

District Wellness Committee

School Year 2023-2024



Presented by:

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Director, Food & Nutrition Services

January 19, 2024

Agenda

- Introduction to Wellness Policy
- Introduction to Wellness Committee
- Triennial Assessment of Wellness Policy
- Next Steps



What is a Local School Wellness Policy?

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.



BP 5030 Student Wellness

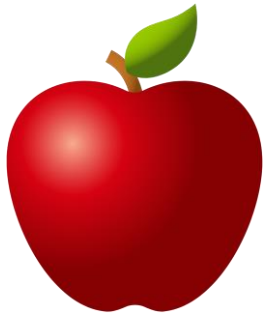
OMSD Student Wellness Policy last updated May 2019.

Copies of the Wellness Policy and an easier to read
Wellness Brochure may be accessed online.

www.omsdnutrition.com

Wellness Committee

The District wellness committee may include parents, students, SFA representatives, teachers of physical education, school health professionals, the school board, school administrators, and members of the general public.



We want you to be on the wellness committee.



Wellness Committee Sign Up sheet

Wellness Committee Sign Up Sheet

maggie.martinez@omsd.net [Switch account](#)

* Indicates required question

Email *

Your email

Name *

Your answer

Wellness Committee Category *

☐ Parent

☐ School Site Representative

☐ Student

☐ Food & Nutrition Services Staff

☐ District Office Administrator

☐ Teacher

☐ Classified

☐ Other: _____

Email Address

Your answer

Phone Number

Your answer

Wellness Committee Subgroups

As a member of the wellness committee you will be invited to participate in 2-3 meetings per year.

In addition to these meetings, you may be asked to participate in subgroups based on your interests or professional expertise.

Wellness Committee Leadership Group

Cara Molina - *Executive Director of Health & Wellness*

Gabriela Layseca - *Program Manager, Behavioral Health*

Brenda Rios - *Health Services Administrator*

Yesenia Arvisu - *Director, Family & Community Engagement*

Sara Maragni - *Director, Food & Nutrition Services*

Ramanjit (Raman) Sibia - *Nutritionist*



Triennial Assessment

What is Triennial Assessment?

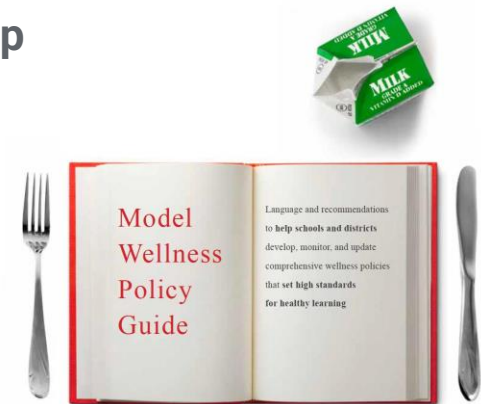
The U.S. Department of Agriculture's (USDA) Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010 requires that each local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete an assessment of their local school wellness policy (LSWP) at least once every three years.

The LEA's assessment must, measure the extent to which the LEA complies with the LSWP, describe how the language in the LEA's LSWP compares to the model wellness policy (WellSAT 3.0), and describe the LEA's progress toward meeting their LSWP goals. LEAs must make the triennial assessment results available to the public.

Tools Used for Assessment

The WellSAT -1 is an interview that measures how fully a district is implementing wellness practices in its schools.

WellSAT 3.0 is a quantitative assessment tool to help score and improve the local School Wellness Policy.



OMSD Wellness Policy Assessment

Six Sections:

1. Nutrition Education
2. Standards for USDA Child Nutrition Programs and School Meals
3. Nutrition Standards for Competitive and Other Foods and Beverages
4. Physical Education and Physical Activity
5. Wellness promotion and Marketing
6. Implementation ,Evaluation & Communication



the SCORES.

Policies are given two scores – one for comprehensiveness, and one for strength.

Scores range from 0-100,

1. Lower scores indicates less content and weaker language and
2. Higher score indicates higher content and the use of specific and directive language.

Comprehensiveness Score by section

Comprehensiveness is calculated by counting the number of items in each section rated as “1” or “2,” dividing this number by the number of policy items in the section, and multiplying this number by 100.

Strength Score by section

Strength is calculated by counting the number of items in each section rated as “2,” dividing this number by the number of policy items in the section, and multiplying this number by 100.

How to score your policy

Each policy item is rated "0," "1," or "2," using the definitions below. The WellSAT lists each policy item, followed by an explanation of the item and examples of text from real policies that would be rated "1" and "2".

0 - Not Mentioned

The item is not included in the text of the policy.

1 - Weak Statement

Assign a rating of "1" when the item is mentioned, but

- The policy will be hard to enforce because the statement is vague, unclear, or confusing.
- Statements are listed as goals, aspirations, suggestions, or recommendations.
- There are loopholes in the policy that weaken enforcement of the item.
- The policy mentions a future plan to act without specifying when the plan will be established.

Words often used in statements rated as a "1" are: may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try.

2 - Meets or Exceeds Expectations

Assign a rating of "2" when the item is mentioned and it is clear that the policy makers are committed to making the item happen because:

- Strong language is used to indicate that action or regulation is required
- The item is described with concrete plans or strategies for implementation

Words often used in statements rated as a "2" are: shall, will, must, have to, insist, require, all, total, comply and enforce.

The example below shows the calculation of sample scores for Section 1 of WellSAT 3.0.

Section 1. Nutrition Education

Rating

NE1	Federal Requirement: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory	2
NE3	All elementary school students receive sequential and comprehensive nutrition education	1
NE4	All middle school students receive sequential and comprehensive nutrition education	1
NE5	All high school students receive sequential and comprehensive nutrition education	1
NE6	Nutrition education is integrated into other subjects beyond health education	0
NE7	Links nutrition education with the school food environment	2
NE8	Nutrition education addresses agriculture and the food system.	0
Subtotal for Section 1	Comprehensiveness Score: <i>Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."</i>	75
	Strength Score: <i>Count the number of items rated as "2" and divide this number by 8. Multiply by 100.</i>	38



Section	Comprehensive Score	Strength Score
Nutrition Education	86	57
Standards for USDA Child Nutrition Program and School Meals	80	70
Nutrition Std for Competitive & other Foods and beverages	92	75
Physical Education and Physical Activity	93	87
Wellness promotion and Marketing	92	83
Implementation, Evaluation & Communication	88	50

Overall District Score

Total Comprehensive - 89

Total Strength - 70



Comparison between WellSAT 3.0 and WellSAT -1

Section	WellSat 3.0 scores	WellSat-1 scores
Nutrition Education	86	67
Std's for USDA Child Nutrition Programs and School Meals	80	100
Nutrition Std's for Competitive and Other Foods & Beverages	92	100
Physical Education and Physical Activity	93	86
Wellness Promotion and Marketing	92	91.6
Implementation, Evaluation and Communication	88	75

Next Steps for the Leadership Group

1. Complete WellSat-1 Assessment for each school site by April 1, 2024
2. Reach out to stakeholders to identify possible interests for enhancement of wellness policy
3. Complete Triennial Assessment Report and Present to Cabinet
4. Publish Triennial Assessment Report on District website
5. Plan for 3 Wellness Committee Meetings in 2024-2025

THANK YOU

