

Sundale School District Level Wellness Plan Assessment

	Met	Not Met	In Progress
1. Nutrition Education and Promotion			
Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.			
<p>Educational Reinforcement (Public Involvement)</p> <p>Collaborated with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc.</p> <p>Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ School wellness committee ✓ PTO and other parent volunteers/organizations ✓ Local health departments ✓ Nonprofit health and community organizations <p>Comments: <u>Yearly nutrition education classes provided for EL and Bilingual Parent Groups by Health and wellness Coordinator. Cafeteria presentations to elementary classrooms. Stress management presentations at staff meetings. School-wide Walkathon. School Health and Wellness committee meetings include community members, parents, students and staff. Yearly healthy snacks from USDA Smart Snack List presentation to PTO by Health and Wellness Coordinator.</u></p>	X		
<p>Cafeteria Based Nutrition Education and Promotions at the School</p> <p>Students participated in activities that promoted and reinforced healthy school nutrition environments. Staff conducted promotions and nutrition activities that included students, staff and community. Staff coordinated school nutrition programs with classroom lessons allowing students to apply critical thinking skills taught in the classroom.</p> <p>Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ Explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans. ✓ Invited classes to visit the cafeteria kitchen for a tour and demonstration on how meals are prepared. ✓ Involved students in planning the school menus. ✓ Displayed nutrition posters in the cafeteria and distributed nutrition information. ✓ Invited School Nutrition staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents. <p>Comments: <u>Classroom tour of cafeteria are offered by cafeteria staff. classroom presentations by cafeteria director, tasting opportunities given to students by cafeteria staff and input gathered and reflected in school menus. nutrition presentation by Health and wellness coordinator to Parent group. Sundale's Student Leadership members participate in choosing favorite healthy snacks for parties and class activities from the USDA Smart snacks list and the information shared with Sundale PTO. Nutrition Posters displayed on cafeteria walls, nutritional information displayed on electronic bulletin boards, Student participation in National School Lunch week, nutritionally balanced lunch tray presentation to classrooms by cafeteria staff.</u></p>	X		

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<p><u>Curriculum Content Areas</u> The school supported the comprehensive health education curriculum, nutrition concepts and skills in accordance with curriculum standards. Comments: Yearly curriculum received from California Dairy Council of California. Curriculum program aligned to California and national education standards.</p>	X		
<p><u>Education Links with School</u> Staff taught nutrition education lessons provided in classrooms, and afterschool programs that promote the knowledge needed to maintain a healthy lifestyle coordinating with the school nutrition manager and teachers. Staff Integrated nutrition education with other school health initiatives. Comments: : <u>School-wide CA Dairy Council Curriculum. After School Program instructors are provided with nutrition lessons and resources designed specifically for afterschool learning from healthyating.org to support instruction.</u></p>	X		
<p><u>Marketing on the School Campus Complies with USDA Standards</u> Only food items that meet USDA Smart Snacks in Schools nutrient standards are marketed on the school campus during the school day. Comments:_____</p>	X		
<p>2. Nutrition Guidelines for Foods Available During the School Day Goal/Objective: To provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.</p>	X		
<p><u>Foods Available During the School Day</u> School meals and after-school snacks adhered to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), California Board of Education and Sundale School District Board of Education. Local menus for breakfast, lunch and after-school snacks were followed as written with minimum menu substitutes. Comments:_____</p>	X		
<p><u>Extra Food Sales</u> All foods sold in school adhered to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), California Board of Education, and Sundale School District Board of Education. Comments:_____</p>			X
<p><u>Snacks</u> Snacks served during the school day met Smart Snacks in School nutrient standards. A recommended list of healthy snack choices for service and consumption by students is provided as a resource for school staff, parents and administrators. This includes classroom snacks/instructional use of food, snacks offered during student meetings, during the school day, and student celebrations and recognition. Comments: <u>Students Smart snacks party list is posted on the Sundale School Website Health and Wellness page, provided in the beginning of school year binder at Sundale PTO meeting and Room Parent Tea and an oral presentation is given stating the food guidelines, list is also provided school-wide to classroom instructors. Snack guidelines are shared with room mothers and volunteers by classroom teachers.</u></p>	X		

