

Los Molinos Unified School District

September 19, 2013

Monitoring for Success:

Student Wellness Policy Implementation Monitoring Report

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Student Wellness Policy Implementation Monitoring Report

A Message to the Board

It is the responsibility of the governing board to ensure that the district's policy on student wellness meets or exceeds provisions set forth in federal and state law and is effective in promoting healthy eating and physical activity among district students. One key part of ensuring accountability is to determine whether the policy is being consistently implemented throughout the district, in accordance with the monitoring plan established in policy as mandated by law (see BP 5030 - Student Wellness).

To continually assess the implementation of your district's wellness policy, consider the following as you review the findings and recommendations of this report:

- **Does the board support and reinforce its wellness policy by setting clear goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate?**
 - » Are nutrition education and physical education a priority within schools at all grade levels?
 - » Has the board adopted California's Physical Education Model Content Standards to ensure all schools are striving to reach the same goals and objectives?
- **Does the board emphasize student health as a priority with an aim to reduce childhood obesity, including specific desired outcomes related to healthy eating?**
 - » Are nutritional guidelines adhered to for all foods and beverages available on each campus during the school day?
 - » Are the district's nutrition and physical education policies and practices aligned with other district efforts to provide a clear, comprehensive program promoting student health?
 - » Are students actually receiving the required number of P.E. minutes?
- **Does the district's budget support a priority on student health?**
 - » Are P.E. teachers supported through professional development opportunities that address activity-related skills and teaching ability?
 - » Are school food service staff provided professional development opportunities?
- **Does your board have a clear plan for ensuring accountability for the implementation and evaluation of the district's wellness policy?**
 - » Is there one or more persons designated in the district or at each school site with the operational responsibility for ensuring that the wellness policy is implemented?
 - » Are the implementation and monitoring reports submitted to the board as provided in board policy?
- **Based on the findings and recommendations within the current report, are there any gaps or barriers to ensuring that all students have access to healthy foods and beverages and high-quality, comprehensive, and developmentally appropriate physical activity on a regular basis?**
 - » If so, what are the next steps to ensure continuous improvement?

For more information on how boards can effectively implement the local wellness policy requirements, please see CSBA Governance & Policy Services Policy Brief, *The New Nutritional Standards: Implications for Student Wellness*, November 2005. Also refer to *Section III. Policy Development in the Student Wellness: Healthy Food and Physical Activity Policy Resource Guide*. Available at www.csba.org/ps/hf/htm or www.CaliforniaProjectLEAN.org.

Executive Summary

Reauthorization of the federally funded child nutrition programs establishes a requirement that a local school wellness policy be

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developed by the beginning of the 2006-07 school year. The school wellness policy must include goals for nutrition education and physical activity, must ensure foods and beverages available on each campus during the school day meet or exceed state nutritional standards, and must provide assurances that reimbursable school meals will not be less restrictive than federal regulations. Finally, it must include a plan for measuring the implementation of the wellness policy objectives with a report to the local board of education.

The Los Molinos Unified School District Board of Education adopted a Student Wellness Policy, Board Policy 5030, in August, 2006. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The monitoring of the district's implementation of the Student Wellness Policy focused on each of the substantive components of the wellness policy, which include Nutrition Education and Physical Activity Goals, Nutrition of Foods and Beverages on Campus, and Guidelines for Reimbursable Meals. Major findings and recommendations are summarized below.

Nutrition Education and Physical Activity Goals

Nutrition education and physical activity goals are compliant.

Nutrition of Foods and Beverages on Campus

The district fully complies with laws, code and policy regarding competing sales and beverages.

Guidelines for Reimbursable School Meals

The district fully complies with laws, code and policy regarding reimbursable school meals. Effective at the start of the 2012-13 school year, the District began utilizing "Provision 2" so that all students receive a free breakfast and lunch.

Background

The federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (PL 108-265) includes a provision requiring all school districts participating in any federally funded child nutrition program to establish a locally developed school wellness policy by the beginning of the 2006-07 school year.

At minimum, each policy must address: 1) goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate; 2) nutritional guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student's health and reducing childhood obesity; 3) assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance pursuant to federal code; and 4) a plan for measuring the implementation of the wellness policy, including the designation of one or more persons in the district or at each school charged with the operational responsibility that this policy is implemented.

The Los Molinos Unified School District Board of Education adopted a Student Wellness Policy, BP 5030, in August, 2006. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The district's Student Wellness Policy includes a plan for monitoring the implementation of the wellness policy as well as a provision that a report be provided to the local board of education to ensure the board is able to monitor progress and make needed adjustments to policy and practice.

Purpose of Report

The purpose of this report is to inform the Board of Education on the implementation and outcomes of the district's Student Wellness Policy. The Student Wellness Policy requires this report be submitted to the Board.

