

# Annual Wellness Report Fullerton School District School Year 2024-2025

## Introduction

In accordance with the Fullerton School District's Wellness Policy adopted in 2019, this report provides an annual evaluation of the policy's implementation and progress. The following summary reflects comprehensive findings based on evaluations conducted by Nutrition Services, individual school sites, and district staff during the 2024–2025 school year.

## SWOT Analysis (Strengths, Weaknesses, Opportunities and Threats):

<b>Strengths</b> <ul style="list-style-type: none"><li>• Appointment of a new Nutrition &amp; Wellness Coordinator ( Oct 30, 2025 ), bringing fresh leadership.</li><li>• Strong partnerships with local and regional organizations supporting wellness initiatives.</li><li>• Increased engagement from newly appointed principals and administrative staff, providing an opportunity for alignment and stronger policy execution.</li><li>• Baseline data collected from three district-wide staff surveys (principals surveyed twice and PE teachers) within Fullerton School District to inform planning and goal setting.</li></ul>	<b>Weaknesses</b> <ul style="list-style-type: none"><li>• COVID-19 disruptions slowed the momentum of in-person programs and limited staff training opportunities.</li><li>• Wellness reporting and data collection were limited during pandemic years.</li></ul>
<b>Opportunities</b> <ul style="list-style-type: none"><li>• Improve cross-department collaboration to enhance comprehensive school health.</li><li>• Strengthen planning, assessment, and evaluation of</li></ul>	<b>Threats</b> <ul style="list-style-type: none"><li>• Dependence on external grant funding may present sustainability and time-constraint challenges.</li></ul>

district-wide health initiatives. <ul style="list-style-type: none"> <li>• Maximize impact by integrating interrelated wellness programs.</li> <li>• Increase health and wellness engagement across students, staff, and families.</li> </ul>	
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### **Whole School, Whole Community, Whole Child (WSCC) Framework**

The district's wellness initiatives are guided by the WSCC model, addressing ten key 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
- (10) community involvement

#### **I. Wellness Council**

The Nutrition & Wellness Coordinator facilitated four meetings to share updates across district departments and to provide guidance and support for school health and wellness programs, activities, and policies.

Meeting dates:

- September 18, 2024
- November 19, 2024
- January 21, 2025
- April 15, 2025

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

The district is committed to maintaining a comprehensive plan to coordinate the implementation of its wellness policy.

Below is an overview of implementation efforts for the 2025–2026 school year:

<b>Area</b>	<b>Goal/Objective</b>	<b>Responsible Party</b>	<b>Action Step</b>	<b>Timeline</b>	<b>Measurement/Outcome</b>
Nutrition Standards	Food sold should meet USDA Smart Snacks standards	Nutrition & Wellness Coordinator, Nutrition Services Director	Review and revise vending, à la carte, and fundraiser items	August 2025 – May 2026	100% of school sites (Principal & Office Admin) will receive a nutrition & wellness packet including a list of Compliant Smart Snacks.
Food & Beverage Marketing	Limit marketing to only items that meet nutrition standards	Site Principals, Nutrition & Wellness Coordinator, Nutrition	Survey current marketing, remove non-compliant ads, revise vendor contracts	Ongoing: complete first survey by December 2026	All principals and District administrative staff will be trained on food & beverage marketing that meets nutrition standards (CDE/USDA).
Nutrition Promotion & Education	Integrate nutrition education into afterschool, classroom curriculum, Physical Education, and school events	Nutrition & Wellness Coordinator, Teachers, PE Teachers, PTA	Provide teacher resources. Implement 3 district-wide campaigns (October -Food & Mood, February - Heart Month, Staff Wellness in April)	October 2025 - June 2026	At least 50% of schools participate in at least one campaign
Physical Activity	Increase student activity during the	Classroom Teachers,	Launch brain breaks, recess	Pilot: Fall 2025; Full Rollout Spring 2026	The Physical Activity webpage

	school day outside of PE	Principals, Nutrition & Wellness Coordinator	games, and active learning strategies		will be accessed by at least 100 unique visitors.
Physical Education	Meet California PE minute requirements and include wellness topics	PE Department Leads	Provide PD, monitor schedules, integrate wellness themes	Ongoing, with review of compliance at the end of each trimester	100% of schools meet PE minute mandates

### Annual Progress Reports

The report will be placed on the District website under the [Wellness Program](#).

