

Student Wellness Policy Implementation Monitoring Report

Lassen View School District
Monitoring for Success:
Student Wellness Policy Implementation Monitoring Report

Prepared By:

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Student Wellness Policy Implementation Monitoring Report

Executive Summary

Reauthorization of the federally funded child nutrition programs establishes a requirement that a local school wellness policy be developed by the beginning of the 2006-07 school year. The school wellness policy must include goals for nutrition education and physical activity, must ensure foods and beverages available on each campus during the school day meet or exceed state nutritional standards, and must provide assurances that reimbursable school meals will not be less restrictive than federal regulations. Finally, it must include a plan for measuring the implementation of the wellness policy objectives with a report to the local board of education.

The Lassen View Elementary School District Board of Education adopted a Student Wellness Policy, Board Policy 5030, in March, 2006. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The monitoring of the district's implementation of the Student Wellness Policy focused on each of the substantive components of the wellness policy, which include Nutrition Education and Physical Activity Goals, Nutrition of Foods and Beverages on Campus, and Guidelines for Reimbursable Meals. Major findings and recommendations are summarized below.

Nutrition Education and Physical Activity Goals

Nutrition education and physical activity goals are compliant. The district fully complies with laws, code and policy regarding competing sales and beverages.

Guidelines for Reimbursable School Meals

The district fully complies with all applicable codes and regulations. The district continues to strive to increase the number of meals served to students.

Background

The federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (PL 108-265) includes a provision requiring all school districts participating in any federally funded child nutrition program to establish a locally developed school wellness policy by the beginning of the 2006-07 school year.

At minimum, each policy must address: 1) goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate; 2) nutritional guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student's health and reducing childhood obesity; 3) assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance pursuant to federal code; and 4) a plan for measuring the implementation of the wellness policy, including the designation of one or more persons in the district or at each school charged with the operational responsibility that this policy is implemented.

The Lassen view School District Board of Education adopted a Student Wellness Policy, BP 5030, in March, 2006. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The district's Student Wellness Policy includes a plan for monitoring the implementation of the wellness policy as well as a provision that a report be provided to the local board of education to ensure the board is able to monitor progress and make needed adjustments to policy and practice.

Purpose of Report

The purpose of this report is to inform the Board of Education on the implementation and outcomes of the district's Student Wellness Policy. The Student Wellness Policy requires this report be submitted to the Board.

Organization of Report

Each section of this report summarizes the implementation of each of the major components of the Student Wellness Policy. Section I focuses on the Nutrition Education and Physical Activity Goals component of the Student Wellness Policy, while Section II focuses on Nutrition of Foods and Beverages on Campus and Section III focuses on Guidelines for Reimbursable School Meals. The final section of this report summarizes findings from each section and provides recommendations for the board.

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I. Nutrition Education and Physical Activity Goals

The district's goals are to provide all students nutrition education, opportunities for physical activity, and other school-based activities that are designed to promote student wellness. This section describes the district's implementation of these goals.

Comprehensive Health Education

Nutrition education is provided as part of the health education program to foster and promote health literacy. Students are expected to comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment. The district provides a planned, sequential, research-based, and age-appropriate curriculum for students. The district's health education program is based on the California Department of Education's Health Framework and/or California Health Education Standards for California Public Schools.

Physical Education

A physical education program should be a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle. The district offers a variety of opportunities for physical education instruction and physical activity for all students. The district's physical education program builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity.

Description of Physical Education Program

The district's physical education program is based on the California Department of Education's Physical Education Framework and/or the Physical Education Model Content Standards for California Public Schools: Kindergarten through Grade Twelve. The district has been a leader in the county seeing the importance of a p.e. teacher as it has employed one for the past 31 years.

Physical Fitness Activities Offered

The district provides a variety of physical activity programs including team and individual sports, (soccer, volleyball, basketball, softball). This year a Turkey Trot was offered (1/2 mile run) for grades 4-8 before Thanksgiving. 115 students participated. Also, SERRF is starting a walking/running club for students and their families.

Use of School Facilities Outside of School Hours

The district endeavors to make school facilities and open spaces available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacation periods. School facilities and open spaces are also made available to community agencies and organizations that offer physical activity and nutrition programs. (Coca-Cola Basketball League, Little League, SERRF)

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Physical Performance Testing

The FITNESSGRAM is administered from February to May each year in grades 5 and 7. Students are expected to achieve a healthy fitness performance level in each of the six test components.