How this Report is Compiled

The Student Wellness Policy requires a district designee and a school designee for each site to monitor policy implementation and outcomes. Charles Ward, Superintendent, serves as the District Wellness Designee. The District Wellness Designee was responsible for collecting all data required from each of the School Wellness Designees and preparing this Student Wellness Report.

Organization of Report

Each section of this report summarizes the implementation of each of the major components of the Student Wellness Policy. Section I focuses on the Nutrition Education and Physical Activity Goals component of the Student Wellness Policy, while Section II focuses on Nutrition of Foods and Beverages on Campus and Section III focuses on Guidelines for Reimbursable School Meals. The final section

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of this report summarizes the findings from each section and provides recommendations for the board.

I. Nutrition Education and Physical Activity Goals

The district's goals are to provide all students nutrition education, opportunities for physical activity, and other school-based activities that are designed to promote student wellness. This section describes the district's implementation of these goals.

Comprehensive Health Education

Nutrition education is provided as part of the health education program to foster and promote health literacy. Students are expected to comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment. The district provides a planned, sequential, research-based, and age-appropriate curriculum for students. The district's health education program is based on the California Department of Education's Health Framework and/or California Health Education Standards for California Public Schools.

Physical Education

A physical education program should be a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle. The district offers a variety of opportunities for physical education instruction and physical activity for all students. The district's physical education program builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity.

Description of Physical Education Program

The district's physical education program is based on the California Department of Education's Physical Education Framework and/or the Physical Education Model Content Standards for California Public Schools: Kindergarten through Grade Twelve.

Physical Education Minutes

Education Code requires a minimum of 200 minutes for grades 1-6; 400 minutes for grades 7-12 in physical education instruction each 10 school days. Grades K-8 fully comply with these guidelines. Students in the high school are required to take two years of physical education. Students take 9th grade PE and complete the STAR Physical Fitness test. Those students who do not pass the test are required to take PE as 10th grade students. Students who have had two years of PE in high school without passing the physical fitness test are encouraged to take additional physical education courses but are allowed an exemption after meeting their two-year requirement.

Physical Fitness Activities Offered

The district provides a variety of physical activity programs that include kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

Use of School Facilities Outside of School Hours

The district endeavors to make school facilities and open spaces available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacation periods. School facilities and open spaces are also made available to community agencies and organizations that offer physical activity and nutrition programs.

Physical Performance Testing

The FITNESSGRAM is administered from February to May each year in grades 5, 7 and 9. Students are expected to achieve a healthy fitness performance level in each of the six test components.

- 9th grade showed the highest percentage of students in the healthy fitness zone and showed the highest percentage of fitness standards achieved.

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- Body Composition (BMI) and Aerobic Capacity continue to be the physical fitness areas with the lowest percentage of students meeting the fitness standard.

Table 2. FITNESSGRAM Results

Physical Fitness Area	Grade 5						Grade 7						Grade 9					
	% in HFZ*						% in HFZ*						% in HFZ*					
	'07	'08	'09	'10	'11	'12	'07	'08	'09	'10	'11	'12	'07	'08	'09	'10	'11	'12
Aerobic Capacity	49	41	42	38	66	37	36	77	50	74	68	56	58	85	69	60	68	64
Body Composition	61	56	50	50	59	51	55	58	58	59	73	41	72	64	62	57	64	49
Abdominal Strength	90	77	84	91	93	86	75	93	93	90	88	81	100	93	98	91	87	92
Trunk Extension	54	97	97	100	100	100	95	100	100	100	95	100	93	86	100	100	94	96
Upper Body Strength	59	67	61	65	75	63	57	67	30	49	56	56	86	88	85	81	77	87
Flexibility	71	72	53	85	57	71	75	95	70	85	88	75	63	74	87	88	87	85
Number of Fitness Standards Achieved	Grade 5						Grade 7						Grade 9					
	% Achieved						% Achieved						% Achieved					
	'07	'08	'09	'10	'11	'12	'07	'08	'09	'10	'11	'12	'07	'08	'09	'10	'11	'12
6 of 6 standards	15	26	16	21	30	23	9	47	18	33	39	25	33	38	40	45	40	32
5 of 6 standards	20	26	24	32	25	20	34	18	30	26	63	19	30	36	33	12	21	30
4 of 6 standards	29	13	26	15	25	20	26	13	13	21	78	16	16	10	17	21	23	23
3 of 6 standards	15	18	8	21	9	26	17	13	23	8	93	25	19	9	8	17	9	9
2 of 6 standards	15	8	21	12	9	3	4	2	10	10	95	13	2	7	0	5	2	6
1 of 6 standards	7	8	3	0	2	9	11	0	8	3	2	3	0	0	2	0	2	0
0 of 6 standards	0	3	3	0	0	0	0	0	0	0	2	0	0	0	0	0	2	0

* Healthy Fitness Zone

II. Nutrition of Foods and Beverages on School Campuses

Recent changes to state law prescribe nutritional standards for foods that are made available during the school day. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the

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district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The district's Student Wellness Policy governing the nutritional quality of foods and beverages sold on campus incorporates aspects of the following board policies: Food Service and Child Nutrition Programs, Other Food Sales, and Contracts. Therefore, quality indicators from these related policies serve as measures of the district's implementation of providing nutritious foods and beverages and are reported in this section.

