

## Annual Wellness Report 2017-2018

The District Wellness Policy adopted in 2016 requires an annual report evaluating the implementation and progress of the Wellness Policy and Regulations, as well as recommendations for changes or revisions. A brief summary of these accomplishments are below.

### **IV. Nutrition Goals**

#### **Nutrition Promotion** *(Includes Food and Beverage Marketing and Competitive Foods)*

To promote nutrition and Wellness Policy guidelines within Fullerton School District schools, Educational Services worked closely with Orange County Department of Education (OCDE) to develop an infographic poster that highlights main points from the Wellness Policy. The Wellness Policy infographic was posted on the district wellness webpage. This infographic was made into posters and each site was provided at least one to post per site. The letter sized version was also printed in full color for posting at key location as at each site including the front office and near the cafeteria. When you walk on to each campus, the poster is prominently displayed. Nutrition Services also continues to offer two or more daily fruit and vegetable options throughout the meal service line to allow students more options and encourage fruit and vegetable consumption. Through SJMC grant funds, one A-frame menu board was purchased. The menu board includes pictures of the actual food being served for today and the next day. Only one menu board was purchased as a trial and was placed at Valencia Park. Numerous comments were made by the principal, cafeteria staff, lunchtime aides and the custodian about how much the students love the menu board. It gave a school cafeteria the cafe look and feel. Menu boards for all the Title 1 elementary schools are on order through SJMC grant funding for next school year. See picture at end of document.

According to the end-of-the-year wellness survey, 53% (up 3% from the prior year end survey) of our elementary principals were well-aware of the nutrition education goals including providing consistent nutrition throughout the schools and the prohibition of marketing and advertising non-nutritious foods and beverages throughout the schools. The survey also showed that 64.7% (down from the 75% the prior year) of principals knew the Smart Snacks in School Nutrition Standards.

To promote nutrition and Wellness Policy guidelines to FSD staff the Director of Educational Services presented the Wellness Policy Infographic to site administrators and challenged them to make a wellness goal in one of those areas in September 2017. Each site had to submit their plans on a Google Doc shared with all school sites.

Principals at Title 1 schools were encouraged to apply for the Alliance for a Healthier Generation's Healthy Schools Recognition Program. Of the nine Title 1 schools, eight of them applied and seven received recognition. In addition one non-Title 1 school applied. Overall the district received 5 bronze and 3 silver awards. OCDE, St. Jude and Nutrition Services provided support to our principals in the completion of the application. St. Jude's support played a significant role in helping our schools gain this national recognition.

In the 2018-2019 school year, all schools will continue to participate in the Smarter Lunchroom Movement. A plan is in place to transform school cafeterias into Smarter Lunchrooms in collaboration with the Nutrition Services Department. Four schools, Valencia Park, Commonwealth, Orangethorpe and Raymond are currently in the process of being redecorated to give them a cafe look and feel as

recommended through the Smarter Lunchroom Movement. Examples of items being purchased with SJMC funding includes new and updated signage, colorful artwork of fruits and vegetables, and window vinyls. These changes are made in an effort to increase participation and encourage students to eat well. Once these 4 sites are complete the other 5 Title 1 schools will be assessed for their specific needs.

The Wellness Policy poster will be posted in school offices and lunchrooms. The Director of Nutrition Services will present the Smart Snack Guidelines to site administrators Fall 2018. With the support of the Wellness Advocacy Council members, all schools will be encouraged to apply for the Alliance for a Healthier Generation's Healthy Schools Recognition Program and each school will be encouraged to form a site wellness council.

### **Celebrations, Rewards, and Fundraising**

Healthy celebrations and fundraising tips were shared with principals, staff, community partners and district staff attending Wellness Advocacy Council meetings. The information was also posted on the District Wellness webpage.

About 76% of schools limit classroom events/celebrations involving food to no more than 4 times a year. That is down from 93.8% in 2017. Non-Food Rewards were encouraged for student achievement.

In the 2018-2019 school year, information on healthy celebrations and fundraising will be presented at PTA and DELAC meetings and continue to be posted on Wellness website. At an educational leadership meeting in Fall 2018, fundraising guidelines will be shared with administrators with the goal that over 90% of principals will know the guidelines.

### **V. Nutrition Education and Physical Activity Goals** *(includes Physical Activity, P.E., and Active Transport)*

#### **Nutrition**

In the 2016-2017 school year, FSD continued to work with several community partners to implement nutrition education at all elementary schools. Students in 1<sup>st</sup> through 6<sup>th</sup> grade received at least three lessons and were encouraged to teach up to six nutrition lessons based on the Dairy Council of California's evidence-based curriculum. PE teachers delivered the lessons at each school site. These lessons reinforced healthy food messages promoted on school campus. In addition, an A-Z salad bar was made available once a year to all district schools through Nutrition Services. This bar featured a fruit or vegetable that corresponds with each letter of the alphabet and provides students with the chance to sample each item. This encouraged the consumption of fruits and vegetables and provided an opportunity to try new foods. Nutrition Services also offered a "Build a Healthy Burrito" nutrition education class once a year that covered healthy choices for a tasty burrito. Although participation was not mandatory, schools were encouraged to participate in these free events. FSD also worked closely with OCDE to evaluate lunchrooms based on the Smarter Lunchroom rubric. Most Title 1 Schools received a summary based on the evaluation of the site lunchroom.

