment:

- Designed by the Alliance for a Healthier Generation
- Used by 52,000 educational institutions in the US
- Based on the Centers for Disease Control and Prevention's School Health Index
- 51 questions across 5 wellness components



Wellness components of the Healthy Schools Assessment

1. Policy & Environment
2. Nutrition Services
3. Smart Snacks
4. Health & Physical Education
5. Physical Activity



Performance rating

- Fully in Place 100%
- Partially in Place 70% - 90%
- Under Development 50% - 70%
- Not in place 50% or lower

Assessment Completion Rate by Topics

	Policy & Environment	Nutrition Services	Smart Snacks	Health & Physical Education	Physical Activity
Bay View	90%	100%	86%	60%	86%
Branciforte Middle	80%	100%	100%	60%	76%
Delaveaga	100%	100%	100%	70%	76%
Gault	100%	100%	100%	90%	76%
Harbor High	80%	92%	100%	60%	67%
Mission Hill Middle	80%	100%	100%	70%	78%
Santa Cruz High	30%	83%	86%	50%	43%
Soquel High	30%	92%	71%	50%	47%
West Lake	90%	100%	100%	70%	86%
Average	78%	96%	92%	70%	72%

- Due to the assessment change to the “whole child” we see a lower score in the health & physical education and the policy & environment topics then in years past.
- Due to COVID, relevant key personnel were unavailable to assist in completion of our assessment for a more accurate performance analysis.

Key barriers in implementing a wellness policy

1. Wellness criterias has gone beyond the nutrition and physical activity standards, to include the “whole child”, and additional components will be added(employee wellness) which will require additional guidance from the district.
2. Using a multitude of different measurements to have an accurate result for the “whole child” in a school district setting.
1. Policy support and universal implementation from a variety of participants across the district including administration, teachers, students and parents

Next steps

1. Continue communication about the policy to staff, parents and students.
2. Work with school sites to link the classroom, school garden and the cafeteria for a collaborative “healthy habits” message.
3. Work collaboratively with Student Services and our Wellness Committee to select an assessment tool for the “whole child” method.
4. Assess our nutritional standards and align with the New Child Reauthorization Act 2020. *(not yet released)*