### Triennial Progress Assessments

Due to the COVID restrictions, the implementation measurements of nutrition and physical activity goals were not collected because in person connections ceased. However, this school year, SY 24-25, we measured the Wellness Policy verbiage and implementation via *Principal School Site Wellness Evaluation* surveys. We have areas of strength and future opportunities within nutrition education and promotion.

Fullerton School District is committed to expanding awareness of wellness initiatives by increasing visibility and access to resources for students, families, and staff. By utilizing diverse communication platforms and strengthening community partnerships, the district aims to build a culture of health and collaboration.

### Community Involvement

To enhance community engagement and outreach, the district uses a variety of platforms:

- Current Platforms:
  - [District Community Schools Webpage](#)
  - [District Wellness Page](#)
  - [Nutrition Services](#)
- Planned Expansion in 2025–2026:
  - District Instagram (for student, staff, and family engagement)

- Peachjar (flyer distribution for wellness events and resources)
- District eNewsletter (monthly wellness updates and highlights)

These platforms are designed to ensure that families have access to timely, accurate, and actionable wellness information.

### **Community Partnerships**

Our district values the strong relationships with local organizations that help bring essential resources and services to our school communities. These partners provide food security, healthcare access, nutrition education, and family support services:

- Fullerton Express Pharmacy-offers local, personalized medication and immunization services to support community wellness.
- Bracken's Kitchen – Healthy meal distribution and food recovery
- Second Harvest Food Bank – Produce distribution and food access support
- OC United (Nicolas Junior High & Valencia Park Community School) – Family engagement and community care
- Pathways of Hope – Homelessness prevention and basic needs assistance
- National Giving Alliance – Clothing and hygiene supply distribution
- Orange County Health Care Agency – Public health resources and chronic disease prevention
- Providence-St. Jude – Move More, Eat Healthy Initiative – Physical activity and nutrition programming
- Fullerton Collaborative – Multi-sector partnership supporting family and community wellness
- CHOC Children's Hospital – Provider of the *PODER* (Prevention of Obesity and Diabetes through Education and Resources)
- CareSolace – Mental health care coordination and access support
- Hazel Health – Telehealth services for physical and mental health
- Daybreak – Youth mental health and wellness services

These collaborations help extend the reach of our wellness efforts and ensure a whole-child, whole-community approach to health.

### **Health Education**

- Discovery Education science curriculum integrates health standards into its [lessons](#)
- Grade-specific nutrition lessons will be developed by elementary PE teachers over the summer, with implementation in 2025-2026

### **Physical Environment, Health, and Safety**

This year, comprehensive safety measures were implemented across the district to enhance staff readiness and overall campus security. All staff completed Active Intruder, SAM, Mandated Reporter, and Workplace Violence Prevention training. Emergency preparedness was reinforced through updated emergency backpacks and regular schoolwide drills. School Security Monitors continued to support campus safety, and staff wellness initiatives remained a priority.

AED (Automated External Defibrillator) implementation was successfully expanded, with units installed at every school site—some schools and all K–8 campuses now have two.

- Additional AEDs were placed at district offices and in Nutrition Services. Health assistants conduct monthly AED compliance checks, complete online training through Cardio Partners, and participate in ongoing accessibility evaluations.
- Additional AED's were placed at the 4 Encore school sites.
- All expired electro pads on AED's through the district have been replaced.

Each year CPR training was provided by FSD nurses, PE teachers, and key staff. Future planning includes expanding resources, such as blood pressure cuffs, and maintaining regular compliance monitoring.

Passage of Measure N provides funding to complete perimeter safety fencing at all of our campuses plus provide two gymnasiums in the 2025-26 school year at Nicolas and Parks Junior High School which will serve as refuge centers during inclement weather.

