

Revising Your Wellness Policy

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Ontario-Montclair School District

November 7, 2015



Overview

- ▶ Timeline
- ▶ Committee by-in
- ▶ Resources
- ▶ Revisions
- ▶ Next Steps
- ▶ Wellness Spotlight Video



OMSD Wellness Policy Revision Timeline



May 2014

- Recruitment of committee
- Inform stakeholders
- Assessment of current activities



September 2014

- Set priority areas
- Justify policy revision
- Recruit sub-committee
- Encouraged marketing of policy guidelines



October-January 2015

- Met with sub-committee
- Set goals for policy revision
- WELLSAT assessment
- Revised policy
- Larger committee review



February-April 2015

- Public promotion of proposed policy revision
- Cabinet review
- Resource development



Summer 2015

- Final cabinet review
- Schedule committee meetings



August-Jan 2015

- Formal Board adoption
- Finalize resources
- Resource distribution
- Launch marketing for new policy

Generating By-in from Stakeholders



Generating Buy-in with Stakeholders

- ▶ Superintendent has a lot of power over educational staff
 - ▶ If you have his/her support, you can advertise in meeting announcements
 - ▶ Learn the Superintendent's motivations
- ▶ Share current fitness gram and obesity rates in your district with extended cabinet or principal's meeting
- ▶ Set up Wellness Committee meeting to celebrate successes!!
 - ▶ Perception is on the eye of the beholder
- ▶ Promote wellness efforts at events where parents are present
 - ▶ Do your homework to find out what schools/departments are doing and spread the word!!
 - ▶ Examples include: school gardens, Harvest of the Month, Dairy Council, walking clubs, jog-a-thons, salad/garden bars, meal pattern requirements, PBIS, & more...

Sample Wellness Committee Meeting



San Bernardino County City	2010 Overweight + Obese %
Colton	46.1%
Rialto	45.0%
Fontana	44.9%
Montclair	43.9%
San Bernardino	43.9%
Ontario	43.3%
Upland	42.4%
Barstow	42.3%
San Bernardino County 39.3 %	
California 38.0 %	
	41.0%
	40.4%

What is OMSD doing to combat unhealthy statistics in our students?

Fresh Salad Bars



Walking/Running Clubs



Harvest of the Month



Free Dress
PASS

Non-food Rewards



School Gardens



Scheduling and Organizing your Committee/Council

▶ Schedule of Meetings

- ▶ Coordinate with Learning and Teaching
- ▶ Send reminders with meeting agenda
- ▶ Generate donations or raffles for added interest
- ▶ Quarterly or bi-annual vs. monthly meetings

▶ Committee

- ▶ Request additional point person from sites
- ▶ Recruit local partners who can provide support to schools
- ▶ Follow best-practice models whenever possible (Coordinated School Health)

Euclid → Monica Atala

Wellness Committee Priority Areas
2014-2015

still celebrate the child?
Focus on food not on child

Celebrations/ Recognitions	Physical Activity Promotion	Parent Support/ Wellness Awareness	Other
<p>What is my site/organization doing well in this area?</p> <p>No cupcakes</p> <ul style="list-style-type: none"> Lunch w/ Principal Extra recess 	<p>What is my site/organization doing well in this area?</p> <ul style="list-style-type: none"> Walk & Talk - put music on PE Equipment HEAL afterschool activities 	<p>What is my site/organization doing well in this area?</p> <p>Deantund - Invited Lizett</p> <p>twice to speak/present to parents</p>	<p>What is my site/organization doing well in this area?</p> <p><u>Garden support</u></p> <p>ASK Lizett</p>
<p>What are my site's challenges in this area?</p>	<p>What are my site's challenges in this area?</p> <p>Someone to keep track</p> <p>Walk a tron</p> <p>15 mins walking & 15 mins visiting</p> <p>Pledge forms</p>	<p>What are my site's challenges in this area?</p>	<p>What are my site's challenges in this area?</p>
<p>Ideas/strategies/resources to take back to my site:</p> <p>Birthday Card</p> <p>Pencils</p> <p>dance Party at lunch</p> <p>purchased medals +</p>	<p>Ideas/strategies/resources to take back to my site:</p> <p>Parents organize tickets</p> <p>1 Parent who coordinated student Council</p> <hr/> <p>circuit physical activity in the afternoon</p>	<p>Ideas/strategies/resources to take back to my site:</p> <p>Food samples of Tanager chicken</p>	<p>Ideas/strategies/resources to take back to my site:</p>

