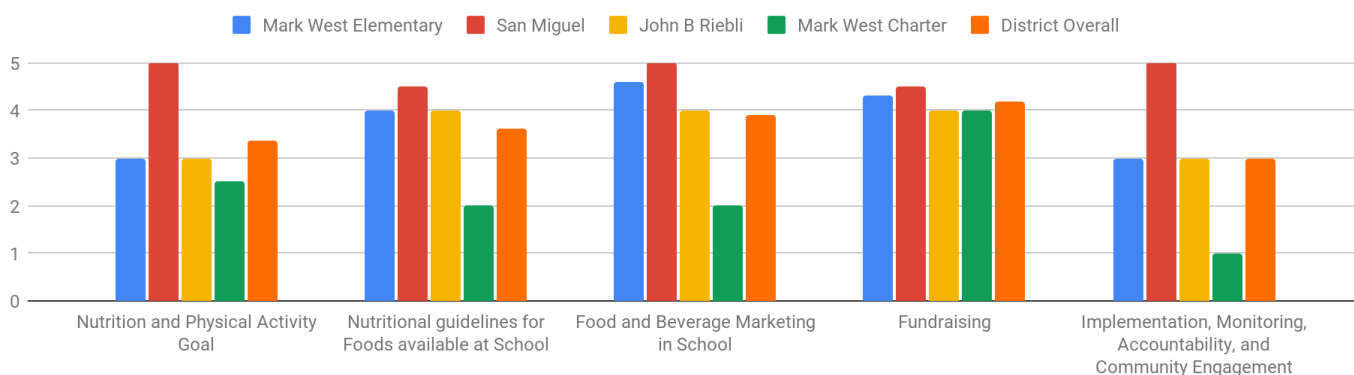


District Wellness Committee Triennial Review (May, 2023)

In accordance with the District Wellness Board Policy 5030, the District Wellness Committee is required to complete a triennial assessment. In February 2023, 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 1-5 for each school site in the following areas. Below is a graph of the survey results.

Mark West Elementary, San Miguel, John B Riebli, Mark West Charter and District Overall



The aggregate district scores are listed below.

Nutrition and Physical Activity Goal (Score 3.375)

- P.E. and recess help support physical goals
- Walk 'n' Roll is a great program to get kids some exercise on the way to school
- Basketball/volleyball sports available for grades 4-6
- Would be great to have an employee worksite physical activity
- PE should be a requirement for all year. Currently Charter only requires one quarter
- Professional development should be available for a nutrition program

Note:

CDE PE Requirements - Grades 1st - 8th

Elementary schools and schools with grades one through eight, inclusive, must provide a minimum of 200 PE instructional minutes to pupils each 10 school days excluding recesses and lunch time.

The Mark West Union School District meets this requirement.

Nutritional Guidelines for Foods available at School (Score 3.625)

- Sugar and food additives to the school lunches are not in our students best interest

Note:

Centers for Disease Control (CDC) finds that students who participate in the school meal programs consume more whole grains, milk, fruits, and vegetables during meal times and have better overall diet quality, than nonparticipants. (CDC website:

<https://www.cdc.gov/healthyschools/nutrition/schoolmeals>)

Ongoing concerns across the nation regarding added sugars in school meals have resulted in a proposal by the United States Agriculture Administration (USDA) to limit added sugars using a 2-phased approach. First, the plan proposes to limit added sugars in certain products beginning in fall 2025, targeting the most common sources of added sugars, such as breakfast cereals.

Then, in fall 2027, the plan proposes limiting overall added sugars across the weekly menu to less than 10% of calories per meal. (USDA, website:

<https://www.fns.usda.gov/cn/nutrition-standards>)

Food and Beverage Marketing in School (Score 3.9)

- Continue to have posters in the lunchroom to promote healthy eating habits.

Fundraising (Score 4.2)

- Fundraising events such as the Walk a Thon and Color Fun Run are done at all sites. Promotes healthy walking for fundraising
- Rebounders and Skate night reinforced physical activity in fundraising

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.

Items from the 2020 Triennial recommendation review that were implemented:

- Addressing the subject of Mental Health: The District prioritized the social and emotional well being of our staff and students by increasing our Counseling Team to three, full time counselors; one per site as of August 2022. Additionally, the District's Strategic Plan demonstrates the District's continued commitment to providing social and emotional support for staff, students and families.

New Recommendations

- 1) Principals and Teachers will be reminded of the state Physical Education (PE) requirement of a minimum of 200 PE minutes every 10 school days for grades 1-8.
- 2) School food service workers will be told to be mindful of the sugar and sodium levels when reviewing menu items for ordering, and they will be encouraged to select items with less sugar and sodium.