### **Social and Psychological Health**

School sites continue to support student well-being through services offered by counselors, psychologists, and mental health professionals aligned with WSCC principles.

#### **Mental Health Staff & Services Snapshot**

- Mental Health Associates (MHAs): Currently onboarding 2 more. Please remind me closer to your presentation for an updated number.
- Mental Health Counseling Specialists (MHCSs): 4 (6 total, but 2 are currently serving as MHAs)
- School Psychologists: 17 – Primarily support assessments but can provide mental health services as needed.

#### **Current Caseloads (MHA/MHCS):**

- 255 students with IEP counseling goals

- 191 students with 504 plans
- 52 students in lunch bunch groups
- 9 students in push-in support groups
- Daily check-ins: 40–60 students across 7 sites

#### Hazel Health:

- 55 students served
- 843 visits this school year
- Referrals: 26% from families, 74% from school staff

#### Health Services

Our school health staff remain dedicated to supporting student wellness through routine screenings, chronic condition management, and strong partnerships with community organizations.

#### Vision Support – Pack Drive & Vision to Learn

- 606 students screened
- 142 received full eye exams
- 118 students provided with glasses

#### Health Staffing & Coverage

- Total Enrollment: 11,229 students
- Nurse-to-Student Ratio: 1:2, 245

#### State-Mandated Health Screenings

Screenings are conducted based on grade-level mandates. Enrollment by grade:

- TK: 444
- Kindergarten: 1,052
- 2nd Grade: 1,231
- 5th Grade: 1,220
- 8th Grade: 1,346

Approximately 20–25% of students screened are referred for further evaluation per campus.

#### Paradigm Testing (Audiology & Additional Assessments)

Total assessments conducted: 631

- Esther: 25
- Lindsey: 128
- Susan: 106
- Joan: 143
- Anna: 116
- Jen: 113

Note: This total does not include assessments documented on hard-copy logs for newly enrolling students (PAT).

#### **Nutrition Goals**

Seventy-three percent of the principals, during the April 2025 wellness survey, reported their nutrition education goals are to “increase student knowledge of healthy habits”, second was “to increase parent engagement” and third is to “encourage more fruits and vegetables”. The current curriculum mentioned in the principal survey is predominantly Dairy Council, MyPlate and future plans for garden lessons.

#### **Nutrition Education and Promotion**

Nutrition Services 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.

According to the end-of-the-year wellness survey, 69% of our elementary principals knew the Smart Snacks in School Nutrition Standards. About 76% of the principals shared that their staff are aware of the updated compliant Smart Snacks list. Next year, the Nutrition & Wellness Coordinator will present at GMM, PTA meetings, staff lounge promotion and provide stronger communication on Smart Snacks Standards.

This year, our district expanded hands-on nutrition education across multiple school sites and community locations, engaging both students and families through interactive lessons and activities.



Partners like Providence St. Jude Move More, Eat Health has provided support at the following school sites.

- **Woodcrest Elementary:** Monthly meeting with a 4th grade class of approximately 35 students and will complete a full series of 8 nutrition lessons by the end of the school year. Gardening lessons are planned to begin in Fall 2025.
- **Maple Elementary:** Launched in January 2025, this parent-and-child series hosts about 20 participants per monthly session. We anticipate starting garden-based lessons in the upcoming school year.
- **Richman Elementary:** Monthly gardening lessons began in January 2025 with a 4th grade class of 30 students.
- **Pacific Drive Elementary:** Since August 2023, Move More, Eat Healthy has been hosting bimonthly nutrition education sessions for parents, with around 20 participants per class. These sessions often include bilingual presentations (Spanish and English) and hands-on activities to reinforce healthy habits.
- **Maple Community Center (YMCA Partnership):** In collaboration with the YMCA, Move More, Eat Healthy has provided monthly nutrition education to 20–30 youth from across the district—primarily Maple Elementary students—throughout the year. While the partnership has existed for several years, this specific series launched recently and has become a valuable resource for ongoing wellness promotion.

