



# Local School Wellness Policy: Don't Wait to Evaluate!

2018 California School Nutrition Association  
November 9, 2018, 9:15–10:15 a.m.





# Overview of Session

## Local School Wellness Policy Requirements (LSWP)

- Monitoring, Evaluating, and Reporting

## El Monte City Unified School District

- Spotlight on wellness policy process and evaluation





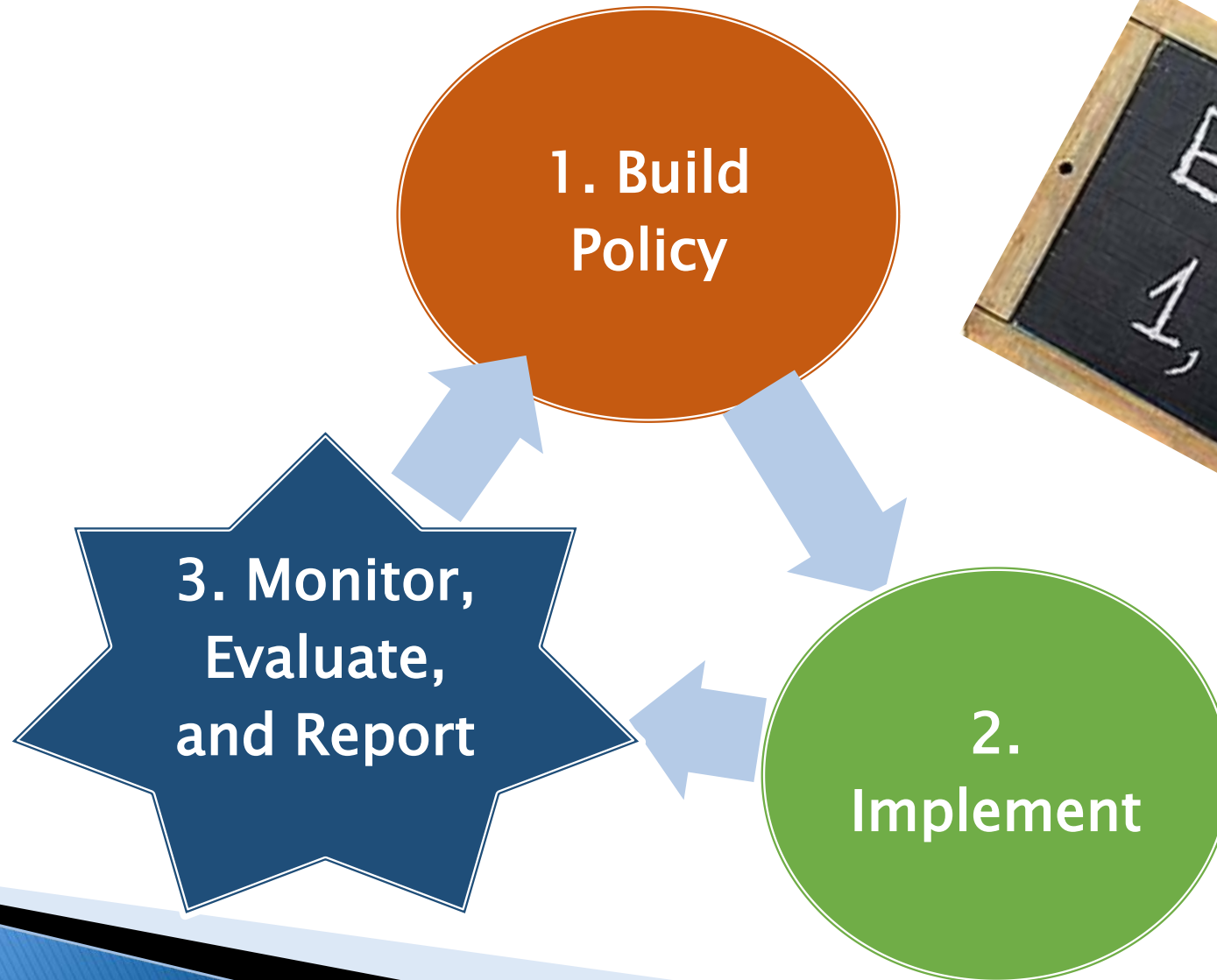
# Presenters

**Heather Reed, RDN, MA**  
Nutrition Education Consultant  
California Department of Education

**Dr. Robert S. Lewis, SNS**  
Director of Nutrition Services  
El Monte City School District



# Three Step LSWP Process





# Why Evaluate?



  
**KEEP  
CALM  
AND  
TELL  
DUMBLEDORE**





# Monitor and Evaluate





# How to Monitor

## **Review the implementation plan**

- Which goals and objectives are being implemented?
- What are the benchmarks to monitor? To evaluate?

