

# Winning at Wellness: Empowering School Communities Together

Wednesday, October 4, 2023



# Objectives

- Recognize state leaders and organizations committed to improving student wellness and academic success.
- Understand the USDA's requirements for the LSWP to include specific goals for Nutrition Education, Physical Activity, Nutrition Promotion, and other school-based activities that promote student wellness.



# Objectives

- Identify how the Collaborative can help with the success of school wellness policies and initiatives.
- Locate and access resources and support for building effective LSWPs and implementing strategies to support student safety, well-being, and academic achievement.





We empower school communities and partners to strengthen local school wellness policies and systems in California to support student whole health and academic achievement.



# LSWP Timeline

2004

**The Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004**

2010

**Healthy, Hunger-Free Kids Act (HHFKA) of 2010**

2014

**Proposed Rule for LSWP Implementation under the HHFKA of 2010**

2016

**Final Rule for LSWP Implementation under the HHFKA of 2010**



# LSWP Requirements

The LSWP Final Rule of 2016 requirements provide LEAs a framework for developing, implementing, and evaluating LSWPs, including:

- Goals and standards for the **Content of the Wellness Policy**
- Establishing **Wellness Policy Leadership**
- Providing opportunities for **Public Involvement** in the wellness policy process
- **Triennial Assessment** of wellness policy compliance, implementation, and progress.



## Whole School, Whole Community, Whole Child (WSCC) Model

# LSWP Requirements

Minimum LSWP requirements:

- Nutrition promotion and education
- Physical activity
- Other school-based activities that promote student wellness
- Nutrition guidelines for all foods and beverages sold or made available on school campus during the school day
- Policies for food and beverage marketing
- Community involvement



(Title 7, Code of Federal Regulations, sections 210.31, paragraphs a~f and 220.7, paragraph h and CA Education Code Section 49432)



# LSWP Requirements

- The LSWP is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.
- The CA LSWP Collaborative was established in 2012 to support LEAs in:
  - Engaging their community
  - Creating healthy school environments
  - Developing comprehensive policy language
  - Promoting student health and wellness





# Collaborative Domains

**Whole School  
Whole  
Community  
Whole Child**

**Access to  
Nutrition and  
Food Security**

**LSWP  
Implementation  
and Evaluation**

**Communications  
and Outreach**



# Collaborative Strategies



# Video



# Collaborative Panel



**Kate McDevitt**

District Wellness Supervisor  
San Diego Unified School  
District



**Anna Jones, PhD**

LSWP and SLM  
Project Manager  
CalFresh Healthy Living,  
University of California  
State Office



**Dr. Margaret Sedor**

District Suicide Prevention  
& Wellbeing Coordinator  
Sweetwater Union High  
School District



**Katie Dooley Hedrick**

Associate Director,  
California  
No Kid Hungry



# The Value of Statewide Collaboration

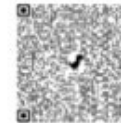
## Elevating Needs & Ensuring Impact



## Sharing Tools & Amplifying Success



Text **FOOD**  
to **304-304**  
for a location  
near you.



Summer Meal Programs are  
open to all youth 18 and  
under - no paperwork  
required.



Through the federal Summer Food Program and Seamless Summer Option, school districts can make sure kids and teens have nutritious meals during the summer break. To **find a location near you**, text **FOOD** (for English) or **COMIDA** (para Espanol) to 304-304 ([No Kid Hungry](#)).

- **Summer Meals Flyers:** To request a bilingual printed tear pad or to download flyers with customizable fields, visit [HealthyEating.org/SummerMeals](https://HealthyEating.org/SummerMeals). Download



# HealthyEating.org/CASchoolWellness

<b>July 1, 2022 to Aug 10, 2023</b>	<b>Total Page Views</b>	<b>Unique Visitors</b>
CA LSWP Collaborative Landing Page	3527	2792
Triennial Assessment Template	6085	5331
Resources	592	411
Collaborative Webinars	316	238
<b>Totals</b>	<b>10,520</b>	<b>8,772</b>



# Collaborative Resources: The Triennial Assessment Template



# CalFresh Healthy Living, University of California

*Promoting healthy people and communities*

## Who we are

CalFresh Healthy Living, University of California teaches people eligible for SNAP about good nutrition, how to make their food dollars stretch further, and how to be physically active at any age. Effective, evidenced-based nutrition education and physical activity classes are aligned with policy, systems and environmental change strategies to create long lasting community change.

