



# Local School Wellness Policy + Triennial Assessment



# Objectives

- Identify resources to support LSWP success
- Overview of new Triennial Assessment Template
- Consider next steps after completing your Triennial Assessment

# Challenges of the Pandemic



**Have you accessed The  
Local School Wellness  
Policy Collaborative  
Website & Resources?**





**Wellness Policy  
Resources**



**Collaborative  
Webinars**



**Triennial  
Assessment  
Template**

# Establish a Successful Wellness Team

- LSWP Committee Guide
- Wellness Policy Pitch: Get everyone to the table!





# USDA Outreach Toolkit

Download the communication tools.

- [Letter to Principal](#)
- Parent Flyer [[English](#)] [[Spanish](#)]
- [Presentation for Parents](#)
- [Presentation for School Staff](#)
- [Newsletter Article](#)
- [Social Media Posts](#)



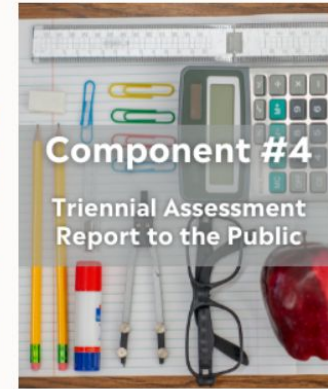
<https://www.fns.usda.gov/tn/local-school-wellness-policy>

HealthyEating.org



# Assess the Quality of a District Policy

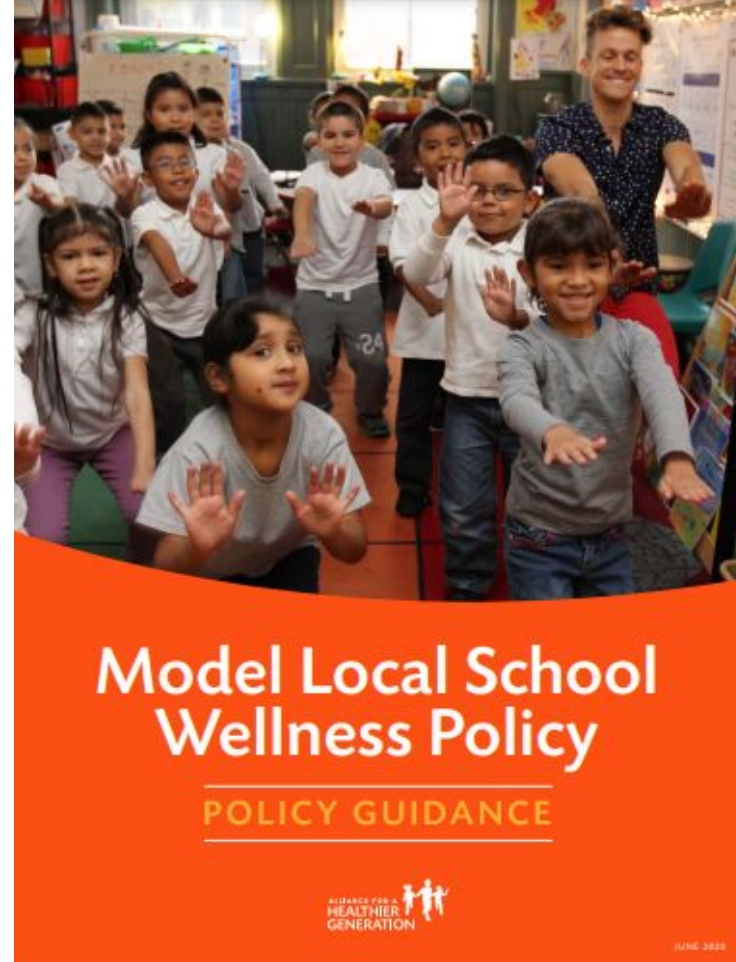
## Use the Triennial Assessment Template





# Component #1: Compare to Model Local School Wellness Policy

- The Alliance for a Healthier Generation Model Policy
- The WellSAT 3.0 School Assessment Tool
- California School Board Association (CSBA) BP 5030