Wellness Committee Activity



HAYNES SCHOOL IS A HEALTHY SCHOOL

LA ESCUELA HAYNES ES UNA ESCUELA SALUDABLE

Encouraged for Celebrations, Snacks, Fundraising*
 Los recomendamos para celebraciones, bocadillos, y ventas



Discouraged for Celebrations, Snacks, Fundraising*
 No los recomendamos para celebraciones, bocadillos ni ventas



*In accordance with Ontario-Montclair School District Wellness Policy (BP 5030). Conforme a la política de la Mesa Directiva (BP 5030).

This Institution is an equal opportunity provider. Esta Institución es proveedora de igualdad de oportunidades.

Source: Adapted from Anderson Elementary, Lawndale Elementary School District

Wellness Policy Revision



OMSD Local School Wellness Policy Revision



- ▶ The Wellness Policy is guidance for schools required as of 2004 by the Child Nutrition WIC Reauthorization Act
 - ▶ 2010 Revision reflects Healthy, Hungry-free Kids Act revised requirements
 - ▶ 2013 Revision reflects new potable water requirements
 - ▶ 2015 Revision to illustrate wellness efforts in the district, strengthen language to promote consistent health messages, provide clear guidance to schools

Resources Used to Revise OMSD Wellness Policy

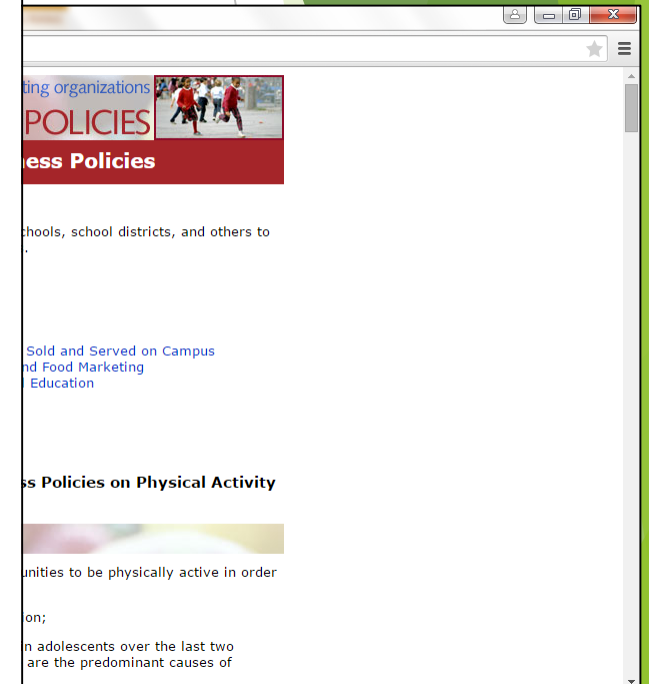
WellSAT –



<http://www.wellsat>

**Local School Wellness Policies (LWP):
Comparison Chart of 2004 vs. 2010 Requirements**

	2004 Requirements Child Nutrition WIC Reauthorization Act	2010 Requirements Healthy, Hunger-Free Kids Act
Overview	Directs local educational agencies (LEAs) to have a LWP in place for each school under its jurisdiction.	Strengthens LWPs and adds requirements for public participation, transparency, and implementation.
Elements of the Local School Wellness Policy	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for nutrition promotion.
Stakeholder Involvement	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of LWP.
Stakeholder Participation	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.
Local Discretion	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.
Public Notification	None.	LEAs are required to inform and update the public (including parents, students, and others in the



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When you are ready...