Elementary physical education teachers were provided with a box of food models including: fruits, vegetables, and other foods for lessons on nutrition.

Almost 70% of schools report having nutrition education at least 1-5 hours per school year in the classroom.

In the 2017-2018 school year, FSD partnered with OCDE and SJMC to evaluate all Title 1 Schools and to begin to implement the strategies as recommended through the Smarter Lunchrooms rubric. Nutrition Services worked to evaluate school sites and implement Smarter Lunchroom techniques for all district schools. This was done by providing students with additional entree options for lunch, implementing salad bars at most schools, and giving food items fun names. The elementary lunch menus now include two daily vegetarian options. Three Title 1 schools are also currently in the process of being redecorated to make them more welcoming and to encourage greater participation.

Elementary physical education teachers implemented six lessons in the area of nutrition this school year. In addition, the Harvest of the Month program was offered to all teachers which included a nutrition education component. In total, 127 teachers from the Title 1 schools and 52 teachers from non Title 1 schools participated in the Harvest of the Month program. SJMC grant funds supported this program in the Title 1 schools and Nutrition Services supported it in non Title 1 schools. Nutrition services also provided daily PA announcements with tidbits of nutrition information to be shared at each site.

In 2018-2019, we will continue to refine the lessons and provided resources as needed.

### **Physical Activity**

To provide students with more opportunities to participate in moderate to vigorous physical activity during the school day, 8 Title 1 schools in the FSD participate in St. Jude Medical Center's Lunchtime Exercise Activity Program. This program is implemented by college seniors and provides organized games to keep students active during lunch recess and presents positive role models for students. This spring, PE teachers at district school sites provided fourth grade students with the opportunity to participate in a roller hockey tournament with the Anaheim Ducks organization. Students were able to practice after school and then compete in the tournament in April.

At over 90% of the school sites, students in physical education classes spend more than 50% of the time in moderate to vigorous physical activity.

Teachers were also provided resources for and encouraged to introduce physical activity breaks for their students throughout the day. Resources were added to the Wellness webpage that included ideas for short periods of activity for students throughout the school day which helps boost student's academic performance, increases concentration and focus, and improves classroom behavior and attendance. Teachers and school staff also had access to a list of ideas for discipline alternatives to withholding physical activity during the school day via the Wellness webpage.

In 2017-2018, in addition to the 6 nutrition lessons that continue to take place in PE, principals encouraged classroom teachers to provide physical activity breaks to students every 15 minutes in the primary grades and every 30 minutes in the upper grades as appropriate.

In 2018-2019, physical activity in the classroom will continued to be encouraged as listed above.

## **VI. Health Promotion**

### **Community Health Promotion and Engagement**

Nutrition Services provided nutrition education tips throughout the year through their public Twitter account, offers kid's choice lunch menu recipes and healthy tips for the community, and makes available numerous resources for nutrition education and physical education guidance on their district website.

In the 2017-2018 school year, two Title 1 schools were part of the Second Harvest Food Bank School Pantry Program: Valencia Park and Woodcrest. In addition, Nutrition Services reached out to the community and encouraged parents to participate in a district wide Rice Recipe Contest. This contest was an initial step in providing students with more scratch prepared foods as part of the school lunch program. Two recipes were chosen as the winners of the contest, one Mexican rice recipe and one Asian rice recipe. Winners were recognized at the June 2018 Board Meeting (one family attended, one was unavailable). These recipes will be implemented into the school lunch program next school year. Nutrition Services also participated in the Padres en Accion parent classes conducted at three of the Title 1 schools by providing two nutrition lessons and a taste test to allow parents to sample an actual school meal.

In 2018-2019, the two schools will continue to participate in the Second Harvest Food Banks School Pantry Program.

### **Staff Wellness and Health Promotion**

The Benefits Department sponsored the annual health and wellness fair for all district staff to provide resources that support healthy behaviors. Information and resources on staff wellness were also provided to teachers through the Wellness and Safety Committee. Teachers were presented information and encouraged to bring the information back to their school sites and share with staff. The Department also sponsored a wellness challenge for all employees.

In 2018-2019, the Benefits Department will continue the annual health and wellness fair and challenges for all employees.

### **Professional Learning**

FSD PE teachers met three times as a Professional Learning Community to share ideas, resources and strategies on best practices in physical education. They share a Google Document to share resources and strategies for nutrition and physical education.

In the 2017-2018 school year, the district continued to provide three days for professional learning for PE teachers on health and fitness.

Next school year, PE teachers will continue to meet and develop lessons on health, nutrition, and fitness.

### **Posting Requirements**

The Wellness Policy is posted on several pages of the FSD website. In addition to these postings, an infographic poster of FSD Wellness Policy highlights will be posted in each school's front office, cafeterias, district offices, and will be available on the FSD website. The district also promotes staff member, parent, and community member participation on the Wellness Advocacy Council. Information about how individuals can get involved are posted on the FSD website.

In the 2017-2018 school year, each school's website featured a link that directs visitors to the FSD Wellness Policy. Dates for the Wellness Advocacy Meetings were posted online to the public.

In 2018-2019, dates for the Wellness Advocacy Meetings will continue to be posted online to the public.