## What we do

**Educate** – Increase garden-based learning, nutrition and physical activity knowledge, skills, and practice

**Partner** – Encourage state and local partnerships in support of shared goals

**Build Co-Capacity** – Advance local priorities through training and technical assistance

**Transform** – Act as a catalyst for healthy lifestyle change

## Who we serve

The majority of CalFresh Healthy Living, University of California participants are preschool (3-5) and school aged youth (5-17) and their families. The program also works with SNAP-Ed eligible adults and seniors.





# TEA Template Overview

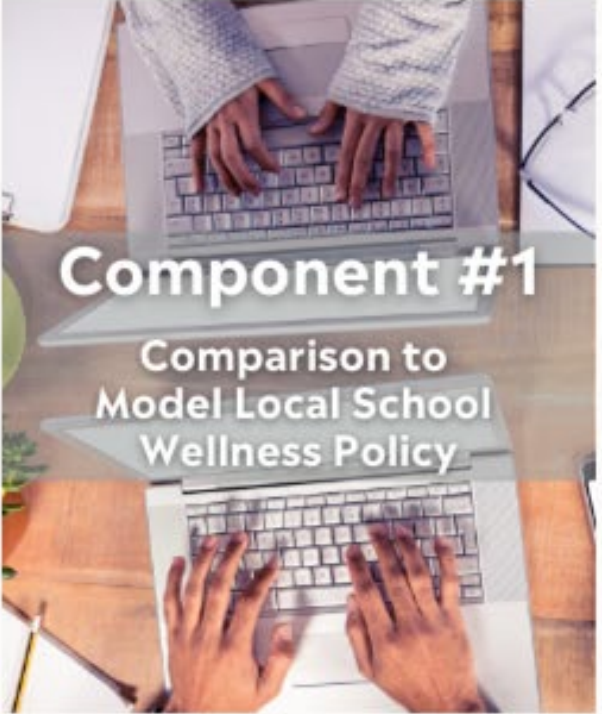
- Guides LEAs through the Triennial Assessment Process
- Includes:
  - important information
  - templates
  - Examples
- Downloadable Word Doc and Web versions



