

## Annual Wellness Report 2015 – 2016

The District Wellness Policy requires an annual report evaluating the implementation and progress of the Wellness Policy and Regulations, as well as recommendations for changes or revisions. The Wellness Committee is proud of the accomplishments that the Fullerton School District has made in the 2015-2016 school year. A brief summary these accomplishments are below.

### **IV. Nutrition Goals**

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

To promote nutrition and Wellness Policy guidelines within Fullerton School District schools, Educational Services is working closely with Orange County Department of Education (OCDE) to develop an infographic poster that will highlight main points from the Wellness Policy. This poster will be displayed in each school's front office, in their lunchrooms, and will be accessible to parents and staff on the FSD website. In addition, in an effort to create an environment that provides consistent nutrition messages and encourages healthy food choices, St. Jude Medical Center (SJMC) provided posters displaying a variety of fruits and vegetables for all Title 1 schools that promote National Nutrition Month. Nutrition Services also currently offers two or more daily fruit options throughout the meal service line to allow students more options and encourage fruit consumption.

To promote nutrition and Wellness Policy guidelines to FSD staff the Director of Nutrition Services presented information about Smart Snack guidelines, healthy vendor options, and importance of marketing healthy foods to principals at the General Management Meeting in April. Principals were encouraged to bring this information back to their school sites and share with staff.

In the 2016-2017 school year, all schools will participate in Smarter Lunchrooms, a research-based program that introduces simple strategies that encourage students to make healthier, more nutritious food choices at school. The Wellness Policy poster will also be posted in school offices, lunchrooms, and the Fullerton School District webpage.

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

Healthy celebrations and fundraising tips were shared with principals at the General Management Meeting, school staff attending Wellness and Safety Committee meetings, and community partners and district staff attending Wellness Advocacy Council meetings. In an effort to share this information with parents, by the end of May 2016, the Wellness Coordinator will have attended all Title 1 school open houses to distribute information on healthy celebrations ideas to parents. Representatives from the Move More, Eat Healthy campaign will also be attending these open houses to provide additional nutrition resources to parents and continue to provide consistent nutrition messages to students. The Wellness Coordinator will also partner with OCDE to schedule presentations on healthy celebrations and Wellness Policy guidelines at PTA and DELAC meeting for the 2016-2017 school year.

In the 2016-2017 school year, information on healthy celebrations and fundraising will be presented at PTA and DELAC meetings and posted on Wellness website.

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

### **Nutrition**

In the 2015-2016 school year, FSD worked with several community partners to implement nutrition education at all elementary schools. Students in grades 1<sup>st</sup> through 6<sup>th</sup> received at least three nutrition lessons based on the Dairy Council of California's evidence-based curriculum. PE teachers and/or health educators delivered the lessons at each school site. These lessons reinforced healthy food messages promoted on school campus. Fourth and fifth grade students also received fitbook juniors, daily dietary journals meant to bring awareness to the food student's eat and encourage healthy behavior change. 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 is also working closely with OCDE to implement Smarter Lunchroom techniques at participating schools. One Fullerton school is also planning on coordinating a 30-day fruit and vegetable challenge in the upcoming school year. This challenge will encourage students to eat fruit and vegetables throughout the designated month in an effort to meet or exceed the goal set by the school.

In the 2016-2017 school year, FSD will partner with OCDE and SJMC to extend the implementation of Smarter Lunchroom techniques to all schools in the district.

### **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 three school sites provided fourth grade students with the opportunity to participate in a street hockey tournament with the Anaheim Ducks organization. Students were able to practice afterschool and then compete in the intramural tournament in April.

At the beginning of the school year, teachers were also provided resources for and encouraged to introduce physical activity breaks for their students throughout the day. 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. In addition, teachers were notified that physical activity should not be withheld as punishment for any reason. To support this, by the end of May, teachers and school staff will be provided with a list of ideas for discipline alternatives to withholding physical activity during the school day.

In the 2016-2017 school year, principals will select one nutrition or physical activity goal that they will work towards. In addition, PE teachers will strive to deliver 6 nutrition lessons to their 1<sup>st</sup> through 6<sup>th</sup> grade students.

## **VI. Health Promotion**

## **Community Health Promotion and Engagement**

In an effort to promote to students, parents/caregivers, families, and the general community of the benefits a healthy lifestyle the Wellness Coordinator and Superintendent's Office hosted a fall and a spring Fullerton Fit Families event. FSD collaborated with several community organizations to provide students, families, and staff with the opportunity to learn about various health topics and provide an opportunity for family fitness. 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.

To promote water as a healthy alternative to sugar-sweetened beverages, SJMC provided Nicolas Junior High with a hydration station. The hydration station was introduced to students with a "Rethink Your Drink" assembly conducted by representatives from the Move More, Eat Healthy campaign where students learned about the importance of selecting low-calorie beverages and were each given a water bottle as an incentive. SJMC also set up hydroponic gardens at three FSD Title 1 schools to provide students with hands-on, experiential nutrition education opportunities.

In the 2016-2017 school year, the district will work with the CSUF Teacher Ed program to implement nutrition education lessons at all FSD schools.

## **Staff Wellness and Health Promotion**

In March 2016, Benefits provided a 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.

In the 2016-2017 school year, Educational Services will collaborate with Benefits to support Staff Wellness projects.

## **Professional Learning**

In August, Dairy Council of California provided training to FSD PE teachers on their nutrition education curriculum to prepare PE teachers for the implementation of nutrition education. In addition, OCDE professional developers and physical education experts provided PE teachers with training on physical education techniques and the use of station cards. In addition, SJMC provided health educators to assist

elementary school PE teachers at Title1 schools implement six nutrition lessons for their first through sixth grade students.

In the 2016-2017 school year, the district will 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 in Wellness and Safety Committee meetings and/or Wellness Advocacy Council meetings. Information about how individuals can get involved are posted on the FSD website.

In the 2016-2017 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.