

# District Wellness Committee

School Year 2023-2024



Presented by:

**Sara Maragni, RD**

*Director, Food & Nutrition Services*

**Cara Molina**

*Executive Director, Health & Wellness Services*

**Yesenia Arvizu**

*Director, Family & Community Engagement*

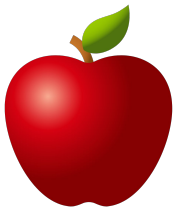
April 3, 2024

# Agenda

- Icebreaker
- Best Practice - Classroom Parties
- Role of Site Representative
- Assessment of Wellness Policy
- Health & Wellness Services
- Family & Community Engagement
- Next Steps



# Icebreaker



Share your name, what site you represent and your favorite summer fruit or activity

Example: I'm Sara representing Food & Nutrition Services and my favorite summer activity is snorkeling when I'm on vacation.

# Best Practices - Classroom Food Policy

Mauricio Gormaz  
Principal  
Edison Academy



# Best Practices - Classroom Food Policy

## Challenge

Vague, undefined or misunderstood guidance or expectations regarding classroom food policy

## Solution

Clear communication inclusive of all stakeholders to develop a clear policy

# Best Practices - Classroom Food Policy

## Guidance from District

### Promoting Healthy Lifestyles

The goal of the school's physical activity component is to teach OMSD students to build skills and provide a variety of opportunities to develop active lifestyles by:

- Participating together in family fitness activities (walking, bicycling, jogging, swimming, dancing, hiking)
- Becoming familiar with resources in after school programs
- Walking or biking to school, parks and the store
- Taking movement breaks throughout the day
- Checking out fitness DVDs from the local library



Encourage your child to be physically active for 60 minutes every day!

### OMSD Wellness Council

- Comprised of educators, school health professionals, community partners and parents
- They meet 2-3 times per year to establish health priorities and wellness promotion strategies based on the needs of OMSD schools

The School Wellness Committee is always looking for new members from the community. If you are interested in being a part of the wellness team, please contact your school principal.

### Nutrition Education & Healthy Eating

Over 70% of OMSD elementary students receive monthly nutrition education and all students who eat school meals are offered a variety of fruits and vegetables every day. The more students are informed and have access to healthy foods, the more likely they are to make nutritious choices.





### ONTARIO-MONTCLAIR SCHOOL DISTRICT WELLNESS POLICY GUIDELINES



PLAY EAT SUCCEED

Ontario-Montclair School District is an equal opportunity provider.

### Smart Snacks

"Smart Snacks" is a rule by the USDA that provides nutrition standards for ALL foods sold during school hours.

#### Food Guidelines

All food served must be a fruit, vegetable, dairy, protein or whole grain item.

Per serving:  
 Calories: ≤200 calories for middle school  
 ≤175 for elementary school  
 Sodium: ≤200 mg  
 Total fat: ≤35% of calories  
 Saturated fat: <10% of calories  
 Trans fat: <0.5 grams per serving  
 Sugar: ≤35% sugar by weight

#### Beverage Guidelines

All schools may sell/serve outside of breakfast & lunch serving time:

- Plain water
- Unflavored, low fat milk
- Unflavored or flavored fat-free milk
- Milk alternative permitted by NSLP/NSBP
- ≥50% fruit or vegetable juice, no added sweeteners

#### Celebrations and Rewards

OMSD encourages celebrating student accomplishments. There are many suggestions listed on the next page to help schools and parents comply with the policy guidelines on celebrations.

Please check with your child's school or teacher for birthday celebrations.

### Rewards Students Love



Stickers



Recess



School Supplies



School Prizes!



Apparel



### Fundraisers



All foods sold to students as part of a fundraiser must occur a minimum of 30 minutes after the last dismissal bell. All foods and beverages must meet the USDA Smart Snack in Schools standards.

OMSD encourages celebrating student accomplishments. There are many suggestions listed on the next page to help schools and parents comply with the policy guidelines on celebrations.



### Celebration & Snack Suggestions

Yes!



Yes!

No!



No!