## **Establish the process and schedule to monitor**

## **Assign responsibility for monitoring the plan**

## **Update the plan regularly**



# Implementation Plan for Marketing (1)

Topic	Description
Wellness Component	Food and Beverage Marketing
Policy Element	Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards and California competitive foods and beverage standards.
Goal	All schools will meet the full foods and beverages marketing policy standards by 2020.
Funding	Not applicable





# Implementation Plan for Marketing (2)

Activity	Due Date	Monitoring	Reported to Whom	Evaluation
Post marketing guidelines on web	August	Date posted	Wellness Committee	
Complete marketing survey	January	Survey Results	Wellness Committee	
Prioritize 2–3 areas	Feb	Work plan	Wellness Committee	
Conduct training	March	Agenda and roster	Wellness committee	Training evaluations
Conduct survey in prioritized areas	May	Survey results	Wellness committee	Pre- and post survey
Report to Board	June	Agenda	School Board Community	Report



## Additional Examples of Implementation Plans

- ▶ Please visit the Dairy Council of California Healthy Eating Made Easier California LSWP Collaborative web page at <http://www.healthyeating.org/Schools/School-Wellness/California-Collaborative.aspx>



# Evaluate

## The best time to plan your evaluation is?

- **Before** you conduct activities!
- And remember, any evaluation is better than none.

## Consider what you want to evaluate

- Which parts of the policy do you measure?
- What data is meaningful and feasible to collect?



# Example: Improving Classroom Rewards (1)



**Policy: Encourage nonfood rewards in the classroom.**

## **Teacher Survey Results**

- 90 percent used food as reward

## **Action: Rewards Handout**

- Distributed to teachers by email

## **Midyear Survey Results**

- 75 percent still using food as reward



# Example: Improving Classroom Rewards (2)

## Action: Effective Rewards for Optimal Performance In-service

- Conducted by teacher and nutritionist team

## Year End Survey Results

- Only 25 percent using food as a reward

## Policy Revised

- Only nonfood rewards will be used in classroom.





# Report





# Required Reports



- **Annual Updates**
- **Triennial Assessment**



# Annual Update

## What Must Be in the Update?

- Content of the policy
- Updates or revisions to the policy

## How Can You Notify the Public?

- Web page summary
- Newsletter or social media
- Reports to the Board







# Annual Update Example

Rationale–Why?

District driving forces

Focus areas for the district

Tangible activities

Successes

Website and committee info

**Torrance Unified School District**  
"CREATING A CULTURE OF WELLNESS"

**Why Do We Have a Wellness Policy?** Our kids deserve the best! TUSD believes in promoting & protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish wellness policy.

**How do we cultivate wellness?**  
By implementing the policy in 4 key areas:  

- School Environment
- Nutrition & Nutrition Education
- Physical Education/Activity
- Community/Staff Involvement

 Eat Well, Live Well, Be Well

**26.9%** of youths age 6-19 in Torrance are overweight or obese

**Wellness Policy in Action** (what we do)  
 Play Eat Succeed  
 Lettuce turn up the beet!

**"Smart Snack in Schools"**  
All foods and beverages served or sold on campus during the school day must meet strict federal & state standards.

**Smart Snacks:** Protein, whole grains, fruits, vegetables, and milk

**Please join us to support a healthy school environment by . . .**  
 • Modeling healthy behavior!  
 • Celebrating with healthy treats!  
 • Eating plenty of fruits and veggies!

Think Positively! Exercise Daily! Dance More!  
 Eat Healthy! Stay Strong!

