



Mountain View
Whisman
School District

Health & Wellness Triennial Review

June 12, 2025





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Alignment

Strategic Plan 2027

- **Goal 2: Student Social Emotional Health**
 - **Objective 2a**
 - Equitably and effectively support positive student behavior
 - **Strategic Initiative 2a.1**
 - Develop and implement a “whole school, whole community, whole child” model



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Assessment Overview

Triennial Wellness Policy Assessment

- The USDA requires school districts to evaluate their Local School Wellness Policy (LSWP) once every three years.
- The Health and Wellness Committee includes H&W administrators, teachers parents, a community member, and a board member.
- As part of the triennial review the Health and Wellness Committee:
 - Examined LSWP annual goals
 - District practices
 - Local data
 - State and national model policy



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Assessment

Data Review

In compliance with USDA requirements, the committee reviewed the following data in its Triennial Assessment and in developing the Triennial Assessment report:

- Two-year comparison of attendance data
- Results from the School Health Index (SHI) survey completed by each school site.
- Model policy comparison
- Policy compliance and goal progress

Results of Data Review

- Overall student attendance has slightly improved over the past two years.
- LSWP Annual goals over the past three years have been met and adjusted every year.
- SHI responses show strong performance in Social Emotional Climate and Physical Activity, with widespread engagement in positive climate initiatives like #BetterTogether. Schools also promote stress management for staff and volunteers.
- The model LSWP comparison highlights strengths in establishing robust nutrition standards and opportunities to further strengthen language around student voice and physical activity.

Committee Recommendations: Board Policy Update

- The Committee recommends an updated Board Policy 5030 that:
 - Adds language that emphasizes the importance of equitable access to health and wellness efforts
 - Strengthens the expectations that schools refer to the Smart Snacks checklist
 - Encourages schools to plan fundraisers that incorporate physical activity
 - Promotes student inclusion in stakeholder engagement.

Committee Recommendation:

25-26 Annual Goals

Goal Area	Goal
Nutrition Education	MVWSD will incorporate student voice to help shape nutrition education activities.
Nutrition Promotion	MVWSD will promote awareness, for students and families, of community food resources and cultural community events.
Physical Activity	MVWSD will promote Safe Routes to School and alternatives modes of transportation in service increased physical activity.
Other Wellness Area (Staff Wellness)	MVWSD will promote strategies and activities that lead to building meaningful relationships, gratitude practices, or provide alternative spaces on campus for improved staff wellness.



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Next Steps

Next Steps

- Staff seeks board approval of updated BP5030
- Health and Wellness Committee to meet 4 times in the 2025-26 school year
- Health and Wellness will provide two (2) updates and one (1) annual report in the 2025-26 school year



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Appendix

Appendix - Model Policy Comparison

Component	Description
Tool used for Model LSWP Comparison:	California School Board Association (CSBA) Model BP 5030 Alliance for a Healthier Generation Model Wellness Policy
Areas of Strength:	1. Ensures nutrition standards for food sales outside the food services program meet or exceed state and federal nutrition standards.
	2. Focuses on healthy eating, physical activity, social emotional learning and mental well-being.
	3. Extends recommendations for healthy food items to the selection of snacks for class parties and celebrations
Opportunities for Improvement	1. Strengthen language around including student voice as part of stakeholder input
	2. Add specific language that requires schools to consider the Smart Snacks checklist for food and beverages sold to students outside of school meal programs.
	3. Encourage schools to use fundraisers that encourage physical activity in addition to healthy food items.
As a result of the comparison, was new language recommended in the LSWP?	☒ Yes ☐ No
If yes, briefly describe what was recommended:	Language was recommended to emphasize the importance of equitable access to health and wellness efforts (p1), strengthen the expectation that schools refer to the Smart Snacks checklist (p3), to encourage schools to use fundraisers that promote physical activity (p3), and promote student inclusion in stakeholder engagement (p4).
Describe next steps for strengthening your LSWP.	Review changes with Health & Wellness Committee, present updates to Board of Trustees for adoption, develop annual LSWP goals based on updated policy.

Appendix - Compliance and Goal Progress

Policy Area Annual Goal	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education Goal(s) MVWSD will utilize outcomes from resource exploration to inform district-wide resource mapping in support of nutrition education	0/11	0/11	11/11
Nutrition Promotion Goal(s) MVWSD will implement strategies that maximize participation in school meal programs.	0/11	0/11	11/11
Physical Activity Goal(s) MVWSD will use outdoor spaces to give students opportunities for physical activity during the school day.	0/11	0/11	11/11
Other Student Wellness Goal(s) MVWSD will include stakeholder feedback in the expansion of student support services and programs, including SEL.	0/11	0/11	11/11

Appendix - Compliance and Goal Progress, cont.

Goal As defined by your LSWP	Was the Goal Met?	What Was Achieved? Describe how you achieved this goal
Nutrition Education Goal(s)	Yes	The Nutrition Education resource page on the MVWSD Intranet was reviewed and updated
Nutrition Promotion Goal(s)	Yes	Schools reported in our SHI survey using strategies that maximize opportunities for students to participate in the food services program.
Physical Activity Goal(s)	Yes	MVWSD schools use Living Science gardens, outdoor learning spaces, and similar strategies to give students opportunities for physical activity during the school day.
Other student wellness Goal(s)	Yes	As part of the SEL Curriculum adoption process, stakeholder input was requested and completed 3 times during the school year: September, March, and April. The SEL curriculum adoption committee held multiple meetings that included teachers, administrators, parents, and community members.