- Performance test results indicate an increase in both grade levels (5 and 7) from 2007 to 2008.

Table 2. FITNESSGRAM Results

Physical Fitness Area	Grade 5 % in HFZ*		Grade 7 % in HFZ*		State % in HFZ* 2008	
	2007	2008	2007	2008	5	7
Aerobic Capacity	67	75	81	90	64	64
Body Composition	73	69	72	83	68	68
Abdominal Strength	90	86	83	93	81	85
Trunk Extension Strength	100	100	100	100	88	90
Upper Body Strength	60	64	75	83	70	71
Flexibility	87	56	83	87	70	76
Number of Fitness Standards Achieved	Grade 5 % achieved 2008		Grade 7 % achieved 2008		State % achieved 2008	
					5	7
6 of 6 standards	36		60		29	33
5 of 6 standards	25		30		27	26
4 of 6 standards	14		3		20	18
3 of 6 standards	8		0		13	12
2 of 6 standards	11		7		8	7
1 of 6 standards	6		0		3	3
0 of 6 standards	0		0		1	1

* Healthy Fitness Zone

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Nutrition of Foods and Beverages on School Campuses

Recent changes to state law prescribe nutritional standards for foods that are sold during the school day. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service (cafeteria) program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

Food Service/Child Nutrition Programs

The foods and beverages available through the district's food service (cafeteria) program are carefully selected so as to contribute to the students' nutritional well-being and the prevention of disease. All foods and beverages served meet or exceed the nutritional standards specified by law, and are prepared in ways that will appeal to students, retain nutritive quality, foster lifelong healthful eating habits, are served in age-appropriate portions and are sold at reasonable prices.

Nutritional Standards for Foods and Beverages

The school uses whole, fresh, unprocessed foods and ingredients whenever possible and offers fresh fruits and vegetables with each meal or snack whenever possible.

School Cafeteria Eating Facilities and Food Preparation

The adequacy of school facilities for cafeteria eating and food preparation are reviewed periodically by Tehama County Public Health Department to ensure compliance with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455. Two inspections were conducted during the 2008-2009 school year. There were no deficiencies at Lassen View Elementary.

Other Food Sales

Districts participating in the National School Lunch or School Breakfast Program are mandated to establish rules or regulations to control the sale of food in competition with the breakfast or lunch program. Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, board policy, and administrative regulation and shall not reduce participation in the district's food service program. This policy governs foods and beverages sold through vending machines, student stores, and foods that are sold on school premises by student and/or adult organizations.

- Lassen View has 1 vending machine for staff only.
- One student store sells non food items only. (This is owned and operated by the Booster Club)

The Booster Club operates a snack bar in the gym for home basketball games. It does not open until 30 minutes after school has been dismissed. The snack bar has incorporated more healthy snacks including nuts, fruits and Gatorade

III. Guidelines for Reimbursable School Meals

School Meal Participation Rates

Free and reduced price meal participation data provides a measure of the number and percentage of the population participating in the district's school meal program. The district's plan for providing free and reduced price meals ensures that student participation is confidential and the program is available in a manner which does not overtly identify participants. The participation rate is substantial: in 2008-2009, 40,358 meals were served with 5,214 of those reduced price, and 21,118 free.

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IV. Summary of Findings and Recommendations

The major findings of each section in this report are briefly described below. Section I of this report reviewed the implementation of the district's Nutrition Education and Physical Activities and Goals component of the Student Wellness Policy, while Section II reviewed the district's compliance with guidelines concerning the Nutrition of Foods and Beverages on Campus and Section III reviewed the district's implementation of the Guidelines for Reimbursable Meals.

Nutrition Education and Physical Activity Goals

The district's nutrition education and physical education programs conform to all applicable law and policy.

Recommendations- More activities (Turkey Trot, etc...) and less classroom parties will be encouraged for rewards in the classroom.

Nutrition of Foods and Beverages on School Campuses

The foods and beverages available on school campuses comply with applicable laws, codes, and policies.

Recommendations- Healthy snacks and rewards will be encouraged in each classroom.

Guidelines for Reimbursable School Meals

The district's reimbursable meal program:

- The district's meal service program is nutritionally adequate and appealing to students.
- Free and reduced price meals available in a manner which does not overtly identify participants.

Recommendations

The district will continue to promote participation in the school meal program and seek to increase servings of fresh fruits and vegetables.