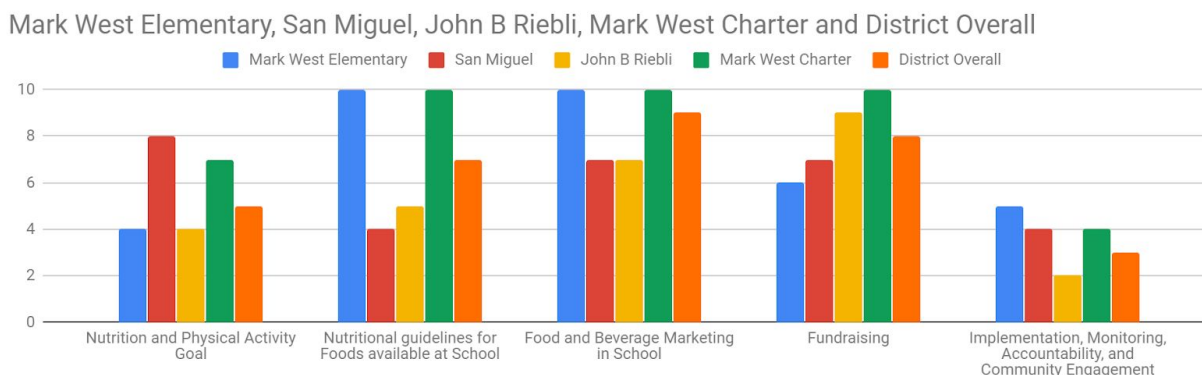


## **District Wellness Committee Triennial Review (June, 2020)**

In accordance with the District Wellness Board Policy 5030, the District Wellness Committee is required to complete a triennial assessment. During the January 2020 Wellness Committee meeting, a survey was given to members of the committee. The members were asked to review and evaluate the District Wellness Policy based on defined criteria. The members of the District Wellness Committee that conducted the evaluation consisted of Teachers, Classified Staff, Administrative Staff, and Parents.

The Committee was asked to evaluate the policy on a scale from 1-10 for each school site in the following areas. Below is a graph of the survey results.



The aggregate district scores are listed below.

### **Nutrition and Physical Activity Goal (Score 5)**

- Physical Education programs differ throughout the district.
- Teachers make an effort to get students outside at least one additional time per week for Physical Education, beyond the scheduled PE time.
- Walk a thon, jump rope challenge, “I do 26.2” are all additional programs to contribute to the physical health of our students.

### **Nutritional Guidelines for Foods available at School (Score 7)**

- The District has selected a new lunch vendor for the 20-21 school year.

### **Food and Beverage Marketing in School (Score 9)**

- Unhealthy celebration snacks have declined. Parents have been asked to provide a healthy alternative if they bring in a sugary item. Parents seem to like this option. Encouragement to bring non food items seems to be increasing.

### **Fundraising (Score 8)**

- Fundraising efforts utilizing healthy food or non food items has been increasing.

### **Implementation, Monitoring, Accountability, and Community Engagement (Score 3)**

- The District has established a Wellness Committee that represents all stakeholders including: Administrators, Certificated Staff, Classified Staff, and Parents. The Wellness Committee continues to encourage participation from all stakeholders.
- This is the first triennial review of our Wellness Policy that included a survey of the Wellness Committee members in attendance. It is recognized that there is room for improvement.

### ***Based on the results from the survey, the District Wellness Leadership team is making the following Recommendations for revision of Board Policy 5030.***

- The District Wellness policy does not address the subject of Mental Health. Our recommendation is to consult with our Educational Services department and potentially add a section to the District Wellness policy that addresses Mental Health for our students.
- At the next triennial review it is our recommendation that a survey be created and sent to all stakeholders (parents and staff) to get a broader representation from our school community.