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<p><u>Water</u> Unflavored drinking water is available to all students throughout the school day. Comments: <u>Students are encouraged to bring their own refillable water bottles, Water stations are on the playground, cafeteria, hallways, and sports complex.</u></p>	X		
<p><u>Documentation</u> Schools maintained files to document that all items sold during the school meet the USDA Smart Snacks in School nutrient standards (nutrition fact labels, ingredient statements). Comments: <u>Documentation is kept in the Sundale School cafeteria office, USDA Smart Snack Lists are followed for all school snack items sold on campus.</u></p>	X		
<p>3. Other School-Based Activities to Promote Wellness Goal/Objective: To provide school-based activities that designed to promote student and staff wellness.</p>	X		
<p><u>Promotions/Programs:</u> Encouraged student and staff members to improve their health and wellness through promotions and programs. Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ Introduced wellness programs to staff members ✓ Health screenings ✓ Physical activity and fitness ✓ Nutrition education ✓ Tobacco Prevention programs ✓ Influenza vaccinations ✓ Stress management in-services/activities ✓ Presented health and wellness information at regular staff meetings ✓ Placed health information into newsletter articles, brochures and e-mail messages through Wellness Committee communication forums <p>Comments: <u>Staff flu shots, yearly fitness challenge, staff retreat, stress management training at faculty meeting, Student nutrition education, tobacco prevention, counseling, Special Friends and Second Step programs, Why Try Education, Lunch Bunch, Sundale Sisters, Art Club, Gents Club, classroom buddies.</u></p>	X		

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<p><u>Environment</u></p> <p>The school promoted a clean, healthy, safe environment conducive to maximizing instructional focus.</p> <p>Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ School meals were served in a clean and pleasant setting. ✓ Dining areas were attractive and had sufficient space for seating. ✓ Appropriate supervision was provided in school cafeteria areas and serve as role models to students. ✓ Safe, clean, and hygienic-supported restrooms were available. ✓ Hand-washing equipment and supplies were placed in a convenient place so that student and staff could wash their hands before eating, or students will have access to hand sanitizing supplies before they ate meals or snacks. ✓ Drinking fountains or water stations were available for students to get water at meals and throughout the day. ✓ School classrooms will be kept clean and neat. ✓ School has appropriate required safety plans. ✓ School met the district policy on staff trained in CPR and AED equipment. <p>Comments: <u>All coaches, health aide, head teachers, managers and administration are trained. School safety plans include: ActivNet, See Something - Say Something, Healthy Choices survey, How You Doing survey, Core Rally survey.</u></p>	X		
<p><u>Food Safety</u> <i>(Check All that Apply)</i></p> <ul style="list-style-type: none"> ✓ All foods not prepared by trained school nutrition staff on campus and made available to students, were purchased from a reputable commercial establishment to ensure the safety of students. (This does not pertain to an individual student's lunch from home.) ✓ Schools discouraged students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions. ✓ Each food preparation site is represented by at least one person credentialed in food safety. ✓ All food handlers and foods available on campus adhered to food safety standards. ✓ Sanitation deficiencies sited on local inspections were corrected immediately, including facility deficiencies. <p>Comments: <u>Food managers that have food safety certificates manage preparation sites, food are purchased commercially from Sysco, Valley foods and Sundale Vineyards, Producers, Robert Carpinter Local Produce, Sundale Ag. Grown produce, students are monitored and discouraged from sharing in the cafeteria and in classrooms, Sundale Cafeteria has received scores of 99 and 100 percent from the health department.</u></p>	X		
<p>4. Physical Education and Physical Activity</p> <p>Goal/Objective: To provide students with opportunities for quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle. (Family Life and Sex Education).</p>	X		

