

Red Bluff Union Elementary School District January 2018

Monitoring for Success:

Student Wellness Policy Implementation Monitoring Report

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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).

This document provides a sample format for district staff and/or the school health council to use when reporting implementation of the local wellness policy to the board and the community. The report should be tailored to reflect the agreed-upon methods or indicators that will be used to measure implementation district wide and in each district school. The frequency of review and reporting is set by district policy.

To continually assess the implementation of your district's wellness policy, consider the following as you review the findings and recommendations of this report:

- Does your 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?
- Has your board adopted California's Physical Education Model Content Standards to ensure all schools are striving to reach the same goals and objectives?
- 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?
- 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?
- Are students actually receiving the required number of P.E. minutes?
- 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?
- Are school food service staff provided professional development opportunities?
- 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?
- Are the implementation and monitoring reports submitted to the board as provided in board policy?
- 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?

For more information on how boards can effectively implement the local wellness policy requirements, please see CSBA Governance & Policy Services Policy Brief, [The New Nutritional Standards: Implications for Student Wellness](#), November 2005. Also refer to [Section Policy Development in the Student Wellness: Healthy Food and Physical Activity Policy Resource Guide](#). Available at www.csba.org/ps/hf/htm or www.CaliforniaProjectLEAN.org.

Executive Summary

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.

The Red Bluff Union Elementary Board of Education adopted a Student Wellness Policy, Board Policy 5030, in April 2017. 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. Major findings and recommendations are summarized below.

Nutrition of Foods and Beverages on Campus

Our district promotes the consumption of school meals.

Guidelines for Reimbursable School Meals

Our district meets or exceeds the federal and state mandates for school meals. We purchase local specialty crop items such as fruits, vegetables, olive oil and freshly ground flour/grain products.

Background

The federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (PL 108-265) includes a provision requiring all school districts participating in any federally funded child nutrition program to establish a locally developed school wellness policy by the beginning of the 2006-07 school year.

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 Red Bluff Union Elementary SD Board of Education adopted a Student Wellness Policy, BP 3550, in April 2017. 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 district's Student Wellness Policy includes a plan for monitoring the implementation of the wellness policy as well as a provision that a report be provided to the local board of education to ensure the board is able to monitor progress and make needed adjustments to policy and practice.

Purpose of Report

The purpose of this report is to inform the Board of Education on the implementation and outcomes of the district's Student Wellness Policy.

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. Tina Egan, Food Service Director, 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.

We are working toward compiling a Coordinated School Health Council that will greatly facilitate in the implementation and monitoring of the wellness policy as a living document.

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 Preschool to Eight 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 several schools.

Description of Nutrition Education Program

Nutrition Network provides Harvest of the Month education and teacher guides.

Physical Education

A physical education program is 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. Included in our program: SPARK training for all K-5 teachers; grades 6-8 have a comprehensive physical education program that tests students pre and post.

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

Instruction in physical education shall be provided for at least the following minimum period of time:

1. For students in grades 1-6, 200 minutes each 10 school days, exclusive of recesses and the lunch period
2. For students in grades 7-8 attending an elementary school, 200 minutes each 10 school days, exclusive of recesses and the lunch period
3. For students in grades 7-8 attending a middle school or junior high school, 400 minutes each 10 school days

Physical Education Exemptions

Education Code provides for temporary and permanent exemptions from physical education for students who meet specified conditions.

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 for grades K-5: balance, coordination eye to hand; body movement; endurance; games; running; skip; use of walking trails in addition to any physical education program. The district also provides alternative activities for students with disabilities to ensure all students are provided with opportunities for physical activity.

Physical Performance Testing

The FITNESSGRAM is administered March each year in grades 5 & 7. Students are expected to achieve a healthy fitness performance level in each of the six test components.

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 or as mandated by federal law. Child Nutrition Staff is regularly trained with technical skills as well as hands on cooking, chef presentations, and customer service. We plan and lead area network exercises that highlight best practices. RBUESD owns membership for every school site manager at eight production sites in the California School Nutrition Association Far North Chapter. Annually we are key players on the planning for a manufacturer show that features most current healthy food items as well as conduct staff training sessions.

Nutritional Standards for Foods and Beverages

RBUESD reports to the Mountain View Purchasing Cooperative. There is a committee that works on finding the specification language needed to acquire the item at the best price. All RBUESD schools meet or exceed the federal, state and local guidelines.

Schools use whole, fresh, unprocessed foods and ingredients whenever possible and offer a variety of 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 weekly by the Food Services Office and twice annually by Tehama County Environmental Health to ensure compliance with the sanitation and safety requirements of the Cal-Code Law as set forth in Health and Safety Code 113700-114455.

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.

Contracts

Effective July 1, 2007, the district or a district school shall not enter into or renew a contract for the sale of foods and beverages that do not meet the nutritional standards specified in the Education Code unless the contract specifies that such sales will occur later than one-half hour after the end of the school day and/or off school premises.

Food & Beverage Contracts

The district has no active contracts for the sale of foods.

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 has decreased from SY 2010-2011 to SY 2014-2015, as illustrated in Table 1 below.

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, the figures in Table 3 also provide an indication that meals are attractive, affordable and utilized by students

School Meal Nutrition Analysis

At least once every three 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 2014-15 for grades K-8. 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:

- Red Bluff Union Elementary S/D uses the Food Based menu option to plan its menus.
- RDA targets were met for all required components] in grade levels TK-8.
- The percentage of allowable fats was 30% or less in grade levels TK-8 meeting the target.

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 are working toward a Coordinated Health Effort.

Recommendations: That RBUESD will develop a working team to be able to meet several times annually to pull together strengths and identify needs. RBUESD Board Policy 5030 is listed below:

Red Bluff ESD 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. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. 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. School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC [1758b](#); 7 CFR [210.30](#))

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer

learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC [1758](#), [1766](#), [1773](#), and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR [210.30](#))

Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

Tina Egan, Director of Nutrition

530-527-7200 or at tegan@rbuesd.org

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC [1758b](#); 7 CFR [210.30](#))

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC [1758b](#))

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions 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

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards

6. Results of the state's physical fitness test at applicable grade levels

7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

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

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.30](#))

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR [210.30](#), including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR [210.30](#))

Guidelines for Reimbursable School Meals

The district's reimbursable meal program continues to seek ways to increase meal participation while meeting or exceeding the federal and state meal mandates. We feel that the decrease in student meal participation may be due to the Section 205 Meal Mandate to Increase paid meal prices as this is the category that has significantly decreased. The other impact indicates student acceptance of whole wheat products and forced portions of fruits and vegetables. Anecdotally we feel that students are changing and over time will begin to consume these products. Nutrition Education funding has changed and the infrastructure in place is in a period of uncertainty. When this condition becomes more stable, we foresee much more support in