# The Alliance for a Healthier Generation Model Policy

## Pros

Includes WSCC language with a focus on:

- SEL
- Health Services
- Employee Wellness
- Family Engagement/Community Involvement

## Cons

Does not include some CA-specific requirements for Smart Snack Standards

# WellSAT 3.0 Assessment Tool

## Pros

- Exceeds the minimum requirements for Final Rule
- Uses a scoring system
- Includes sample language to improve score and strengthen wellness policy

## Cons

- Does not include WSCC language— Updated WSCC toolkit

# California School Board Association (CSBA) BP 5030

## Pros

- Meets the minimum requirements for the Final Rule

## Cons

- Does not exceed minimum requirements
- Does not include language on the WSCC Model
- Comparison will not show opportunities to strengthen language

# Wellness Policy Builder

- Use after assessing wellness policy to update policy and improve policy language and intention.



# What assessment tool have you used?



## Component #2: Extent of Compliance of all schools with the LSWP

Create a survey to send to key stakeholders to assess compliance

Or use Existing Assessment tools

- Alliance for a Healthier Generation Healthy Schools Program Assessment Tool
- The School Health Index
- Action for Healthy Kids School Healthy Index
- The Site Level Assessment Questionnaire



# Component #3: Progress Made In Reaching LSWP Goals

- District Action Plan
- Alliance for a Healthier Generation Healthy Schools Program Assessment Tool
- The School Health Index
- Action for Healthy Kids School Healthy Index
- The Site Level Assessment Questionnaire

# Component #4: Triennial Assessment Report to the Public

## Triennial Assessment Report to the Public Sample

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, community partners	School Newsletter	6/30/2021
District School Board	Presentation during School Board meeting	6/1/2021
Community Partners	Presentation during District Wellness Committee meeting	5/25/2021
Parents/Caregivers	Presentation during Open House event	5/25/2021

# HOW DOES SCHOOL LUNCH HELP FAMILIES?



## **Provides a balanced meal**

It meets one-third  
of the nutrition needs  
of most children  
for the day.



## **Helps kids learn where foods come from**

Farm to school programs are  
in 42 percent of schools which  
increase kids access to locally  
produced foods and learning  
activities such as farmers'  
visits and school gardening.



## **Saves time**

If you spend  
10 minutes a day packing  
lunch, that adds up to  
30 hours (1,800 minutes)  
each school year.



## **Supports learning at school**

Research shows that  
kids with healthier eating  
patterns have better  
academic performance.

# What's Next?

Take your Policy from  
Paper to Practice



# Advocate for Wellness in LCAPs

1. Review the district's LCAP @ <http://lcapwatch.org/>
2. Decide what you think is important to support in the LCAP (based on policy assessment and committee priorities)
3. Share your input: Check out Tips for sharing your comments



# LCAPs: The Wellness Connection

## School Climate

- Pupil suspension
- Expulsion
- Connectedness
- pleasant eating environments
- instructional gardens
- anti-bullying/violence prevention
- before and after-school programs
- joint use agreements
- school-based health centers

## Student Achievement

- College Readiness
- Supporting learning through
  - healthy meals and snacks
  - physical activity opportunities
  - after-school programs
  - student health services

# Grants

- Santa Barbara School Wellness Summit Mini-Grants
- CDFA Farm to Fork Grants
- No Kid Hungry Equipment Grants
- USDA Fresh Fruit and Vegetable Program Grant



TRANSFORMING  
**SCHOOLS**  
INTO CENTERS OF  
**HEALTH &  
WELLNESS**



# After the Triennial Assessment

- Maintain successes
- Make manageable wellness goals



# IMPLEMENTATION PLAN TEMPLATE

<b>WELLNESS COMPONENT:</b>				
<b>Policy Element:</b>				
<b>What will this look like?:</b>				
<b>Funding (e.g., LCAP/ESSA/Other):</b>				
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	By When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input type="checkbox"/> High			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	<b>Name(s):</b>  <b>Workgroup:</b>
<input type="checkbox"/> Medium			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide  <input type="checkbox"/> In Progress  <input type="checkbox"/> Not Begun			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
	<b>How will this be monitored?</b>	<b>How often will monitoring take place? (e.g., weekly, monthly, annually)</b>	<b>To whom will results and/or updates be reported?</b>	