#### Items that do not support health

# Best Practices - Classroom Food Policy

## Guidance from District

Smart Snacks	Rewards Students Love	Celebration & Snack Suggestions
<p>"Smart Snacks" is a rule by the USDA that provides nutrition standards for ALL foods sold during school hours.</p> <p><b>Food Guidelines</b></p> <p>All food served must be a fruit, vegetable, dairy, protein or whole grain item.</p> <p><b>Per serving:</b> Calories: ≤200 calories for middle school ≤175 for elementary school Sodium: ≤200 mg Total fat: ≤35% of calories Saturated fat: &lt;10% of calories Trans fat: &lt;0.5 grams per serving Sugar: ≤35% sugar by weight</p> <p><b>Beverage Guidelines</b></p> <p>All schools may sell/serve outside of breakfast &amp; lunch serving time:</p> <ul style="list-style-type: none"><li>• Plain water</li><li>• Unflavored, low fat milk</li><li>• Unflavored or flavored fat-free milk</li><li>• Milk alternative permitted by NSLP/NSBP</li><li>• ≥50% fruit or vegetable juice, no added sweeteners</li></ul> <p><b>Celebrations and Rewards</b></p> <p>OMSD encourages celebrating student accomplishments. There are many suggestions listed on the next page to help schools and parents comply with the policy guidelines on celebrations.</p> <p>Please check with you child's school or teacher for birthday celebrations.</p>	<p><b>Love</b></p> <p>Stickers</p> <p>Recess</p> <p>School Supplies</p> <p>School Parade!</p> <p>Apparel</p> <p><b>Fundraisers</b></p> <p>All foods sold to students as part of a fundraiser must occur a minimum of 30 minutes after the last dismissal bell. All foods and beverages must meet the USDA Smart Snack in Schools standards.</p> <p>WALK-A-THON</p> <p>MOVIE NIGHT</p> <p>BOOK FAIR</p> <p>Jog-a-thon</p>	<p><b>Yes!</b></p> <p>Yes!</p> <p>Vegetable Tray</p> <p>Whole Fruit</p> <p>Plain Yogurt</p> <p>Individually Wrapped Snacks</p> <p>String Cheese (Wrapped)</p> <p><b>Items that do not support health</b></p> <p>No!</p> <p>No!</p> <p>Cookies</p> <p>Soda</p> <p>Chips</p> <p>Donuts</p> <p>Cupcakes</p> <p>Candy</p>



# Best Practices - Classroom Food Policy

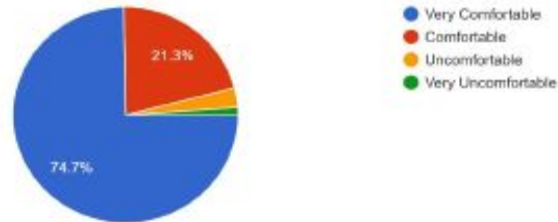
## Parent and Staff Input

### Parent and Community Food and Candy Input

174 Responses

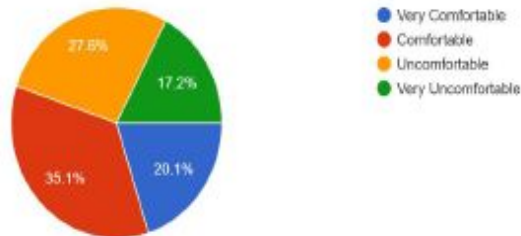
How comfortable are you in having your student receive small, store bought and packaged items?

174 responses



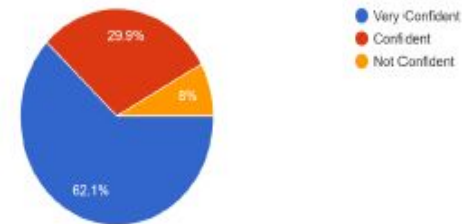
How comfortable are you in having your student receive homemade items?

174 responses



If your child is given food items at the end of the instructional day with directions to wait to eat them until they get home. How confident are you that your child will wait?

