

ABBREVIATED MID-YEAR 2016-2018 WELLNESS POLICY IMPLEMENTATION ASSESSMENT

(REF. BOARD POLICY 5030 AND BASED ON WellSAT ASSESSMENT TOOL)

Question	0 = Has not been implemented Assign a rating of "0" when: The practice is not in place at all.	1 = Partial implementation Assign a rating of "1" when: The practice has been partially implemented.	2 = Fully implemented Assign a rating of "2" when: The practice has been fully implemented.	DISTRICT ADMIN. SCORE	CENTRAL UNION HIGH SCHOOL SCORE	DESERT OASIS HIGH SCHOOL SCORE	SOUTH-WEST HIGH SCHOOL SCORE	NUTRITION SERVICES SCORE
NUTRITION, HEALTH AND PHYSICAL AND EDUCATION CURRICULA								
1. Is there a nutrition education curriculum?	A nutrition education curriculum does not exist for any grade. (Score "0")	Nutrition education is taught in only some grades or nutrition education is taught in every grade but not every year. (Score "1")	Nutrition education curriculum is taught in every grade yearly. (Score "2")	N/A	1	0	2	N/A
2. Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g., media awareness, menu planning, reading nutrition labels)?	Nutrition education does not teach skills that are behavior focused, interactive, and/or participatory. (Score "0")	Nutrition education sometimes involves teaching skills that are behavior focused, interactive, and/or participatory. (Score "1")	Nutrition education uniformly teaches skills that are behavior focused, interactive, and/or participatory. (Score "2")	N/A	1	0	1	N/A
3. Is there a formal written PE curriculum for every grade level?	There is no formal written PE curriculum at the school. (Score "0")	There is a formal written PE curriculum at the school for some grades. (Score "1")	There is a formal written PE curriculum at the school for every grade. (Score "2")	N/A	2	2	1	N/A
4. How many minutes of PE does each grade in high school receive? NASPE recommends that schools provide 225 minutes of instructional physical education for high school students per week for the entire school year.	All students do not receive the required minutes of PE each week. (Score "0")	Students do receive the required minutes of PE each week, but this is not indicated on the school schedule. (Score "1")	All students do receive the required minutes of PE each week, and this is indicated on the school schedule. (Score "2")	N/A	1	2	2	N/A

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5. Is physical activity ever used as punishment (e.g., making a student run laps, do push-ups)? Is physical activity ever withheld as punishment?	Physical activity is used as a punishment. (Score "0")	Physical activity is sometimes used as a punishment (e.g., students are denied extra-curricular activities but never given laps to run as punishment). (Score "1")	Physical activity is never used as a punishment in both forms-making students do additional physical activity and students are never denied any form of physical activity. (Score "2")	N/A	2	2	2	N/A

NUTRITION STANDARDS FOR SCHOOL MEALS AND SNACKS SERVED BY THE NUTRITION SERVICES DEPARTMENT

6. Does your District participate in the School Breakfast Program?	The school does not participate in the School Breakfast Program. (Score "0")	The District participates in the School Breakfast Program but not every day or the District participates in the School Breakfast Program but it is not offered to every student or every grade. (Score "1")	The school participates in the School Breakfast Program every school day. (Score "2")	N/A	N/A	N/A	N/A	2
7. Is relevant ongoing training mandated for the Nutrition Services Director and for site supervisors or person responsible for menu planning each year?	Relevant ongoing training is not mandated for the Nutrition Services Director and on site supervisors or person responsible for menu planning. (Score "0")	Relevant ongoing training is mandated for the Nutrition Services Director but not the on site supervisors, or person responsible for menu planning, or staff responsible for meal oversight. (Score "1")	Relevant ongoing training is mandated for the Food Service Director and on site supervisors, person responsible for menu planning, or staff responsible for meal oversight. (Score "2")	N/A	N/A	N/A	N/A	2
8. Does your District have a la carte lines in the cafeteria?	The a la carte line sells only unhealthy noncompliant foods and/or beverages. (Score "0")	The a la carte line sells unhealthy and healthy compliant foods and/or beverages. (Score "1")	The school does not have an a la carte line in the cafeteria or the a la carte line only offers healthy compliant foods and/or beverages. (Score "2")	N/A	N/A	N/A	N/A	2

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9. Is breakfast promoted? Are parents made aware of what is served at breakfast each day? If a bus is late in the morning, does your school have a protocol to ensure students receive breakfast that morning?	The School Breakfast Program is not promoted. (Score "0")	The School Breakfast Program is promoted only to some grades. (Score "1")	The School Breakfast Program is promoted through a variety of communication channels to the students and parents in every grade. A protocol is followed to ensure students receive breakfast if they arrive late to school. (Score "2")	N/A	N/A	N/A	N/A	1