*Prevention of Obesity and Diabetes through Education and Resources (PODER):* In collaboration with CHOC (Children’s Hospital of Orange County), the district supported access to the PODER Program. This free, bilingual, family-focused program offers six interactive sessions for participants aged 8 to 75.

Topics include:

- Reducing sugary beverage consumption
- Increasing physical activity
- Understanding portion sizes and balanced meals
- Reading nutrition labels
- Identifying and avoiding high-fat “street” foods
- Developing media literacy and managing screen time
- Recognizing high-risk situations and practicing refusal skills

The program’s engaging, multi-generational approach supports Fullerton families in making sustainable lifestyle changes to prevent obesity and type 2 diabetes.

## **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 is also posted on the District Wellness webpage.

Smart Snack Compliance List is updated and provided by Nutrition Services located on the [Fullerton School District website](#) and Fullerton School [District's Nutrition Services website](#).

## **Nutrition Services**

This year, Nutrition Services has expanded its focus on engaging in school-wide events and initiatives within the community. Key activities include:

- Participation in Champions for Learning
- Little Farmers Preschool engagement
- District Staff Wellness Fair
- Classroom nutrition education and taste tests
- Rising Stars culinary experiences
- Traveling BBQ program
- Breakfast In The Classroom
- Renewed emphasis on scratch cooking at both the central kitchen and school sites.

These efforts strengthen community connections, support student wellness, and promote a culture of healthy eating across the district.

## **School Meals Overview – 2024–2025 School Year**

During the 2024–2025 school year, the district successfully served a total of **364,322 breakfasts** and **1,034,911 lunches** to students.

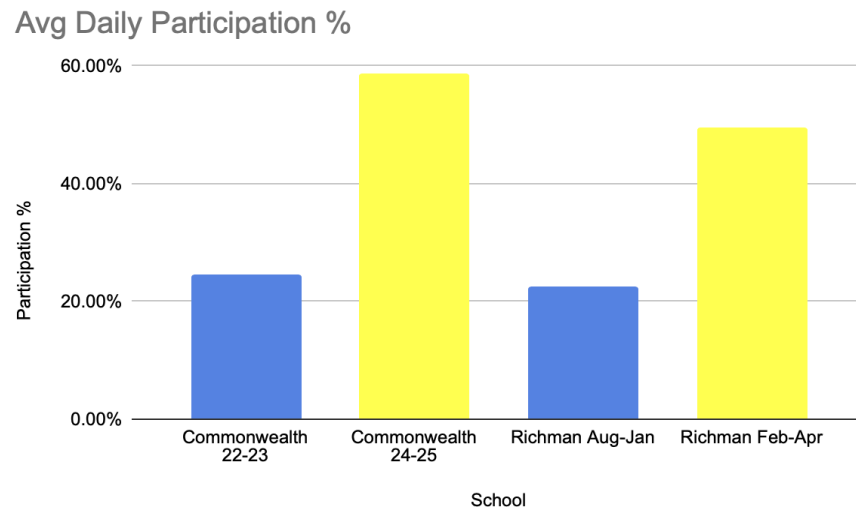
To enhance meal quality and nutrition, **approximately 45% of meals were prepared through scratch cooking**, reflecting the district's continued commitment to fresh, whole-food ingredients.

Breakfast in the Classroom was implemented at Commonwealth and Richman Elementary Schools, with participation rates showing significant improvement, meaning more students are eating breakfast. Additionally, the Traveling BBQ Program was launched, providing students with a unique and engaging meal experience across various school sites. As a result of these efforts, there has been an average monthly increase of 351 students participating in school lunch—meaning more students are nourished and better equipped to focus on their studies, ultimately supporting improved academic achievement.

These initiatives were made possible through strategic partnerships with nonprofit organizations such as No Kid Hungry, the Chef Ann Foundation, and EATREAL, all of which have been instrumental in advancing our mission to provide healthier, student-centered school meals.