Information provided by TUSD 2017/2018 Wellness Committee  
 Visit us at [www.tusd.org](http://www.tusd.org)



# Triennial Assessment

- Comparison to model policy
- Progress towards goals
- Compliance with policy



## Triennial Assessment Guidelines

- Locate on the Dairy Council of California Healthy Eating Made Easier California LSWP Collaborative web page at
  - <http://www.healthyeating.org/Schools/School-Wellness/California-Collaborative.aspx>



# Successful Administrative Reviews (AR)





# LSWP Component of the AR



- **Section V: General Area**
  - No fiscal action
- **Seven Questions: 1000–1006**
  - Questions assess the policy and required actions
- **Documentation**
  - Both off and on site



# Deadlines

## **Federal Fiscal Year (FFY) 2017–18**

- Requirements must have been met by June 30, 2017
- This includes the annual update

## **FFY 2020–21**

- Comprehensive Triennial Assessment must be completed by June 30, 2020
- Public must be notified of results



# Local School Wellness Policy: Common Errors

**Not available  
to the public**

**Not reviewed  
or updated**

**No  
assessment or  
implementation**



# AR Checklist

## Compliance with Implementation-Questions (Q) on the Administrative Review:

Q1000-Please explain how the required elements of the LSWP are being met

*Documentation Examples: dated hard copy or provide copy of web posting or web link*

Q1001-How does the public know about the Local School Wellness Policy?

**Annual public notification** of the content of the LSWP and any updates if needed

**How the public can be involved in the LSWP-** usually wellness committee

**The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the policy**

*Documentation Examples: web page, letters, emails, newsletters, student handbooks, flyers*

Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?

**Public Involvement:** LEA **permits** involvement of the following people in the development, implementation, review, and modification of the LSWP:

Parents

Students

School Food Service

Teachers of Physical  
Education

School Health  
Professionals

School Board Members

School Administrators

General Public and Community Members



# Documentation (1)

[Home](#) [Menus](#) [Pre-Pay Options](#) [Nutrition & Fitness](#) [Nutrition Education](#) [School Wellness](#) [Contact Us](#)

## Our Wellness Policy

[View our Wellness Policy](#)

## Why a Wellness Policy?

[Childhood Obesity  
& Diet Related Illness](#)



## Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the health and wellness advisory council that includes teachers, parents, administrators, and the district nurse.

### Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

### Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.



[View our Archived Ambassadors Newsletters here!](#)

[February 2013](#)

[January 2013](#)

[December 2012](#)





# Documentation (2)

## ***Wellness Policy Committee***

The Wellness Policy Committee is a team of students, parents and school district employees who meet monthly to identify issues, school tools and strategies that encourage healthy behaviors and execute a Wellness Policy that creates good, health-friendly school and work environments. The Wellness Committee must be a cross section of the school population.

## ***Wellness Site Ambassador***

Our district schools need representatives who promote and train others in Wellness Education. Provided with the information and the tools to serve the community, the Site Ambassador will represent Wellness at school events and train others. The Wellness Site Ambassadors are the eyes and ears of the school community

## ***Executive Champion***

The Director of Food and Nutritional Services, Superintendent, Chief Financial Officer, Principals, and other school officers will be personal role models for health and wellness, allocate resources to support wellness policy and environmental changes within [REDACTED] School District.

## ***Wellness Policy Committee Members-***

[REDACTED] -teacher  
[REDACTED] -FANS  
[REDACTED] -phys ed  
[REDACTED] -principal  
[REDACTED] -parent  
[REDACTED] -parent  
[REDACTED] -FANS



# AR Checklist

Q1003-When and how does the review and update of the LSWP occur?

*Documentation Examples: committee agendas/minutes, work plan, related documents*

Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?

*Documentation Examples: solicitation letters, emails, newsletters, web page, student handbooks, flyers*

Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.

**Triennial Assessment:** At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.

*Documentation Examples: **Comparison to Model Policy**-dated policy review tools such as the Well SAT; **Compliance with the LSWP and Progress Attaining Goals**-School Health Index and/or district generated checklists, updated implementation plans, surveys, board reports*

Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?

*Documentation Examples: letters,-emails, newsletters, board reports, web page, student handbooks, flyers*



# Additional Documentation (1)

## Employees Parents Students

### The Wellness Ambassador

#### Involvement Level

- Wellness Policy Committee
- Wellness Site Ambassador
- Executive Champions

### Wellness Policy Committee

The wellness policy committee is a team of students, parents and School District employees who meet monthly to identify issues, school tools and strategies that encourage healthy behaviors and make wellness policy that create health – friendly school and work environments. The wellness committee must be a cross-section of the school population.