Presenting Revised Policy to Stakeholders



Committee Review



- ▶ Did
 - ▶ Provided overview of major revisions
 - ▶ Allowed discussion time for attendees to read major revisions
 - ▶ Requested input for resources needed to implement proposed policy

- ▶ Didn't
 - ▶ Request to read through entire new policy
 - ▶ Vote on changes until cabinet approved revisions

Input Template

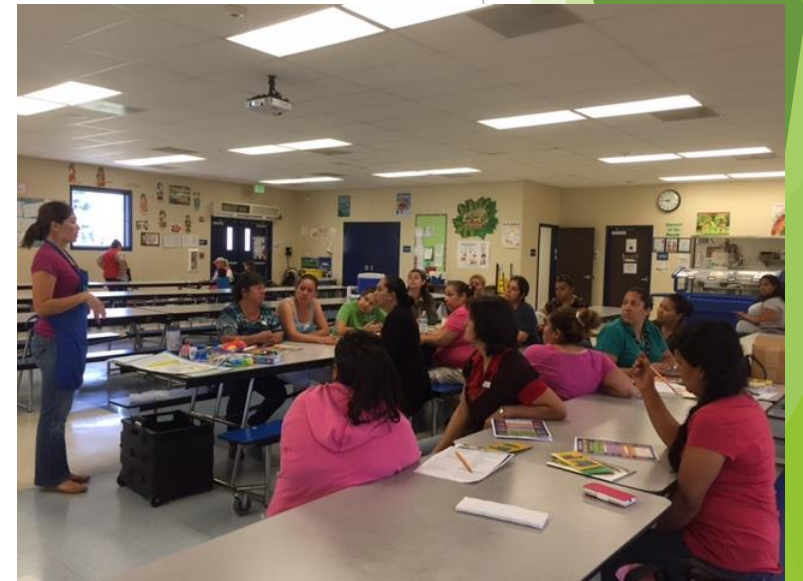
Wellness Policy Section	Suggested Resources	Suggestions for Distribution	Suggested Timeline
District Wellness Committee			
Nutrition Education			
PE and Physical Activity			
Nutrition Guidelines for Food at School			
Wellness Promotion and Food Marketing			
Program Implementation and Evaluation			

Public Input and Engagement

Healthy Fundraising Ideas



Parent Informational Presentations



Public Input and Engagement Cont.

- ▶ Meet with student council at various school sites to assess awareness of wellness policy
- ▶ Share highlights presentation with administrators and partners to spread the word with other staff and parents
- ▶ Conduct additional survey assessment such as School Health Index and/or adapted questionnaires (surveymonkey works best) to validate needs
- ▶ Discuss barriers and possible strategies to overcome barriers with students, parents, and staff

Next Steps for Final Approval and Implementation



Cabinet Review

OMSD BP5030

- ▶ Discussed concerns with revised language
- ▶ Make suggested changes to revised policy
- ▶ Parent and sub-committee review prior to Board approval

Ontario-Montclair SD Board Policy Student Wellness

DRAFT

BP 5030
Students

Ontario-Montclair SD BP 5030 Students Student Wellness

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1020 - Youth Services)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 - Drug Testing)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
(cf. 6164.2 - Guidance/Counseling Services)

I. District Wellness Committee

To fulfill this requirement, the Superintendent or designee may appoint a District Wellness Council or other district committee whose membership shall include representatives of these groups. He/she may also invite participation of other groups or individuals, such as health curriculum directors, counselors, before- and after- school program staff health practitioners, partner agencies, and/or others interested in school health issues.

The District Wellness Council committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties

Resources for Schools and Parents



Alternatives



Celebrations

Alternatives

Website



Parent-friendly handouts



OMSD SCHOOLS ARE HEALTHY SCHOOLS

LAS ESCUELAS DE OMSD SON ESCUELAS SALUDABLES



Encouraged for Rewards, Celebrations, Snacks, and Fundraising*
 Los recomendamos para reconocimientos, celebraciones, bocadillos, y ventas*



Prizes
Students
Love



Celebrations

Snacks

Fundraising

...these items do
not support health!

...¡estos alimentos
no son buenos para
la salud!



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- ▶ Recognition program for schools who demonstrate a comprehensive approach to support student wellness
- ▶ Categories include Bronze, Silver, Gold, Gold of Distinction
- ▶ 2014-2015 School Contenders:
 - ▶ Buena Vista Elementary
 - ▶ Euclid Elementary
 - ▶ Haynes Elementary
 - ▶ Montera Elementary
 - ▶ Monte Vista Elementary

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Questions or Comments

Please contact Lizett Olivares at Food and Nutrition Services

Lizett.olivares@omsd.net or (909) 930-6360 EXT. 249

OMSD Wellness Spotlight Video

- ▶ https://dl.dropboxusercontent.com/u/49188433/Nutrition%20Center%20Promo%20Final_iPad-Apple_TV_1080p.m4v