STUDENT PARTICIPATION IN NUTRITION SERVICES DEPARTMENT PROGRAMS

10. What is the student participation rate in the School Breakfast Program for CUHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	0
11. What is the student participation rate in the School Breakfast Program for DOHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	1
12. What is the student participation rate in the School Breakfast Program for SHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	0
13. District-wide: Has the student participation rate in the School Breakfast Program decreased or increased from the prior school year?	Decreased (Score "0")	Equal or less than 3% increase. (Score "1")	3% or greater (Score "2")	N/A	N/A	N/A	N/A	2
14. What is the student participation rate in the School Lunch Program for CUHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	2

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15. What is the student participation rate in the School Lunch Program for DOHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	2
16. What is the student participation rate in the School Lunch Program for SHS?	0% to 25% (Score "0")	25% to 40% (Score "1")	40% or greater (Score "2")	N/A	N/A	N/A	N/A	2
17. District-wide: Has the student participation rate in the School Lunch Program decreased or increased from the prior school year?	Decreased (Score "0")	Equal or less than 3% increase. (Score "1")	3% or greater (Score "2")	N/A	N/A	N/A	N/A	2
18. Is the nutritional content of meals made available to students and parents? (e.g., website, menu is sent home)?	The nutritional content of the school meals is not made available to all students and parents. (Score "0")	The nutritional content of the school meals is made available to students or parents but not both. The nutritional content of the school meals is made available to students and/or parents but the information is not in multiple languages. (Score "1")	The nutritional content of the school meals is made available to students and parents in multiple languages. (Score "2")	N/A	N/A	N/A	N/A	0

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NUTRITION STANDARDS FOR FOODS SOLD ON CAMPUS OUTSIDE THE NUTRITION SERVICES DEPARTMENT

<p>19. Is there a school store or vending machines that sells food and/or beverages to the students during the school day? The school day is defined as: From midnight to one-half hour after the final dismissal bell.</p>	<p>The school store and/or vending machines sell food and/or beverages that are not compliant with Ed Codes: 49430, 49431.2, 49431.7 CA Code of Regs: 15575, 15577, 15578 and Code of Federal Regulations: 210.11 and 220.12 (Score "0")</p>	<p>The school store and/or vending machines sell foods and/or beverages that may or may not be compliant with Ed Codes: 49430, 49431.2, 49431.7 CA Code of Regs: 15575, 15577, 15578 and Code of Federal Regulations: 210.11 and 220.12 (Score "1")</p>	<p>The school store and/ or vending machines do not sell foods and beverages or the school store and/or vending machines sells only foods and/or beverages that are compliant with Ed Codes: 49430, 49431.2, 49431.7 CA Code of Regs: 15575, 15577, 15578, Code of Federal Regulations: 210.11 and 220.12 (Score "2")</p>	<p>N/A</p>	<p>2</p>	<p>2</p>	<p>2</p>	<p>N/A</p>
<p>20. Does the school participate in any types of fundraisers that occur off campus or after school that involve selling food and/or beverages?</p>	<p>The principal permits food and beverage fundraisers without any restrictions. (Score "0")</p>	<p>The principal permits food and beverage fundraisers that occur off campus or after school with some restrictions. (e.g., no candy fundraisers are permitted but cookie fundraisers are allowed). (Score "1")</p>	<p>The principal does not permit any food and beverage fundraisers with the exception of food fundraisers which only involve the selling of fruits and vegetables. (Score "2")</p>	<p>N/A</p>	<p>1</p>	<p>1</p>	<p>2</p>	<p>N/A</p>

Important Note: A detailed report of all foods and/or sold on campus during the school day will be submitted by each principal to the Assistant Superintendent at the end of each school year.

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NUTRITION STANDARDS FOR FOODS SERVED BUT NOT SOLD TO STUDENTS DURING THE SCHOOL DAY

<p>21. Do staff use food and/or beverages as a reward for academic performance or good behavior?</p>	<p>The principal allows food and/or beverages as a reward for academic performance or good behavior without any restrictions. Or, The principal does not allow food and/or beverages as a reward for academic performance or good behavior, but the staff does not follow this rule. (Score "0")</p>	<p>The principal does allow food and/or beverages as a reward for academic performance or good behavior with some restrictions. Example: ☐ Only healthy foods and/or beverages can be used as a reward. (Score "1")</p>	<p>The principal does not allow the use of food and/or beverages as a reward for academic performance or good behavior and staff always follows this rule. (Score "2")</p>	<p>N/A</p>	<p>1</p>	<p>1</p>	<p>1</p>	<p>N/A</p>
<p>22. Do food celebrations (e.g., birthday parties, holiday parties) occur during the school day?</p>	<p>Food celebrations occur at the school without any restrictions. (Score "0")</p>	<p>Food celebrations are allowed at the school but with restriction(s) (e.g., food celebrations cannot occur before 2 pm.) (Score "1")</p>	<p>Food celebrations are not allowed at the school and do not occur. (Score "2")</p>	<p>N/A</p>	<p>1</p>	<p>0</p>	<p>1</p>	<p>N/A</p>

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STATE PHYSICAL FITNESS TEST RESULTS (Numbers not included in overall score)