Food Service/Child Nutrition Programs

The foods and beverages available through the district's food service program are carefully selected so as to contribute to the students' nutritional well-being and the prevention of disease. All foods and beverages served meet or exceed the nutritional standards specified by law, and are prepared in ways that will appeal to students, retain nutritive quality, foster lifelong healthful eating habits, are served in age-appropriate portions and are sold at reasonable prices.

Nutritional Standards for Foods and Beverages

Below is a brief summary of the number of schools that meet or exceed the state nutritional guidelines:

- Two of two elementary schools serve foods and beverages that [meet/exceed] state nutritional guidelines.
- One of one high schools serve foods and beverages that [meet/exceed] state nutritional guidelines.

Schools use whole, fresh, unprocessed foods and ingredients whenever possible and offer fresh fruits and vegetables with each meal or snack whenever possible.

School Cafeteria Eating Facilities and Food Preparation

The adequacy of school facilities for cafeteria eating and food preparation are reviewed periodically by Tehama County Public Health Department to ensure compliance with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455. Inspections are supposed to occur three times per year, but in practice, two inspections per year occur. Two inspections were conducted during the 2010-2011 school year. There were no deficiencies at Los Molinos Elementary, Los Molinos High School, or Vina Elementary School.

Other Food Sales

Districts participating in the National School Lunch or School Breakfast Program are mandated to establish rules or regulations to control the sale of food in competition with the breakfast or lunch program. Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, board policy, and administrative regulation and shall not reduce participation in the district's food service program. This policy governs foods and beverages sold through vending machines, student stores, and foods that are sold on school premises by student and/or adult organizations.

- One school has vending machines, for a total of three vending machines in the district.
- Vending machines are located on the high school quad.
- Two vending machines in the district are stocked with compliant foods and beverages.
- The non-compliant machine's enclosure has been modified so that it can be made available only for after-school events and are not accessible until at least thirty minutes past the end of the school day.
- One student store at the high school sells compliant foods and beverages.

Contracts

Effective July 1, 2007, the district or a district school shall not enter into or renew a contract for the sale of foods and beverages that do not meet the nutritional standards specified in the Education Code unless the contract specifies that such sales will occur later than one-half hour after the end of the school day and/or off school premises.

III. Guidelines for Reimbursable School Meals

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School Meal Participation Rates

Free and reduced price meal participation rates provide a measure of the number and percentage of the population participating in the district's school meal program. The district's plan for providing free and reduced price meals ensures that student participation is confidential and the program is available in a manner which does not overtly identify participants.

The advent of "Provision 2" status means that all students desiring to do so can have a free breakfast and/or lunch.

School Meal Nutrition

The most recent analysis from 2008 included recommendations for improvement that have been implemented to ensure that the district's menus comply with nutritional guidelines.

Additional efforts include notes being sent home to parents concerning recommendations for parent-provided snacks.

IV. Summary of Findings and Recommendations

The major findings of each section in this report are briefly described below. Section I of this report reviewed the implementation of the district's Nutrition Education and Physical Activities and Goals component of the Student Wellness Policy, while Section II reviewed the district's compliance with guidelines concerning the Nutrition of Foods and Beverages on Campus and Section III reviewed the district's implementation of the Guidelines for Reimbursable Meals. Where there were noticeable gaps in policy implementation, recommendations are provided for the board's consideration.

Nutrition Education and Physical Activity Goals

The district's nutrition education and physical education programs conform to all applicable law and policy.

Recommendations

Physical education teachers will continue to stress the importance of routine aerobic conditioning and will strive to increase the percentage of students meeting physical fitness standards in all six areas.

Nutrition of Foods and Beverages on School Campuses

The foods and beverages available on school campuses comply with applicable laws, codes, and policies.

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Guidelines for Reimbursable School Meals

The district's meal service program is nutritionally adequate and appealing to students. The high participation rates support this finding. The use of the numeric keypads and proper document management ensures that free and reduced price meal recipients are not overtly identified in any manner.

Recommendations

LMUSD is exploring the options for increasing participation in the breakfast program.