

Mother Lode Union School District

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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).

- **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?

The Board has adopted a wellness policy and the superintendent and Director of Food Services continually reinforce its implementation with staff. Physical Education has been made a priority as the Board has taken reserve funds to fund PE teachers at Indian Creek.
 - » Has your board adopted California's Physical Education Model Content Standards to ensure all schools are striving to reach the same goals and objectives? Yes, the District is waiting for the new Physical Education Framework to be completed.
- **Does your 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? This continues to be a work in progress. Parents and staff involved in the wellness policy development expressed concerns about eliminating all non-nutritional foods.
 - » 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? Yes, to the degree possible.
 - » Are students actually receiving the required number of P.E. minutes? Yes
- **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? Not sufficiently at this time.
 - » Are school food service staff provided professional development opportunities? Yes
- **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? Yes
 - » Are the implementation and monitoring reports submitted to the board as provided in board policy? Effective Jan, 2008
- **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? Education of staff and parents on the importance of eating healthy foods and eliminating non-nutritional foods on campus is necessary if we are to provide only healthy foods on campus. The funding of physical education teachers at the elementary level continues to be a problematic area. To ensure that regular activity in adherence to the state guidelines is met, it is important to have teachers dedicated to this area.

Student Wellness Policy Implementation Monitoring Report

Background

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

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 Mother Lode Union School District Board of Education adopted a Student Wellness Policy, Board Policy 5030, in [February 2006 and AR 5030 in May 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.

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. The 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 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 in grades K-8 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 in grades K-8.

Description of Nutrition Education Program

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. The basic components of the district's nutrition education program include the following: classroom instruction included as part of the science and/or physical education curriculum.

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. The findings revealed that all of the district's schools meet or exceed the minimum requirement.

Physical Education Exemptions

Education Code provides for temporary and permanent exemptions from physical education for students who meet specified conditions. Table 1 summarizes exemptions granted during the 2006/2007 school year.

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. Activities vary by school segment, but include competitive and non-competitive sports, aerobic activity, skill building and strength training. The district also provides alternative activities for students with disabilities to ensure all students are provided with opportunities for physical activity.

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. In the 2006/2007 school year, the district had four joint-use agreements with a variety of organizations.

Physical Performance Testing

The FITNESSGRAM is administered from February to May each year in grades 5 and 7. Students are expected to achieve a healthy fitness performance level in each of the six test components. Table 2, on page 9, provides two years of physical fitness results. In the 05/06 school year:

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- 7th grade showed the highest percentage of students in the healthy fitness zone.
- 7th grade(s) showed the highest percentage of fitness standards achieved.
- Performance test results indicate a gain from the previous year.

Table 1. Number of Physical Education Exemptions by Type

Type of Exemption	Elementary Number of Exemptions	Middle Number of Exemptions	High Number of Exemptions	Totals
Temporary				
Student is ill or injured				
Student is enrolled for one-half time or less				
Driver's education participation				
Passed physical fitness test				
ROP travel prohibits participation				
Interscholastic athletic program participation				
Permanent				
Student is 16 years or older and has been in grade 10 for more than one academic year		1		1
Student is enrolled as a postgraduate student				
Student is enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation				
Totals				0

2005-06 California Physical Fitness Report Summary of Results

Additional information can be found at the Standards and Assessment Division's California Physical Fitness Test site.

Physical Fitness Tasks	Grade 5			Grade 7			Grade 9		
	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	166	42.8	57.2	166	89.8	10.2	0	0.0	0.0
Body Composition	166	77.7	22.3	166	77.7	22.3	0	0.0	0.0
Abdominal Strength	166	96.4	3.6	166	88.0	12.0	0	0.0	0.0
Trunk Extension Strength	166	82.5	17.5	166	87.3	12.7	0	0.0	0.0
Upper Body Strength	166	47.0	53.0	166	81.9	18.1	0	0.0	0.0
Flexibility	166	78.3	21.7	166	80.1	19.9	0	0.0	0.0
Number of fitness standards achieved	Grade 5			Grade 7			Grade 9		
	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent
6 of 6 fitness standards	25	15.1	15.1	78	47.0	47.0	0	0.0	0.0
5 of 6 fitness standards	50	30.1	45.2	50	30.1	77.1	0	0.0	0.0
4 of 6 fitness standards	48	28.9	74.1	20	12.0	89.2	0	0.0	0.0
3 of 6 fitness standards	30	18.1	92.2	9	5.4	94.6	0	0.0	0.0
2 of 6 fitness standards	10	6.0	98.2	4	2.4	97.0	0	0.0	0.0
1 of 6 fitness standards	3	1.8	100.0	5	3.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested	166	100.0		166	100.0		0	0.0	