Based on 9th Grade Students Tested in the 2015-2016 School Year	Total Students Tested Grade 9		615	5	508	
	Aerobic Capacity - Percent Students Meeting Healthy Fit Zone Targets		55.0%	*	51.4%	
	Aerobic Capacity - Percent Students in Needs Improvement Category		18.4%	*	23.6%	
	Aerobic Capacity - Percent of Students in Needs Improvement Health Risk Category		26.6%	*	25.0%	
	Body Composition - Percent Students Meeting Healthy Fit Zone Targets		66.5%	*	52.2%	
	Body Composition - Percent Students in Needs Improvement Category		23.4%	*	21.9%	
	Body Composition - Percent of Students in Needs Improvement Health Risk Category		10.0%	*	25.9%	
	Abdominal Strength - Percent Students Meeting Healthy Fit Zone Targets		85.2%	*	91.1%	
	Abdominal Strength - Percent Students in Needs Improvement Category		14.8%	*	8.9%	
	Trunk Extension Strength - Percent Students Meeting Healthy Fit Zone Targets		89.4%	*	91.9%	
	Trunk Extension Strength - Percent Students in Needs Improvement Category		10.6%	*	8.1%	
	Upper Body Strength - Percent Students Meeting Healthy Fit Zone Targets		54.1%	*	58.5%	
	Upper Body Strength - Percent Students in Needs Improvement Category		45.9%	*	41.5%	
	Flexibility - Percent Students Meeting Healthy Fit Zone Targets		95.1%	*	83.5%	
	Flexibility - Percent Students in Needs Improvement Category		4.9%	*	16.5%	

* To protect confidentiality scores are not shown when the number of students tested is 10 or less

EFFORTS TO PROVIDE ADDITIONAL OPPORTUNITIES OUTSIDE THE PHYSICAL EDUCATION PROGRAM

23. Is there structured physical activity outside of PE? (e.g. clubs, intramural or interscholastic activities)	Structured physical activity outside of PE does not occur before and after school for every grade. (Score "0")	Structured physical activity outside of PE does occur before or after school for some grades as indicated by the schedule of available programs. (Score "1")	Structured physical activity outside of PE does occur before and after school for every grade as indicated by the schedule of available programs. (Score "2")	N/A	2	1	2	N/A
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GENERAL WELLNESS POLICY INFORMATION AND OTHER WELLNESS ACTIVITIES

24. Have you read the District's Board Policy 5030 and the District's Wellness Plan?	Has not read Board Policy 5030 or the District Wellness Plan. (Score "0")	Has scanned or partially read the Board Policy 5030 and the District Wellness Plan. (Score "1")	Has fully read Board Policy 5030 and the District Wellness Plan. (Score "2")	2	1	2	2	2
25. Does a District Wellness Advisory Committee exist at the District level?	A District Wellness Advisory Committee does not exist. (Score "0")	A District Wellness Advisory Committee does exist but is not active in policy development and does not meet regularly. (Score "1")	A District Wellness Advisory Committee meets regularly and works on ongoing policy development. (Score "2")	2	N/A	N/A	N/A	N/A
26. Does your site/dept. have a representative on the District Wellness Advisory Committee?	Our site/dept. does not have a representative on the Committee. (Score "0")	Our site/dept. does have a representative on the committee but he/she does not regularly attend the scheduled meetings. (Score "1")	Our site/dept. does have a representative on the committee and he/she does regularly attend the scheduled meetings. (Score "2")	2	2	1	1	2
27. Is the District Wellness Plan implementation progress evaluated every year?	The District Wellness Plan implementation progress is not evaluated every year. (Score "0")	Some areas of the District Wellness Plan implementation progress are not evaluated every year. (Score "1")	The entire District Wellness Plan implementation progress is evaluated every year. (Score "2")	0	N/A	N/A	N/A	N/A
28. Is the District Wellness Plan revised every year?	The District Wellness Plan has never been revised. (Score "0")	The District Wellness Plan is revised some years. (Score "1")	The District Wellness Plan is revised every year when revisions are required by law or recommended by the Wellness Advisory Committee. (Score "2")	2	N/A	N/A	N/A	N/A

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29. Are teachers and other employees encouraged to be role models exhibiting healthy behaviors?	Teachers and other employees are not encouraged to be role models exhibiting healthy behaviors. (Score "0")	Teachers and other employees are sporadically encouraged to be role models exhibiting healthy behaviors. (Score "1")	Teachers and other employees are continuously encouraged to be role models by exhibiting behaviors. (Score "2")	1	1	0	1	1
30. Does the District promote healthy choices through marketing at the site and district level?	No marketing or promotion of healthy choices are marketed. (Score "0")	Marketing and promotion of healthy choices is done for some grades and not for the entire school or district. (Score "1")	Marketing and promotion of healthy choices is done for all grades throughout the entire district. (Score "2")	1	1	1	1	1

10 5 4 5 6

Total Possible Score

Actual Score

Implementation Percentage

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Total Possible Score	14	26	26	26	34
Actual Score	10	17	14	19	24
Implementation Percentage	71%	65%	54%	73%	71%