#### Breakfast in the Classroom Impact:

- **Commonwealth Elementary** saw student meal participation rise from 24.56% in the 2022–2023 school year to 58.69% in the 2024–2025 school year.
- **Richman Elementary** experienced a notable increase as well, with participation growing from 22.50% (August–January) to 49.47% (February–April).



### **Physical Activity**

This Spring, physical education teachers at various schools offered 4th and 5th grade students the opportunity to participate in a street hockey tournament in partnership with the Anaheim Ducks organization. Students were able to practice after school and then compete in a districtwide tournament in April.

Junior high students have the opportunity to participate in the FSD Sports League, which offers a variety of sports, including basketball, volleyball, soccer, and flag football, across three seasons. Additionally, a track and field event is scheduled for the spring.

The district website was refreshed with current resources to encourage staff to provide 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 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.

### **Community Involvement**

Nutrition Services reached the community through three public social media accounts. Nutrition education, healthy tips, and menu updates are shared on Instagram and Facebook pages. Nutrition Services made numerous resources available for nutrition education and physical education guidance on their department website. Student opinions regarding menu options were taken into consideration via surveys, taste tests, and Nutrition Advocate Committees.

In the 2024/2025 school year, six Title 1 schools were part of the Second Harvest Food Bank School Pantry Program: Commonwealth Elementary, Raymond Elementary, Valencia Park Elementary, Woodcrest Elementary, and Nicolas Jr. High School held Mobile Food Pantries once per month. Pacific Drive Elementary has a Stationary Food Pantry, The Dolphin Market with food supplied from Second Harvest with partnership increase in the 25/26 school year. We plan to apply to onboard an additional four Mobile Food Pantries for sites without them in the 25/26 school year.

### **Staff Wellness Summary**

The district continues to prioritize employee well-being through a variety of initiatives designed to support physical, emotional, and mental health.

- Flourish to Nourish Staff Wellness eNewsletter – Monthly digital newsletter sharing wellness tips, upcoming events, and resources.
  - April Staff Wellness Fair – A districtwide event featuring local health vendors, wellness booths, and health screenings.
  - April Daily Wellness Calendar – Daily self-care activities and challenges to promote consistent well-being throughout the month.
  - On-site Health Screenings – Offered to help staff monitor key health indicators and encourage preventive care.
  - Staff Summer Fit Club (June 2025 Launch) – A new initiative to keep staff active and connected during summer break through group fitness, walking challenges, and health-focused meetups.
  - Cal State Fullerton Health Coaching Partnership – Interns from CSUF will support staff wellness goals through personalized coaching and accountability starting Summer 2025.
  - Employee Assistance Program (EAP) – Confidential counseling and mental health support available to all employees.
- Health Plan-Specific Resources:
- Blue Shield – Wellvolution: A personalized digital wellness platform offering weight management, diabetes prevention, and mindfulness tools.
  - Kaiser – Center for Healthy Living: In-person and virtual classes, coaching, and lifestyle programs to support holistic health.

These offerings reflect the district's ongoing commitment to supporting the health and wellness of all staff members.

## **Professional Learning**

Fullerton School District PE teachers met five times during the 2024–2025 school year as a Professional Learning Community (PLC) to collaborate on best practices in physical education. These meetings provided a dedicated space for educators to share ideas, instructional strategies, and aligned resources that support student wellness.

Nutrition Services staff participate in ongoing professional development through Food Safety Manager certification programs. This training is essential to ensure compliance with food safety standards, maintain high-quality meal service, and support the health and well-being of all students.

This ongoing professional collaboration strengthens program consistency across school sites and supports the district's commitment to promoting lifelong healthy habits in students.

### **Posting Requirements**

The Wellness Policy is posted:

- On the Fullerton School District website
- On the Nutrition Services webpage
- In all 20 school cafeterias

The district encourages staff and community participation on the Wellness Advocacy Council. Progress reports and the Triennial Assessment are also publicly available online.

### **Oversight and Accountability**

Dr. Robert Pletka, Superintendent, has designated the Food Service Director and Nutrition & Wellness Coordinator to oversee the implementation and evaluation of the District's wellness policy and programming.