

Annual Wellness Report 2022-2023

The District Wellness Policy adopted in 2016 and updated in 2019 requires an annual report evaluating the implementation and progress of the Wellness Policy and Regulations. A brief summary of these accomplishments are below.

The Board of Trustees recognizes a strong link between student health and educational outcomes. To promote healthy eating and physical activity, the District will use the Whole School, Whole Community, Whole Child model (WSCC) to provide a comprehensive wellness program. (Appendix A: WSCC Model) The Superintendent or designee will support and reinforce health literacy through WSCC's ten components: (1) health education; (2) physical education and physical activity; (3) nutrition environment and services; (4) health services; (5) counseling, psychological, and social services; (6) social and emotional climate; (7) physical environment; (8) employee wellness; (9) family engagement; and (10) community involvement.

Research shows that two components, good nutrition and physical activity throughout the day, are strongly correlated with positive student outcomes. Less-than-adequate consumption of specific foods, including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active - do better academically. (American Heart Association, 2010, Nansel, 2010, Van Dusen, 2011)

Wellness Council

The Superintendent or designee will establish a District wellness council or other committee to advise the District on wellness-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charge(s) will include the planning and implementation of activities to promote health and wellness within the school or community and monitor policy implementation. The committee will meet at least four times annually.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the District and each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. This wellness policy and the progress reports can be found at www.fullertonsd.org. The Superintendent will designate at least one person within the District who is charged with operational responsibility for ensuring implementation of this policy.

The Superintendent or designee will report to the Board each May, as part of the Annual Progress Report, on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy on the Wellness page of Fullerton School District's website.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in May and will include information from each school within the District.

The District and individual schools will notify households/families of the availability of the annual report. The District, in collaboration with individual schools, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary schools) for each of the content-specific components listed in Section IV: Nutrition Education and Physical Activity Goals.

Triennial Progress Assessments

The Superintendent's designee will be responsible for managing the triennial assessment and to report on progress made in the last three years and recommendations for improvement. The Wellness Advocacy Council, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District will notify households/families of the availability of the triennial progress report.

Community Involvement, Outreach, and Communications

The District will notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports. To encourage consistent health messages between the home and school environment, health information will be disseminated to parents/guardians through District, school, or other communications. Outreach to parents/guardians will emphasize the relationship between student health and academic performance.

III. School Health, Safety and Environment

The District believes that all students have the right to be educated in a learning environment that is safe and drug-free. According to the Centers for Disease Control and Prevention,

engaging in routine healthy behaviors during childhood is easier than changing unhealthy habits during adulthood. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves academic performance.

Physical Environment, Health, and Safety

The District places safety as a top priority by creating environments that are respectful, orderly, and drug-free.

Social and Psychological Health

The District recognizes that mental health has an impact on student life at all grade levels.

Health Services

The Health Services program is a critical component of wellness that improves educational outcomes and a person's well-being.

IV. Nutrition Goals

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.¹

Nutrition Services will provide professional development for their staff to ensure that they adhere to the Wellness Policy and food safety standards on an annual basis.

Food Safety and Sanitation Standards

Children are a population susceptible to foodborne illness. For this reason, food safety and sanitation standards must be followed at all events where food is served or prepared. The food safety and sanitation standards include knowing where and how food is made as well as storing and holding foods at proper temperatures.

¹ Refer to <http://professionalstandards.nal.usda.gov> for more details.

Food safety and sanitation standards must be followed at all events, in which food is served or prepared.²

School Meals

Our school district is committed to serving healthy meals to children, that meet the current USDA dietary guideline which include plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs will meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

In order to maximize the District's ability to provide nutritious meals and snacks, all District schools will participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. Information to enroll in school meal programs is available on the FSD website and individual school websites.

Nutrition Guidelines for Foods Available at School

The Superintendent or designee will encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also will encourage school staff to avoid the use of food as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff will encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties and by limiting foods or beverages that do not meet Smart Snacks nutrition guidelines. Class parties or celebrations will be held after the lunch period. No home prepared foods are allowed for classroom parties. Foods must have nutritional labels to easily identify allergens. All foods intended to be shared with students must be purchased from a reputable food vendor with a valid food permit to ensure safety and sanitary standards.

² Refer to www.foodsafety.gov for more details.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently

through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

Food and Beverage Marketing in Schools

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

The Board believes that foods and beverages sold to students at District schools will support the health curriculum and promote optimal health. Nutrition guidelines adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's nutrition food service program, student stores, vending machines, fundraisers, or other venues, will meet or exceed State and federal nutrition Guidelines.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. (Appendix I: Competitive Food Regulations)

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the extended school day will meet or exceed the USDA Smart Snacks

nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through celebrations, parties, classroom snacks brought by parents, rewards, and Incentives.

Fundraising

School organizations will use healthy food items or non-food items for fundraising purposes. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers.

V. Nutrition Education and Physical Activity Goals

The District will provide goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The District's nutrition education and physical education programs will be based on research, consistent with the expectations established in the State's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition education will be provided as part of the health education program in grades K-8 and, as appropriate, will be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs.

All students in grades K-8 will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through physical education, recess, school athletic programs, extracurricular programs, before- or after-school programs, and other structured and unstructured activities.

The Superintendent or designee will encourage staff to serve as positive role models. He/she will promote regular physical activity and healthy choices among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Physical Activity

A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities; the District is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation in sports teams that have specific academic requirements. The District will provide teachers and school staff with a list of ideas for alternative ways to discipline students.

Indoor and outdoor physical activity facilities will be open to students, their families, and the community outside of school hours, to the extent possible, through a formal joint or shared use agreements. The District reserves the right to close off access to facilities in the event that equipment is damaged. The District will work with schools to ensure that inventories of physical activity supplies are known and will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

Physical Education

The District will provide students with sequential age-appropriate physical education, curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle. It will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

Active Transport

The District will support active transport to and from school, such as walking or biking.

VI. Health Promotion

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of, and approaches for, healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The Wellness Advocacy Council will focus on staff wellness issues, identify and disseminate wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The District will use a healthy meeting policy for all events with available food options that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Posting Requirements

The District will post the wellness policy on nutrition and physical activity on the Fullerton School District website and in public view within all school cafeterias. Additionally, a link to the wellness policy will be posted under the resources tab on school websites.

2023-2024 Wellness Meeting Dates

September 19, 2023	3:30 PM
November 14, 2023	3:30 PM
January 23, 2024	3:30 PM
April 16, 2024	3:30 PM