174 responses



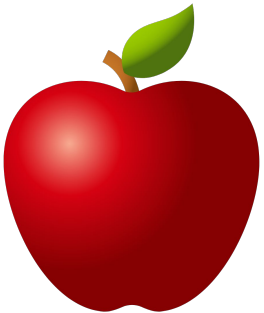
# Best Practices - Classroom Food Policy

- A plan that is easily communicated and understood



# Role of Site Representative

- Attend Wellness Committee Meetings (2-3 per year)
- Communicate with principal about wellness issues brought up in Wellness Committee meetings
- Encourage school site to have at least 1 parent meeting (coffee with principal) and 1 school leadership meeting (ASB or student council or clubs) per year that includes wellness/wellness policy on the agenda and send documentation to Food & Nutrition Services





# Triennial Assessment

# Overall District Score

Total Comprehensive - 89

Total Strength - 70



# Narrative for Assessment of Wellness Policy

## Ontario-Montclair School District WORKSHEET 4: SUMMARY OF FINDINGS



### SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

Ontario-Montclair School District has strong wellness policies and implementation in the areas of Child Nutrition Programs and School Meals, Nutrition Standards for competitive foods, Physical Education and Physical activity, wellness promotion, and marketing and implementation, evaluation & communication. Schools are aware that a Wellness Policy exists and that there are standards for all foods offered on school campuses, whether it be in the classroom, cafeteria, or afterschool setting. No food items are sold to students during the school day outside of the meal program. The only a la carte item currently sold to students is bottled water and switch's which is a 100% fruit juice at our middle schools only. Drinking water is available to all the students at all the schools during each meal service. There are water fountains and portable water stations at each school site inside the MPR and on the campus. The district does a great job in meeting standards of offering physical education opportunities during school and in the afterschool setting. Foods and Nutrition Services does a great job in promoting and marketing new menu items to the students through menu boards, monthly videos and posters.



### SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

The results of our assessment show that there is an opportunity for improvement in implementing Nutrition Education. Although individual classrooms may be incorporating nutrition topics and physical education during the day, there could be a more comprehensive program and training made available to all classrooms to fully implement this portion of the Wellness Policy. Although the Wellness Policy addresses classroom parties, the District has identified that this is an area where schools also need more support. The District will work on guidance to provide parents and administrators that addresses classroom parties and encourages parents and teachers to consider non-food celebrations for student achievement or birthday celebrations.



### SECTION 3: UPDATE POLICIES

As a result of the Triennial Assessment, the District has identified several possible updates to the Wellness Policy. This includes specifying seat time allowed during each meal, address nutrition standards for all foods and beverages provided to students during and after school.



### SECTION 4: OPPORTUNITIES FOR GROWTH

Several stakeholders have identified the desire to include social, emotional, behavioral and mental health in the District Wellness Policy. The Wellness Committee will work closely with Health & Wellness Services and Family & Community Engagement to ensure that these topics are addressed and considered for inclusion in our district Wellness Policy. The District would also like to expand the Wellness Policy by providing tools and opportunities that will improve the implementation of the Wellness Policy.

# Health & Wellness Services

Health & Wellness Services (HWS) is dedicated to meeting the needs of the whole-child. A full-time Outreach Consultant and a full-time School/Family Outreach Assistant at each school connect students and families to service provider teams at our HWS Family Resource Center and OMSD Counseling Center. We provide a continuum of services and supports for students, families, and staff that include:

- Case Management
- Mental Health and Counseling Services
- Physical Health Services
- Crisis Intervention
- Homeless Services (McKinney-Vento Homeless Education Act)
- Staff PD to create safe and supporting learning environments: *SEL, PBIS, Trauma-Informed, Restorative Practices, Suicide Prevention, Mental Health for All*

Building on strengths, we foster **community wellness** by collaborating, partnering, and empowering the community to overcome barriers and increase equity and success at school. All services are free to OMSD students and their families.

# Family & Community Engagement

Family & Community Engagement (FCE), in collaboration with, Health & Wellness and Food & Nutrition Department is committed to strengthening relationships, fostering parent engagement, and community partnerships by bridging and encouraging collaboration between family, school, and the community by providing valuable resources and professional development opportunities in a safe and welcoming environment.

## **Partnerships with:**

- San Antonio Regional Hospital
- Ontario City Library
- University of California Agriculture & Natural Resources
- San Bernardino Superintendent of Schools Health Program



THANK YOU