**What is one district  
wellness goal you  
would like to see come  
to fruition?**

# Successful Nutrition Education Implementation

- Nutrition Education Month
- Align to National Nutrition Month
- Teacher & Parent training
- Celebrate







UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

# “It’s a CARROT!!””

## How school gardens impact our youth.

**Abbi Marrs**

**Community Education Specialist 2  
San Luis Obispo & Santa Barbara**

<https://youtu.be/EH8NFU8m4qc>

**The famous video link!**

# School gardens in Santa Barbara county have fed hundreds of students and community members.



# Hands on learning in the garden





# Engaging student leaders to teach TWIGS lessons in the garden and lead guided tours



# Teacher Quotes

"This was a great lesson about the parts of a plant which aligned perfectly with what we are learning in class. The students were able to guess which part of the plant a variety of foods were. The hands on materials were great for the students to look at and touch. A wonderful lesson! Thanks." -2nd grade teacher

"My students have been learning about the plant cycle and this lesson was perfectly aligned with what we have been learning. They were able to plant a seed and make a greenhouse out of cups taped together. We also visited Hapgood's green house afterwards. They are so excited to watch their plant grow. Thanks!!" -4th grade teacher



# Student Quotes

“My favorite thing about the kabobs was making them with fresh vegetables and also I like the cheese and the basil leaves.”  
-3rd grade student

“My favorite thing was trying new stuff like tomatoes because that was my first time trying tomatoes” -3rd grade student

“My favorite thing is that the garden food is in the cafeteria.”  
-3rd grade student

“My favorite thing about the school garden is. that I can try new foods.” -3rd grade student