## THE TRIENNIAL ASSESSMENT TEMPLATE FOR LOCAL EDUCATIONAL AGENCIES


Presented by the California Local School  
Wellness Policy Collaborative






**Component #1**

Comparison to  
Model Local School  
Wellness Policy



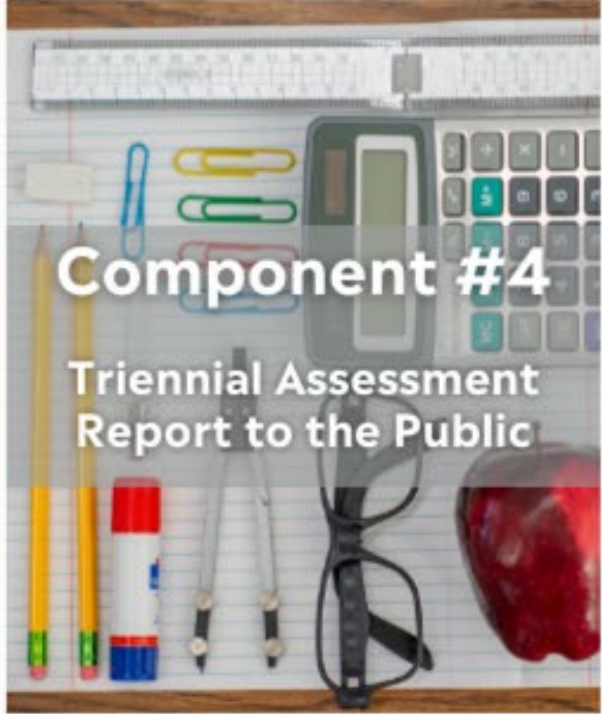
**Component #2**

Extent of Compliance  
For All Schools with the  
LSWP



**Component #3**

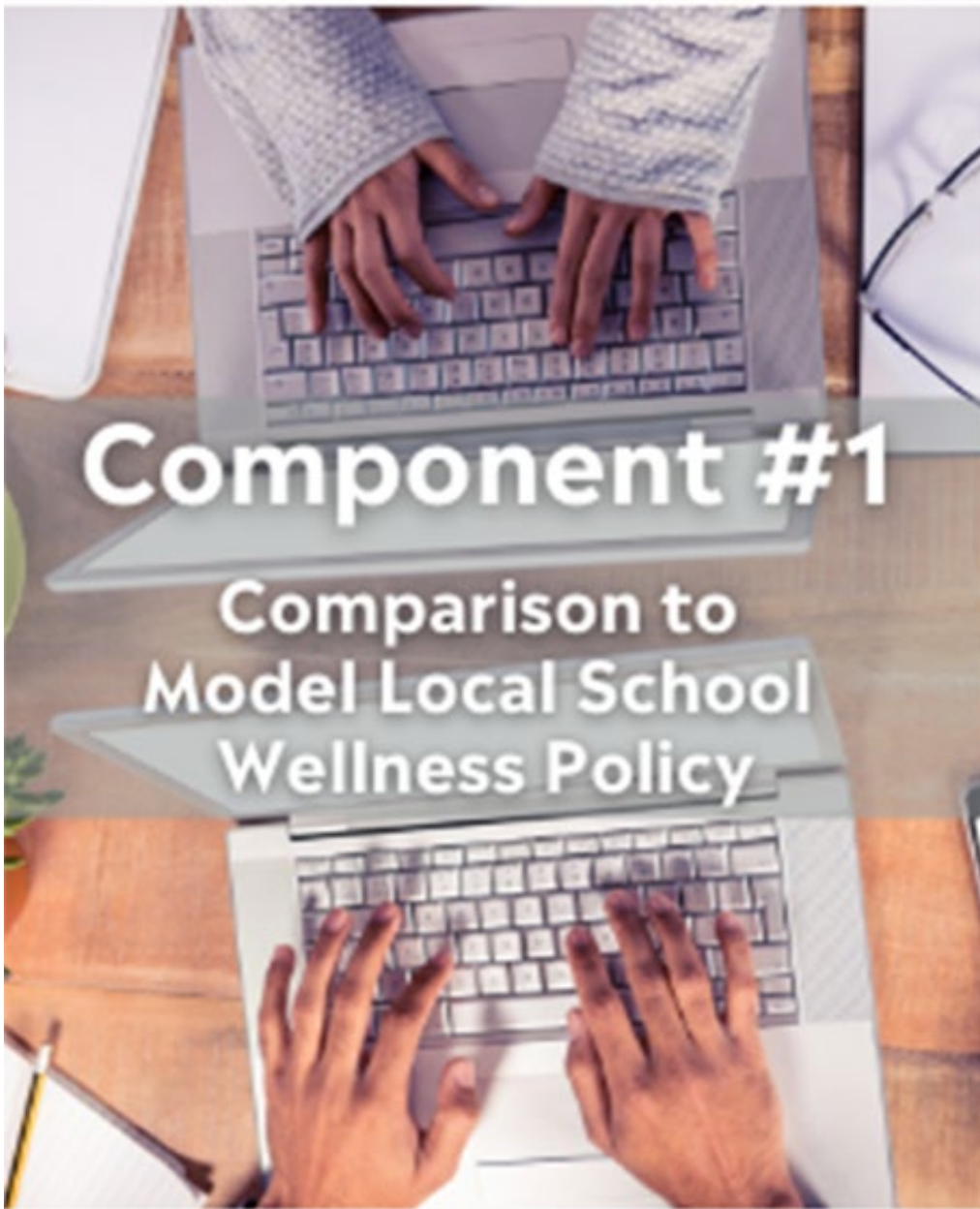
Progress Made In  
Reaching LSWP Goals



**Component #4**


Triennial Assessment  
Report to the Public





- Identify strengths, opportunities for improvement, and determine how to strengthen policy
- Template provides:
  - Overview of common Model LSWPs
  - Pros and Cons
  - Comparison Tools





