

# OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT

## Goal of the District Wellness Policy

Orcutt Union School District (OUSD) Wellness Policy supports and promotes healthy eating, healthy behaviors and physical activity in the Orcutt Unified School District. It also develops 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.

## Health and Wellness Committee

Orcutt Union School District's Health and Wellness Committee is comprised of a team of employees, as well as parents and representatives from various community organizations. The Committee is responsible for establishing and maintaining district policies related to efforts to support health and wellness. Goals for nutrition promotion and education and other school-based activities are promoted along with guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations. Policies for foods and beverages made available to students (ex: in classroom parties, snacks brought by parents, other foods given as incentives) are communicated with the public on an annual basis. The Health and Wellness Committee analyzes data from the Wellness Policy Assessment which measures the extent to which OUSD's schools are in compliance with its wellness policy and the progress made in attaining the district's wellness goals.

## Purpose of this Report

This report captures all wellness related work being done within the OUSD and encompasses work facilitated by community members, individual school sites, and the District. The purpose of this report is to determine the level of program compliance with the goals of the District's Wellness Policy. OUSD's Wellness Policy includes goals in the following areas:

1. Nutrition Education
2. Nutrition Promotion
3. Physical Activity
4. Other School-Based Health
5. Nutrition Guidelines for All Food Available on Campus
6. Accountability
7. Stakeholder Involvement and Participation
8. Public Notification

## Assessment Strategy

The District Wellness Committee developed two assessment tools to use to determine how well the district, as a whole, and each school were meeting the goals as defined in the Wellness Policy.

1. District Level Assessment - OUSD developed a triannual assessment task force that completed the WELSAT 3.0 and the local school wellness policy elements checklist in January of 2020. Both tools are designed to assess the compliance and strength of our districts wellness policy.
2. School Level Assessment – Principals from all 9 school sites responded to an assessment geared toward wellness goals at school, which included comments. The assessment tool was accomplished using “Survey Monkey”. It included

## OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT

24 questions addressing 6 wellness goal categories. Assessments were completed by all sites by March 3, 2020. All surveys were summarized. Below are the results:

	MAX #	AS	RD	JN	PR	PG	OR	OJH	LKV	OAHS	AVE
wellness	15	15	4	14	4	13	4	12	7	15	9.8
meals	24	24	20	21	22	24	24	23	20	23	22.3
other foods	21	18	18	15	16	20	18	16	14	12	16.3
h. education	18	18	1	13	3	13	6	11	13	21	11.0
PE	21	21	20	20	17	20	16	18	21	20	19.2
physical act	24	21	12	18	8	17	16	14	19	24	16.6
staff inv.	36	29	19	26	15	29	18	18	16	28	22.0
family & connect	24	24	5	16	7	19	17	12	6	17	13.7
final	183	170	99	143	92	155	119	124	116	160	

Best Schools: AS & OAHS

Schools that need improvements: RD & PR

Areas of improvement: Wellness environment, health education, other foods and family & community engagement

### Assessment of Level of Compliance with OUSD

#### Wellness Policy Goals:

1. Nutrition Education
  - a. Task force Assessment Tools– 75%.  
We will increase the efforts to link nutritional education within the school environment. For example: various programs of nutritional education within the classroom, and increased agricultural and food systems learning opportunities.
  
2. Promoting Student Wellness
  - a. Task force Assessment-92%
  
3. Physical Education and Activity
  - a. Task force Assessment Tools– 100%

## OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT

4. Other School-Based Health Efforts
  - a. Task force Assessment Tools– 100%
5. Nutritional Guidelines for Foods Available on Campus
  - a. Task force Assessment Tools– 76%

Continued efforts will be made to ensure all sites are compliant with foods sold or offered on school grounds during the school day.
6. Accountability
  - a. Task force Assessment Tools– 76%

Continued efforts will be made to ensure all sites are compliant with foods sold or offered on school grounds during the school day.
7. Stakeholder Involvement and Participation
  - a. Task force Assessment Tools– 100%
8. Public Notification
  - a. Task force Assessment Tools– 100%

### **Progress in Attaining Wellness Policy Goals**

Nutrition Education - The District has been making positive progress to extend education into other subjects to provide nutrition education beyond the classroom. OUSD has a well-established culinary arts program that offers both in class and after school courses in nutrition, cooking and cooking education. More than 20 classes have been offered and each class has a waitlist every time it is offered. The classes are 8 weeks long and the children learn important food and safety techniques, recipe and nutritional education and culinary skills.