“I like that we can eat the garden vegetables” - 3rd grade student

# UC Garden Nutrition Extender Program



# School community involvement



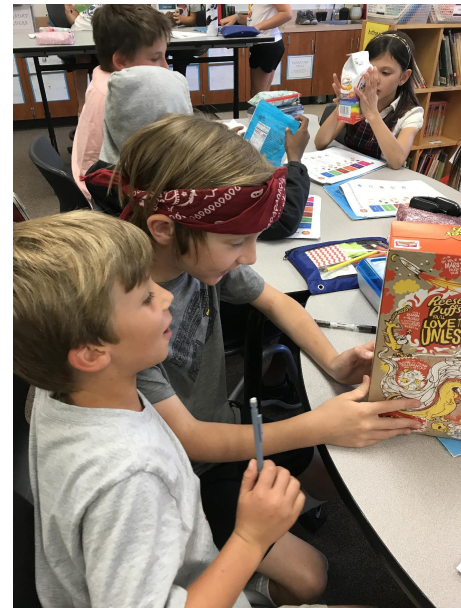


# It's all about the food!

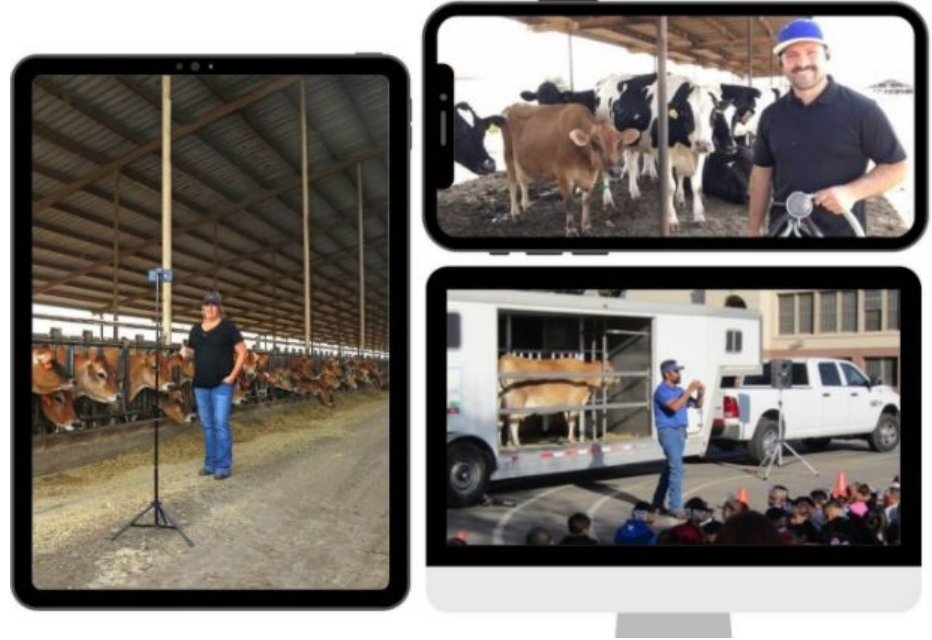


# Food & Nutrition Literacy

 <b>Key Nutrients and Reasons Needed</b>			
Food Group		Key Nutrients	Why Your Body Needs Them
<b>Dairy</b> Milk, Yogurt, Cheese		Calcium Vitamin D	 Strong bones and teeth
<b>Vegetables</b>		Vitamin A Potassium	 Healthy skin and eyes
<b>Fruits</b>		Vitamin C Potassium	 Healing
<b>Grains</b> Breads, Cereals, Pasta		B-vitamins Fiber	 Energy
<b>Protein</b> Meat, Beans, Nuts		Protein Iron	 Strong muscles
<b>"extras"</b>		No nutrients	No health benefits



# Ag Literacy





# Let's Eat Healthy Nutrition Education Curriculum

## Let's Eat Healthy Education Resources

Let's Eat Healthy  
Join the Movement at  
HealthyEating.org

### CURRICULA

All curricula align to Common Core State Standards and are free for California educators, available to order or download. The [Technology Tutorial Guide](#) is to help educators adapt the curricula for online learning.



#### Kindergarten

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

#### First Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

#### Second Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

#### Third Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)



#### Fourth Grade

#### Fifth Grade

#### Sixth Grade



### Snacks

## Boost Your Brainpower With Breakfast!

Healthy Eating  
Made Easier!

Good nutrition begins with breakfast. Starting the day with breakfast at home or school fuels your brain for learning!



### What is a "balanced breakfast"?

A balanced breakfast will help you feel full until lunch. Eating foods from three or more food groups is a simple model to get the nutrients you need every day!

Eating breakfast gives you the energy to play and think.

A balanced breakfast has at least one food from each of the "3 out of 5" food groups:

- 1- Grains
- 2- Vegetables OR Fruits
- 3- Dairy OR Protein

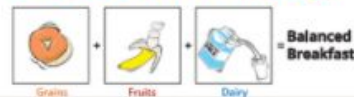
Take the time to eat a variety of foods to get the nutrients you need to be healthy!

### Which is your favorite easy breakfast idea?

- Oatmeal with milk and sliced apples
- Whole-wheat toast topped with peanut butter and sliced bananas
- Tortilla with cheese and tomato slices
- Small whole-wheat bagel, cottage cheese and peaches
- Whole-wheat crackers, string cheese and 100% apple juice box

Add milk for an easy way to get "3 out of 5."

Use the "3 out of 5" model to eat a healthy, balanced breakfast every day.



# Utilize The Local School Wellness Policy Collaborative Website & Resources!

**Triennial Assessment Template Webinar**

**Triennial Assessment Office Hours Registration: Q & A  
Session April 5<sup>th</sup> @ 2:00 PM Pacific Time**



<https://www.healthyeating.org/caschoolwellness>





# Questions?

# Thank you

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