## Component #2

Extent of Compliance  
For All Schools with the  
LSWP

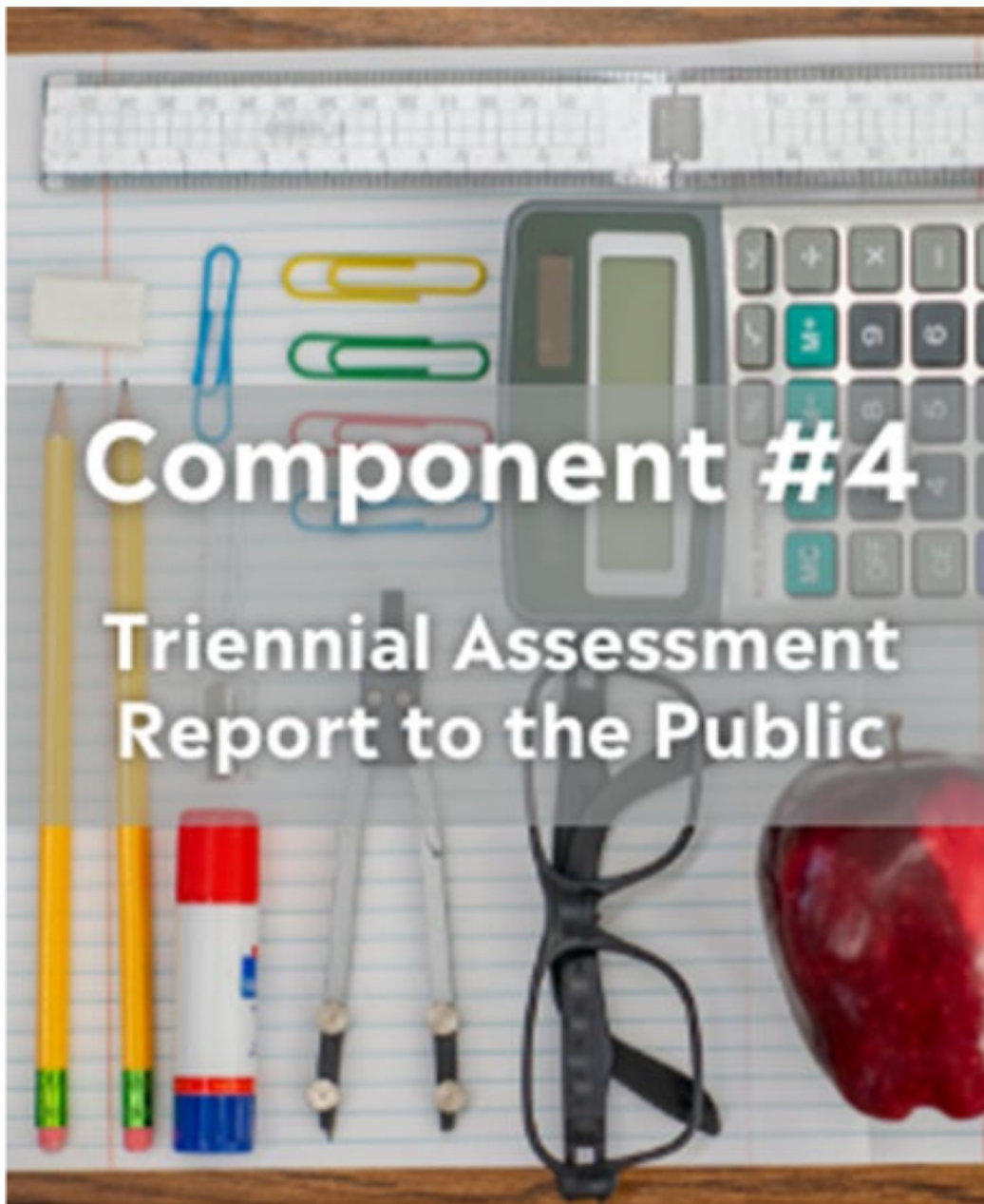
- Determine whether schools are following the LSWP as it is written and identify where additional support is needed
- Template Includes:
  - Links to existing assessment tools
  - Extent of Compliance Template





- Document progress and demonstrate that the LSWP is being implemented
- Template Includes:
  - Links to recommended tools
  - Progress in Reaching Goals Template





- Ensure school community is aware of the LSWP work
- Opportunity to recruit new LSWP Committee members
- Template Includes:
  - Methods for sharing results
  - TEA Report to Public Template
  - One-Page Report for the Public



# District Wellbeing Ambassadors





District Psychological Triage Team



Honoring Red Ribbon Week





# District Mental Health Youth Leaders





# SUHSD Suicide Prevention Community Forum





SUHSD Friendsgiving

Fostering District Community

# Engaging in Wellbeing



TOGETHER, WE'RE MAKING  
NO KID HUNGRY  
A REALITY.



**GOOD NEWS FOR  
KIDS IN CALIFORNIA!**



# Partnerships are key!



Thank  
you





# TRANSFORMING SCHOOLS





# Table Discussion

- What are you doing or planning to do to promote collaboration and accountability around school wellness in your agency?



# Call to Action

- Build or reconvene a diverse wellness committee
- Use the Whole School, Whole Community, Whole Child (WSCC) model
- Develop an action plan to strengthen policy language
- Integrate the LSWP with the Transforming CA School Initiatives and Local Control Accountability Plans



# Connect with us!

## HealthyEating.org/CASchoolWellness



**Wellness Policy  
Resources**



**Collaborative  
Webinars**



**Triennial  
Assessment  
Template**



# Evaluation

Please complete the **2**-question evaluation.  
Scan the QR code with your cell phone camera.



# Thank You!

Website: <https://healthyeating.org/CASchoolWellness>

Newsletter Sign up: <https://bit.ly/LSWPNewsletter>

Email: [CALocalSchoolWellnessCollab@gmail.com](mailto:CALocalSchoolWellnessCollab@gmail.com)

Instagram: @CASchoolWellness

Twitter: @CALSWP

