

# Local School Wellness Policy (BP5030) Review Report

## 2021-2022 Local School Wellness Policy Goal Review Summary

Policy Area	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
<p><b>Nutrition Education/Physical Activity Goal</b> The district’s nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state’s curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.</p>	0/11	0/11	11/11
<p><b>Nutrition Education/Physical Activity Goal</b> The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p>	0/11	0/11	11/11
<p><b>Nutrition Promotion Goal</b> All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs encouraging students to walk or bicycle to and from school, in-class activity breaks, and other structured and unstructured activities.</p>	0/11	0/11	11/11

Policy Area	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
<p><b>Other Student Wellness Goal(s)</b> In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.</p>	0/11	0/11	11/11
<p><b>Federal/State Meal Standards</b> In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible.</p>	0/11	0/11	11/11
<p><b>Federal/State Meal Standards</b> The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.</p>	0/11	0/11	11/11
<p><b>Foods Offered but Not Sold Standards</b> For all foods and beverages available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1785b)</p>	0/11	0/11	11/11
<p><b>Food and Beverage Marketing</b> To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale</p>	0/11	0/11	11/11

Policy Area	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
of foods and beverages on campus during the school day. (7 CCR 210.30)			

District- Level Local School Wellness Policy (LSWP) Components	For the components below, indicate whether the district is in compliance:
<p><b>Public Involvement</b></p> <p>The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.</p>	<p><input checked="" type="checkbox"/> <b>Yes:</b> 2022 Health and Wellness Survey</p> <p><input type="checkbox"/> No</p>
<p><b>Public Notification</b></p> <p>The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)</p>	<p><input checked="" type="checkbox"/> <b>Yes:</b> 2022 Health and Wellness Survey Results report; H&amp;W Plan of Action Board Report/Presentation; June School Newsletters &amp; Social Media</p> <p><input type="checkbox"/> No</p>
<p><b>Triennial Assessment</b></p> <p>The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> <b>No</b> – Pandemic shut-down prevented the district from completing the review and reporting on this policy. MVWSD was granted an extension to be completed by June 30, 2022</p>

## **2022-2023 Local School Wellness Policy Annual Goals Preamble**

Federal and state regulations mandate the development of annual goals as part of a comprehensive local school wellness policy. This document is not considered part of the policy, however, includes information and goals related to policy and regulations. This document's contents will be reviewed throughout the school year and a formal report produced annually. During the annual review, stakeholders will examine progress on goals and consider edits or adjustments to the goal as appropriate.

### **Whole School, Whole Community, Whole Child (WSCC)**

A WSCC model is centered on the school connecting with the family and the community to address the needs of the whole child. The WSCC model provides greater alignment, integration, and collaboration between health and education. The five tenets of a WSCC model - healthy, safe, engaged, supported, and challenged - are critical for improving students' health and academic achievement.

BP5030 explicitly addresses nutrition, environment and services, health education, and physical education & activity to meet the requirements of the USDA final rule of 2016. As part of a comprehensive Wellness Plan, the items listed below are included as stakeholder information that addresses components of a WSCC model.

#### **Social-Emotional Climate**

The district is committed to creating an inclusive social emotional climate across all school campuses during the school day and extended district programs. This may be represented across the district in the following ways:

- conducting and promoting stakeholder participation in school climate surveys, currently embedded in the LCAP survey, sharing data with stakeholders, and utilizing data to improve school climate.
- identifying school-wide approaches and activities in an effort to promote prosocial behaviors, while preventing harassment, bullying and cyberbullying
- connecting social and emotional competence with academic standards
- ensuring that all personnel are promoting positive and identity-affirming relationships between students and personnel
- ensuring that school and school-based extended programs staff are trained in promoting the engagement of all students in school activities through culturally responsive practices

- exploring alternative disciplinary practices, while concurrently examining current use of exclusionary discipline practices such as in- and out-of-school suspensions and expulsions
- promotion of explicit modeling and reinforcing of social-emotional competencies by all district personnel.

### **Counseling, Psychological and/or Social Services**

The district is committed to ensuring that the social, emotional, and behavioral needs of all students are supported. This may be represented across the district in the following ways:

- exploring an evidenced-based, culturally responsive process for identifying students with social, emotional, and/or behavioral needs
- ensuring equitable access by students to mental health professionals in the school setting
- ensuring a referral pathway is established for connecting students to community-based providers, as needed.
- coordinating with school and community-based mental health providers to address students' social, emotional, and/or behavioral needs
- ensuring that suicide prevention practices are in place in all buildings and that student-facing personnel are trained in identifying students at-risk and referring them to appropriate services or supports (MVWSD 5141.52 BP - Suicide Prevention)

### **Health Services**

The district is committed to ensuring that the physical health needs of all students are met. This may be represented across the district in the following ways:

- ensuring students have equitable access to nurses in the school setting and referrals to and collaboration with community services as needed
- ensuring that school-based health staff consult and collaborate with relevant personnel regarding pertinent student health information, when applicable and appropriate
- disseminating health information resources to students and caregivers (e.g., pamphlets, flyers and posters)
- addressing management of acute health incidents (e.g., seizures, allergic reactions, asthma attacks and low blood sugar) in the school setting, when applicable and appropriate
- coordinating with caregivers to address students' health needs

- provide prevention education materials to students and parents (e.g. digital media, brochures, pamphlets, or newsletters, etc) about the health risks of e-cigarettes and other substance use. (MVWSD 5131.6 AR - Alcohol and Other Drugs)

## **Physical Environment**

The district is committed to ensuring that the school environment protects the health and safety of students and staff. The district may support inclusive, healthy and safe school environments within and around all district facilities in the following ways:

- identifying regular cleaning and maintenance practices and compliance with safety standards
- addressing the physical condition of buildings and grounds (e.g., lighting, noise, ventilation, and air quality)
- establishing and maintaining tobacco-free building and grounds (MVWSD 3513.3 BP - Tobacco-Free Schools)
- educating students, school staff and school-based extended programs staff on maintaining the safety of the school physical environment [MVWSD 3515.2 BP - Disruptions (Safe School Zone)]
- specifying physical safety measures and procedures (e.g. locked doors and windows, surveillance, supervision of hallways, check-in/check-out systems for visitors, and safe transport) (MVWSD 3515 BP – Campus Security)
- specifying a crisis preparedness and response plan for the district and ensuring each school develops a plan
- collaboration between school site staff and law enforcement and/or school resource officers

## **Employee Wellness**

The district is committed to supporting the physical and mental health and well-being of all district employees. The district may support employee health and well-being in the following ways: This may be represented across the district in the following ways:

- engaging educators as stakeholders in school improvement and planning processes
- offering physical and mental health information resources to personnel (e.g., pamphlets, flyers and posters)
- publicizing of employee wellness/health (physical and mental) promotion activities at least once per year

- providing health plan subscribers access to & encouraging participation in health programs or resources in the following areas:
  - healthy eating and weight management
  - physical activity
  - stress management
- promoting a positive, culturally responsive, & inclusive workplace climate

## **Family Engagement**

The district is committed to encouraging caregiver engagement in school-level decision making and activities. This may be represented across the district in the following ways:

- engage in active recruitment of caregivers representative of District diversity for participation on the District Wellness Committee.
- encourage caregivers participate in the development and periodic review and update of the wellness policy
- making the District wellness policy available to the public
- encouraging opportunities for two-way communication with caregivers
- supporting schools in aligning caregiver engagement activities with the needs of the community and district wellness objectives
- exploring use of culturally responsive practices to engage caregivers
- examining current school-based volunteer opportunities for caregivers (e.g., PTA/PTO, school wellness committee, and other school committees)

## **Community Involvement**

Community involvement may be represented across the district in the following ways:

- engage in active recruitment of community members representative of District diversity for participation on the District Wellness Committee.
- making the District wellness policy available to the public
- developing relationships with community organizations to identify community-based opportunities for student service-learning, supports, or extracurricular participation

**2022-2023 Annual Goals**

With consideration of stakeholder input, review of previous goals, and anecdotal evidence, the Health and Wellness Committee is recommending the following annual goals for the 2022-2023 school year:

Policy Area
<p style="text-align: center;"><b>Nutrition Promotion:</b></p> <p>The District will make available, promote, and regularly reinforce the use of Smart Snacks checklist (<a href="#">digital</a> or paper) for all schools, parent organizations, and relevant stakeholders.</p>
<p style="text-align: center;"><b>Nutrition Education:</b></p> <p>The District will provide general nutrition education through newsletters accessible via the website and school-to-parent communications.</p>
<p style="text-align: center;"><b>Physical Activity:</b></p> <p>The District will provide students access to physical activities during recess and lunch breaks, while simultaneously examining how schools utilize withholding of physical activity as a disciplinary practice.</p>
<p style="text-align: center;"><b>Other School-Based Activities:</b></p> <p>The District will provide general Health and Wellness resources and activities to schools and families via the Virtual Wellness Center.</p>
<p style="text-align: center;"><b>Other School-Based Activities:</b></p> <p>MVWSD will engage in resource mapping that identifies resources &amp; activities that support WSCC approach.</p>

**Periodic Review and Report Schedule**

Policy Area	Trimester 1 Progress	Trimester 2 Progress	Trimester 3/ Annual Report
<p style="text-align: center;"><b>Nutrition Promotion:</b></p> <p>The District will make available, promote, and regularly reinforce the use of Smart Snacks checklist (<a href="#">digital</a> or paper) for all schools, parent organizations, and relevant stakeholders.</p>			
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Policy Area	Trimester 1 Progress	Trimester 2 Progress	Trimester 3/ Annual Report
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<p><b>Other School-Based Activities:</b> MVWSD will engage in resource mapping that identifies resources &amp; activities that support WSCC approach.</p>			