### Wellness Site Ambassador

Our District schools need representatives who promote and train others in wellness education. Provided with the information and the tools to serve the community, the Site Ambassador will represent wellness at school events and train others. The Wellness Site Ambassadors are the eyes and ears of the school community.

### Wellness Committee Meeting: Tuesday, Mar 12

Get Involved - Join the Meeting



## VOLUNTEER

Contact: [Redacted]  
Director of Food and Nutritional Services  
[Redacted]

### Executive Champions

The Director of Food and Nutritional Services, Superintendent, Chief Financial Officer, Principals, and other school officers will be personal role models for health and wellness, allocate resources to support wellness policy and environmental changes within [Redacted] School District.

View our Archived Ambassadors Newsletters here!

[February 2013](#)

#### MORE INFORMATION:

#### Our Wellness Policy Committee

[Redacted] teacher  
[Redacted] FANS  
[Redacted] phys ed  
[Redacted] principal  
[Redacted] physi ed  
[Redacted] phys ed  
[Redacted] parent  
[Redacted] parent  
[Redacted] student  
[Redacted] asst. principal  
[Redacted] FANS  
[Redacted] consultant  
[Redacted] consultant



# Additional Documentation (2)



## *Wellness Ambassadors*

**Who are we? What do we do?**

We are Wellness Policy Committee Members, Wellness Site Ambassadors and Executive Champions... learn all about us, our goals, and what we are doing to promote Wellness in [redacted] School District [here!](#)

Here you will find our Wellness Newsletters, detailed information on how you may become involved and volunteer, and learn all we are doing to help our students focus on Wellness!



# Does Your LSWP Measure Up Checklist

- Locate the checklist on the Dairy Council of California Healthy Eating Made Easier California LSWP Collaborative web page at
  - <http://www.healthyeating.org/Schools/School-Wellness/California-Collaborative.aspx>



# Useful Web Pages

**National: USDA**

<http://www.fns.usda.gov/tn/local-school-wellness-policy>

**State: California Department of Education (CDE)**

<http://www.cde.ca.gov/ls/nu/he/wellness.asp>

**State: Dairy Council of California Healthy Eating Made Easier  
California LSWP Collaborative web page at**

<http://www.healthyeating.org/Schools/School-Wellness/California-Collaborative.aspx>



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- ▶ Real time check-ins from trainings and events
- ▶ News about grants and resources
- ▶ Insider's scoop on life at CDE, and more!

**CDE Nutrition**  
@CDENutrition

The CA Dept of Education makes the healthy choice the easy choice in schools, child care centers, and community agencies! RTs/follows do not imply endorsement.

Sacramento, CA  
[cde.ca.gov/1s/nu/](https://cde.ca.gov/1s/nu/)  
Joined April 2016

Tweets 1,188 Following 312 Followers 842 Likes 435

Tweets Tweets & replies Media

**CDE Nutrition** @CDENutrition · Aug 24  
Hey, #summermeals sponsors! Did you bring the #FarmtoSummer this year? Did you enrich your community with activities & outreach? Well, you deserve some credit! We're taking nominations for 2018 Summer Sunshine Awards. Contact SFSP@cde.ca.gov for information & nominations today!

*Western Region Office*  
**2018 Summer Sunshine Awards!**

- Providing Healthy Delicious Meals
- Relaying the Farm to Summer Message
- Raising Community Awareness
- Excellent in Community Partnerships
- Feeding Kids, Food, and Community Connections

3 retweets 4 likes

**CDE Nutrition** @CDENutrition · Aug 24  
Can't stop, won't stop Turnip the Beet! We wanna sing about you sponsors who turned it all the way up this year—serving not just food but QUALITY #summermeals to kids each day. Nominate a district for a @USDANutrition award: email SFSP@cde.ca.gov or visit [bit.ly/2KEmZvR](https://bit.ly/2KEmZvR)



# Please Contact Me

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This institution is an equal opportunity provider.







# El Monte City Unified School District

**Dr. Robert S. Lewis, SNS**  
Director of Nutrition Services  
El Monte City School District



# Professional Standards Credits

**Key Area: Administration (3000)**

**Training Topic: Program Management (3200)**

**Learning Objective: Healthy School Environment  
(3230)**

**Total instruction time: 1 hour**



Questions?

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