

# Wellness Policy Assessment Tool

Lodi Unified School District  
November, 2018

## Status Key

0 = Not meeting/Incomplete  
2 = Pending  
4 = Completed

Implementation assessment must be completed by June 2020 using action items developed by major stakeholders to support goals in wellness policy. Assessments for PA are done through district PE and other programs

**Directions:** Use the Status Key in the top right corner of this document to "score" the current status of the Action Item to support the Wellness Policy. Place the score in the "Status" column next to each Activity/Step. Total all Status scores and place on the last page under "Total Score". Total points available are 100. Use the grading system on the last page to note the assessment grade of the current wellness policy.

**Policy Indicator #1: Description of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements.**

Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
District's nutrition education, physical education, and health education curricula will meet state academic content standards and legal requirements.	1. Obtain state requirements for nutrition education, physical education and health education curricula (CA State Standards for Health) <b>State Requirements :</b> Family Life course optional at K-6 level, 1 Family Life course at 7-8 level, 1 Family Life course at 9-12 level. No requirement at K-8 level for health education. K-6 PE (activity & education combined) requirement: 200 mins./10 days. 7-12 grade PE requirement: 400 mins/10 days. In 9th grade, if passing PE course and Physical Testing, Students can apply for 2 year waver. After 16 years old PE is not required.	5/24/2018	<u>4</u> /4	Curriculum & Instruction
	2. Obtain district's requirements for nutrition education, physical education and health education curricula. <b>District Requirements: No change from state</b>	5/24/2018	<u>4</u> /4	Curriculum & Instruction

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	3. Compare state requirements with district requirements for nutrition education, physical education and health education curricula. <b>Comparison: No difference</b>		<u>4</u> /4	Curriculum & Instruction
	4. Any noted areas that are not being met at the district level will be forwarded to Curriculum Department for further assessment/alignment to state requirements. <b>Result: Not needed .</b>	5/24/2018		

**Policy Indicator #2: An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and productions records.**

Action Item:	Activity/Steps	Completion Date Goal	Status (8 Points)	Resp. Person
All meals and snacks served in district programs will meet nutritional standards set down by USDA and CDE.	1. Menu nutrient analysis on all meals and snacks served in the district programs will be obtained. <b>Result: Obtained and saved in Nutrition Services data collection drive.</b>	5/24/2018	<u>4</u> /4	Nutrition Services
	2. Nutrient analysis will be checked for alignment to NSBP, NSLP, CACFP program nutrient standards. Any meals or snacks that do not meet the above guidelines will be modified to meet nutrient standards. <b>Result: Meets state &amp; Federal requirements.</b>	5/24/2018	<u>4</u> /4	Nutrition Services

**Policy Indicator #3: Student Participation rates in all school meal and/or snack programs compared to the number of students eligible for that program.**

Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
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<p>Student Participation rates in breakfast and lunch programs to increase 2% overall by June 30, 2020</p>	<p>1. Obtain current participation rates in breakfast and lunch programs. <i>District-wide K-12 Breakfast participation: 24.92%. Lunch participation: 60.1%.</i></p>	<p>5/24/2018</p>	<p><u>4</u> /4</p>	<p>Nutrition Services</p>
	<p>2. Implement marketing strategies and techniques such as Smarter Lunchrooms Movement in order to improve knowledge, menu choices, cafeteria environments, focusing on student groups that show low participation. <b>Result:</b> <i>Ten schools implemented SLM strategies during the 2017-18 SY with five schools receiving gold level ratings. Ten additional schools have been added to the SLM program for the 2018-19 school year.</i></p>	<p>5/24/2018, 2018-19 /SY 5/31/2019</p>	<p><u>4</u> /4  <u>2</u> /4</p>	<p>Nutrition Services</p>

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	3. Check participation rates and implementation of marketing status at schools on an annual basis, implementing further marketing techniques where needed to improve participation rates.	5/24/2019	___/4	Nutrition Services
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**Policy Indicator #4: Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards.**

Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
All foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, will comply with the nutritional standards.	1. Obtain CDE competitive foods regulations.	Completed	___ 4 /4	Nutrition Services
	2. Educate food service staff, educators, school administration, and parent/school fundraising groups of regulations; providing written material, marketing, and assistance with obtaining compliant food products for fundraising.	5/24/2018, <i>Continue education during 2018-19 SY</i>	___ 2 /4	Nutrition Services
	3. Monitor fundraisers for compliance, educating and assisting with compliance as needed.	5/24/2018 <i>Completed Monitoring and Educating Ongoing</i>	___ 4 /4	Nutrition Services

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Policy Indicator #5: Extent to which other foods and beverages that are available on campus during the school day outside the food services program, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutritional standards.				
Action Item:	Activity/Steps	Completion Date Goal	Status (8 Points)	Resp. Person
Parents and educators will be encouraged to adhere to competitive foods nutrition standards when providing students with food and beverage items during school the school day for celebrations and rewards/incentives.	1. Obtain CDE competitive foods regulations.	Done	<u>4</u> /4	Nutrition Services
	2. Educate school administration, parents and educators about nutrition standards; providing written material and assistance with obtaining healthy food products, as well as non-food treats, for classroom parties/celebrations. Effective means of communicating ideas to parents and educators can be accomplished using Nutrition Services newsletters or by attending and educating at PTA/PTO meetings.	5/24/2018 <i>Administrati on educated at Leadership Meeting. Education to parents and educators to be completed after school starts. Committee member to check to see if teaching staff is receiving information from Principals.</i>	<u>2</u> /4	Nutrition Services

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	3. Remain available to educate, encourage and assist with following nutrition standards as needed.			
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**Policy Indicator #6: Results of the state's physical fitness test at applicable grade levels.**

Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
Students will meet the state's physical fitness test requirements at applicable grade levels.	1. Obtain state physical fitness test result parameters for 5th, 7th, and 9th grade levels.		___/4	Curriculum & Instruction
	2. Obtain physical fitness testing results from district schools for 5th, 7th, and 9th grade students.		___/4	Curriculum & Instruction
	3. Compare results of district testing against state parameters with follow-up on any areas of deficiency.	<del>5/24/2018</del> 9/19/2018	___/4	Curriculum & Instruction

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Policy Indicator #7: Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate or vigorous physical activity.				
Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
The number of minutes of physical education offered at grade span, and the estimated percentage of class time spent on moderate to vigorous physical activity will meet state requirements.	1. Obtain state requirements for the number of minutes of physical education offered at grade span, and the estimated percentage of class time spent on moderate to vigorous physical activity		___/4	Secondary Education Department
	2. Obtain the current number of minutes of physical education offered at grade span, and the estimated percentage of class time spent on moderate to vigorous physical activity within the district		___/4	Secondary Education Department
	3. Compare state requirements against current minutes offered within the district, modifying district offerings to meet or exceed minimum requirements <b>Passed Federal Review</b>	<b>Completed</b>	<b>4</b> /4	Secondary Education Department

**Policy Indicator #8: A description of district efforts to provide additional opportunities for physical activity outside of the physical education program.**

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Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
Efforts to provide additional opportunities for physical activity outside of the physical education program will be offered.	1. Obtain suggestions from community, staff, students and parents on additional opportunities for physical activity outside of the physical education program	Completed	Completed 9/26/17 <u>4</u> /4	Wellness Committee
	2. Research suggestions provided by community for implementation feasibility.	Discuss at 5/24/18 Meeting Discussions in progress	<u>2</u> /4	Wellness Committee
	3. Organize and implement events/programs with approval and assistance from needed resources/ district personnel.	TBD	<u>    </u> /4	Wellness Committee



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**Policy Indicator #9: A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.**

Action Item:	Activity/Steps	Completion Date Goal	Status (12 Points)	Resp. Person
Efforts to provide wellness activities, districtwide or school-based, will be offered.	1. Obtain suggestions from community, staff, students and parents on additional opportunities for wellness activities, districtwide or school-based.		Completed 9/26/17  4 /4	Wellness Committee
	2. Research suggestions provided by community for implementation feasibility.	Discussions in Progress	2 /4	Wellness Committee
	3. Organize and implement events/programs with approval and assistance from needed resources/ district personnel.		___/4	Wellness Committee

TOTAL SCORE \_\_\_\_\_ /100 points

- A = 90-100 points
- B = 80-90 points
- C = 70-80 points
- D = 60-70 points