### **Promoting Student Wellness/Stakeholder Involvement**

OUSD Wellness Committee is over 50 people strong. There are four meetings held each year with a few extra meetings for the triannual assessment report. Public invites for all meeting are sent through our parent square app, sent to all wellness committee members, and posted on our district website as well.

## **OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT**

### **Nutrition Guidelines for Foods Available on Campus**

Each school site now has a wellness site binder in the school offices. Training of all Office Managers occurred in the Spring of 2019. The decline in sugary non-compliant food items has decreased significantly. Most sites reported a 60-75% decrease. Suggestions for healthy food and nonfood items are in the binders, as well as many helpful handouts on smart snack compliancy.

Each site is now held accountable through a checks a balance method through the Superintendent's Office. Each site must pre-submit an event approval form. Each event is check for its compliancy by the local wellness authority and the Superintendent.

### **Assessing Compliance**

A student survey was created this year. Surveys were conducted at the 2 junior high schools and the 1 high school. Feedback was better than anticipated and a lot of useful information was gathered to better evaluate the student's satisfaction with their meal program. This year's survey will create a baseline, and surveys will now be conducted yearly. A taste testing taskforce was also created to test new recipe items and has been very well received. Currently is has introduced 5 new menu items for the charter high school menu. These items were implemented into the menu starting January, 2020.

### **Physical Education and Activity**

The District has made significant improvements towards the wellness policy goals in this area. Each site now receives PE lessons from an accredited instructor. The programs now meet or exceed the mandatory teaching minutes required.

### **Other School-Based Health**

OUSD participates in several exercise programs in addition to the regular PE classes. Continuing to enlighten students in healthy living practices.

All schools provide access to free, safe drinking water during meal times in serving areas. The Orfalea Foundation provided funding for filtered and refrigerated hydration stations at 2 OUSD school sites, Lakeview Junior High School, and Olga Reed Elementary & OAK 8 Charter Schools.

# **OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT**

## **Nutrition Guidelines for All Food Available on Campus**

The district continues to enforce healthy food choices and nonfood items are used for classroom parties such as pencils erasers and bracelets. All parties are to occur after the lunchtime period.

The District Wellness Policy (AR 5030) meets all of the requirements of the USDA Healthy, Hunger-Free Kids Act of 2010 (HHFKA). Some sub policies were updated and adopted in February, 2020 and are being sent to the board for approval in June, 2020.

Child Nutrition Services continues its transition to scratch cooked food which began in 2015 all sites. To date 8-10 fully scratch cooked meal items occur in a monthly cycle menu and 4-6 speed scratch items are also offered. This is compared to 0 scratch cooked items, and 3 speed scratch items offered prior to 2015.

## **Closing Remarks**

The overarching goal of the Wellness Policy is to promote and support a culture of health and fitness in the Orcutt Unified School District. This goal aligns with the District's mission of preparing teachers to teach and students to learn, so they can all be successful.

The District's Wellness Committee provides OUSD & it's community members a comprehensive and compliant District's Wellness Policy. This will improve the health of students and their capacity to learn. Students who are well-nourished and hydrated; in good physical, emotional and mental health, and physically fit – are ready to learn.

## **Goals for the Wellness Committee for Next the Three Years**

1. Continue to work on ways to communicate better with parents and District staff.
  - a. Continue to have Wellness Policy information available online.
  - b. Continue to provide Wellness Policy Communication handouts to principals to use at school sites.
  - c. Communicate the Wellness Policy Assessment Report to the School Board, Parents and District staff.
2. To increase partnerships and communication with local community organizations.
3. Continue implement the site binders more to communicate the requirements for food and beverage brought or sold on campuses.

## **OUSD SCHOOL & DISTRICT WELLNESS POLICY ASSESSMENT REPORT**

4. Develop goals to improve parent participation at the school and district level with the wellness policy.
5. Improve methods to measure compliance of Wellness Policy goals using assessments and surveys.
6. Continue to support established Wellness Policy initiatives and goals.
  - a. Continue to offer Physical Education classes with credentialed Physical Education teachers.
  - b. Increase the number of scratch cooking and speed scratch items at all OUSD schools.
  - c. To advocate for and provide support and resources where applicable for those schools choosing to support outdoor learning labs or school gardens.

OUSD has made progress these last three years, but there is more that needs to be done toward the goal of transforming each school campus into a center of health and wellness.

The Wellness Committee is continuing to reach out to the schools to assist them with wellness efforts.