

Annual Wellness Report 2016-2017

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. Nutrition Services also continues to offer two or more daily fruit options throughout the meal service line to allow students more options and encourage fruit consumption.

According to the end-of-the-year wellness survey, 50% of our 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 75% 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 October 2016.

Principals at Title 1 schools were encouraged to apply for Alliance for a Healthier Generation's Healthy Schools Recognition Program. One school applied but was not chosen this year for the bronze level. OCDE will be working with another school site to submit an application by December 2017 for bronze level recognition.

In the 2017-2018 school year, all Title 1 schools will participate in Smarter Lunchrooms. A plan will be put into place to transform non-Title 1 school lunchrooms into Smarter Lunchrooms in collaboration with Nutrition Services Department. 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 2017.

Celebrations, Rewards, and Fundraising

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

About 75% of principals were aware of the limit of no more than four fundraising efforts in a school year of food and beverages that met or exceeded USDA Smart Snacks standards.

In the 2017-2018 school year, information on healthy celebrations and fundraising will be presented at PTA and DELAC meetings and continue to be posted on Wellness website. Additionally, each school site will post a link from the school website to the District Wellness website. At an educational leadership

meeting in Fall 2017, 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 grades 1st through 6th received at least three and 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 bar is made available once a year to all district schools through Nutrition Services. This bar features a fruit or vegetable that corresponds with each letter of the alphabet and provides students with the chance to sample each item. This promotes the consumption of fruits and vegetables and provides an opportunity to try new foods. Nutrition Services also offers a "Build a Healthy Burrito" nutrition education class once a year that covers healthy choices for a tasty burrito. Although participation is not mandatory, schools are 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 fake fruits, vegetables, and 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 will partner with OCDE and SJMC to evaluate all Title 1 Schools and to begin to implement the strategies as recommended through the Smarter Lunchrooms rubric. Additionally, Nutrition Services will work to begin evaluation of at least one school site as a model Smarter Lunchroom for other district schools. Elementary physical education teachers will implement a minimum of four lessons in the area of nutrition this school year.

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 afterschool 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. Including short periods of activity for students throughout for the school day helps boost student's academic performance, increases concentration and focus, and improves classroom behavior and attendance. Teachers and

school staff had access to a list of ideas for discipline alternatives to withholding physical activity during the school day via the Wellness webpage.

In the 2016-2017 school year, principals selected one nutrition or physical activity goal that they worked towards. In addition, PE teachers strove to deliver 6 nutrition lessons to their 1st through 6th grade students.

In 2017-2018, principals will encourage 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.

VI. Health Promotion

Community Health Promotion and Engagement

OCDE has delivered a Parent Series that provided nutrition education for parents and community members at two FSD school sites. Nutrition Services also provides 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.

To encourage the consumption of and increase access to fruits and vegetables, 8 Title 1 schools participate in Harvest of the Month and Farm to School programs. In addition to this, one Title 1 FSD school has applied to become a part of Second Harvest Food Bank's School Pantry Program. This program provides an accessible source of food assistance to low-income students and their families. Five Title 1 schools also participated in the We've Got Your Back program, a program that delivers weekly backpacks filled with fresh produce and bread to eligible participants in order to ensure they receive the nutrition they need over the weekend.

In the 2017-2018 school year, two Title 1 schools will be part of the Second Harvest Food Bank's School Pantry Program: Valencia Park and Woodcrest.

Staff Wellness and Health Promotion

In March 2017, 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.

Additionally, six staff wellness workshops were provided after school in collaboration with Nutrition Services, OCDE, and the Dairy Council. The classes had over 45 registrations altogether.

In the 2017-2018 school year, Educational Services will collaborate with community partners on Staff Wellness workshops focused on nutrition and mental health. Topics like Top 10 Nutrition Trends and To Snack or Not to Snack and Stomp on Stress are a few of the titles of the workshops to be offered.

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 will continue to provide three days for professional learning for PE teachers on health 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 will feature a link that directs visitors to the FSD Wellness Policy. Dates for Wellness and Safety and the Wellness Advocacy Meetings will be posted online to the public.