

Health and Wellness Department 2025 Local School Wellness Policy Triennial Review

Introduction

According to the USDA Final Rule, Local Educational Agencies (LEAs) must conduct a comprehensive assessment of the Local School Wellness Policy (LSWP) a minimum of once every three years. The Triennial Assessment requires LEAs to assess compliance with their LSWP and to make this assessment available to the public. The Triennial Assessment is comprised of four components:

1. Comparison to a model LSWP
2. Extent of compliance for all schools with the District LSWP
3. Progress made in attaining the goals of the wellness policy
4. Triennial Assessment report to the public

The Health and Wellness Committee examined the Mountain View Whisman School District (MVWSD) Local School Wellness Policy (LSWP), also known as Board Policy (BP) 5030. As part of the triennial review, the committee examined LSWP annual goals, district practices, local data, and state and national model policy. Committee members included Health and Wellness Department administrators, parents, a community member, and a board member.

MVWSD policies and practices are consistent with state and federal requirements. Results of the 2025 triennial review are consistent with previous reviews and are summarized below.

Data Review

The committee reviewed a two-year comparison of attendance data that demonstrated overall attendance has slightly improved. The committee also reviewed the LSWP annual goals, which have all been met this year. A three-year review of annual goals shows that goals have been met and adjusted every year.

Each school site completed the School Health Index (SHI) to examine School Health Environment, Nutrition Environment, Physical Activity, Social Emotional Climate, and Staff Wellness on campus. SHI responses demonstrate that our schools perform well in the areas of Social Emotional Climate and Physical Activity. As well, responses indicate that our schools overwhelmingly engage in positive school climate activities, campaigns, or projects. An example of this is #BetterTogether activities. Responses also indicate that our schools promote stress management for all employees and volunteers on campus, and our schools are at varying levels of overall staff wellness.

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Model Policy Comparison

Throughout two Health and Wellness Committee meetings and email communications, the committee examined the California School Boards Association (CSBA) model policy for BP 5030 and the Alliance for a Healthier Generation Model Wellness Policy. The committee discussed district alignment with and recommended changes for BP 5030. The table below summarizes the results of this examination.

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?	X 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).

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Component	Description
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.

Compliance and Goal Progress

Data review demonstrates that all MVWSD schools comply with local school wellness policy BP5030. Examination of annual goals yielded the following:

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

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Goal As defined by your LSWP	Was the Goal Met?	What Was Achieved? Describe how you achieved this goal
Nutrition Education	Yes	The Nutrition Education resource page on the MVWSD Intranet was reviewed and updated
Nutrition Promotion	Yes	Schools reported in our SHI survey using strategies that maximize opportunities for students to participate in the food services program.
Physical Activity	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 Wellness	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.

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2025-2026 Local School Wellness Policy 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 (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.

Triennial Report to the Public

The Health and Wellness Director will bring this report and committee recommendations for changes to the local school wellness policy BP 5030 to a regular meeting of the Board of Trustees before June 30, 2025.