¹ Includes partially tested students

** To protect confidentiality scores are not shown when the number of students tested is 10 or less.

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 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

The Director of Food Services reviews all food purchases to ascertain their applicability to the nutritional standards. Menu titles are designed to entice students and may not reflect the nutritional value of an item such as the "breakfast cookie". Below is a brief summary of the number of schools that meet or exceed the state nutritional guidelines:

- 2 of 2 elementary schools serve foods and beverages that meet/exceed state nutritional guidelines.
- 1 of 1 middle 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 Director of Food Services and principals 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. Audits are conducted yearly. Of the three audits conducted during the 2006/2007, 100% of the schools met all objectives.

- 1 audit -was conducted at each segment (grade span) and all objectives were met.

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 3 vending machines in the district.
- Vending machines are located on the middle school campus and bus yard.
- Two vending machines in the district are stocked with compliant foods and beverages.
- If vending machines are not compliant, the following actions will be taken: located in adult only area
- Student/adult organizations sell some compliant foods or beverages. Several fund raisers are comprised of non-compliant items but are generally not consumed on campus.
- Our policy does not eliminate the sale of non-compliant foods but rather limits the times and purposes.

Beverage Contracts

The district has one active contract for the sale of beverages. This contract is in compliance with state nutritional guidelines.

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III. Guidelines for Reimbursable School Meals

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 number and percentage of students participating in the district's free and reduced price lunch program have increased slightly from 2005 to 2007. As 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 our staff has continued to educate staff and parents on this issue.

School Meal Nutrition Analysis

At least once every five years, the Nutrition Services Division of the California Department of Education reviews one week of school district menus to determine if meals meet National School Lunch Program nutritional requirements. The district's last review was conducted in 2007 for all grades. The district's menu analysis was compared to the Recommended Daily Allowances for protein, calcium, iron, vitamins A and C, calories, and maximum allowable fat content (no more than 30 percent of calories from fat and no more than 10 percent of calories from saturated fat). Findings indicated that:

- The Mother Lode Union uses the Enhanced Food Base menu option to plan its menus.
- RDA targets were met in all grade levels
- The percentage of allowable fats met the target
- The percentage of allowable saturated fats was met the required target.

Table 3. Free and Reduced Price Meal (FRPM) Participation Rates

Free/Reduced 2005/2006								
School Site	ID Number	Enrollment	Free	Free %	Reduced	Reduced %	Total	Total %
Charles Brown	09-61929-600559	511	171	33.46%	46	9.00%	217	42.47%
Herbert Green	09-64329-6005615	558	98	17.56%	43	7.71%	141	25.27%
Indian Creek	09-61929-6106678	481	92	19.13%	55	11.42%	147	30.56%

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

Overall, the district's nutrition education and physical education programs meet the requirements in law.

Recommendations

Provide staff with additional training and resources to provide a richer program.

Nutrition of Foods and Beverages on School Campuses

Overall, the foods and beverages available on school campuses:

Comply with the nutritional guidelines in District provided venues.

Recommendations

Continue to emphasize the need to provide nutritional foods and beverages for all school activities.

Guidelines for Reimbursable School Meals

The district's reimbursable meal program:

The district's reimbursable meal program is nutritionally adequate. Participation rates remain strong. Free and reduced price meals are available in a manner which does not overtly identify participants.

Recommendations

Continue to pursue nutritional meals which have high appeal to students.

Comprehensive Health Education

The District's comprehensive health education program provides:

The District's program of health education meets the basic requirements.

Recommendations

Provide staff with additional resources in health education.