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<p><u>Sequential, standards-based, physical education instruction to include health related fitness components were available for students in grades K-8. (Health-related fitness focuses on activities that promote a healthy lifestyle). (Check All That Apply)</u></p> <ul style="list-style-type: none"> ✓ Elementary-provided a minimum of 120 minutes every 10 days of instruction at each grade level in health and physical education. ✓ Middle- made available instruction in health and physical education. ✓ All – extended periods of inactivity were discouraged. <p>Comments: <u>Tandalay All Out Play Physical Education Curriculum supplied for elementary students, both middle school and elementary instructors, standards based physical education curriculum resources available in Sundale School Library Teachers Resource Room for checkout, Kinder Bike Day, 1st grade Sports Day, 2nd Grade Fun and Fitness Carnival, 3rd Grade Kickball Tournament, 4th/5th grade Spring Kickball Tournament and Penalty Kick Ball Challenge, 6th-8th March Madness Tournament, 6th-8th Mustang Days Challenge, Ag. Science Electives.</u></p>			
<p><u>Physical Activity Opportunities were Available Before and/or After School for Students in Grades 6-8</u></p> <p>Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ Fun runs (school or community sponsored) ✓ School or Charity sponsored Fun Runs ✓ School sponsored physical activity events used as fundraisers ✓ Established a Wellness Committee ✓ After school Sports ✓ School Band and Parade practice <p>Comments: <u>Sundale School Walkathon, Sundale Afterschool Sports program, Sundale School Band and Color Guard are a few of the added activities available students.</u></p>	X		
<p><u>Recess was available for all elementary age children for at least 15 minutes on all or most days during the school year. Recess will compliment, not replace, physical education class.</u></p>	X		
<p><u>5. Public Notification: Communication Engaging Parents, School Board/Administrative Staff, and Community</u></p> <p>Goal/Objective: To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.</p>	X		
<p><u>Public Notification</u></p> <p>The Wellness Committee used electronic (such as cafeteria billboard on the school website or displaying notices) and/or non-electronic (such as Sundale School handbook, newsletters, or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.</p> <p>Comments: <u>Sundale Website Health and Wellness page, Sundale cafeteria electronic bulletins and newsletter, Sundale Student Handbook.</u></p>	X		

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<p><u>Engaged parents through activities that promote healthier lifestyles</u> Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ PTO/parent activity nights ✓ School, charity and foundation fun runs, walks, fund raisers ✓ Healthy eating presentations for parents ✓ Post nutrition tips on the school website and Cafeteria boards ✓ Send home nutrition information with children ✓ Share information about local active events and/or education, through the website or take-home materials. ✓ Assign student work that prompts family discussion on healthy habits. <p>Comments: _____</p>	X		
<p><u>Establish partnerships with community organizations and make outreach to groups that support the school's wellness goals</u> Comments: <u>Walkathon Partnerships with, Livingston Dairy Consulting, Grocery Outlet, Hilarides Dairy, Cream of the Crop Ag. Service, Progressive Dairy Solutions, Kirk Organic Ranch, etc. Ag Science Partnership with Luis's Nursery. Scicon, Sports Partnerships with AYSO soccer league, TYAA Football, and Cal Ripken Sports Teams.</u></p>	X		
<p><u>Communicate activities to news media that promote the school's wellness initiatives</u> Examples: <i>(Check All That Apply)</i></p> <ul style="list-style-type: none"> ✓ News releases promoting school sponsored wellness activities ✓ Photograph of activities <p>Comments: <u>Sundale School's wellness activities are promoted through Sundale's website as well as Sundale's social media platforms.</u></p>	X		
<p><u>6. Implementation and Evaluation</u> Goal/Objective: To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.</p>	X		
<p><u>Implementation</u> Established a plan for measuring, monitoring and completing the school level Sundale School Wellness Plan. Comments: <u>Nutrition Curriculum Unit Pre and Post tests given yearly to measure progress, Sundale Wellness plan monitors and measures progress toward the six National Health and Wellness Goals and accompanying standards includes a standards based check off sheet that is completed by Health and Wellness Committee members. Sundale School Wellness District Wellness Plan Assessment provides the assessment piece of the plan. Sundale Triennial Assessment Summary summarizes the results of the assessment and includes successes and barriers to success.</u></p>	X		

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<p><u>Evaluation and Report</u> The school's Wellness Committee/designee reported annually on implementation of this policy by reporting to School Site Council and Sundale School Board and coordinates with the School Nutrition Program. Comments: <u>Yearly reports made by Health and Wellness Committee Coordinator. Pre and post Test Assessment Scores submitted by all teachers grades K-8 and outcomes shared with Sundale Staff, Sundale School Site Council and Sundale School Board.</u></p>	X		
<p>List additional wellness components include at the school:</p> <p>_____</p> <p>_____</p> <p>_____</p>			

Principal	<p><u>Joy Farkas</u> Name (Printed)</p>	<p><u>[Signature]</u> Signature</p>	<p><u>3-12-24</u> Date</p>
Wellness Coordinator	<p><u>Linda A. Allen</u> Name (Printed)</p>	<p><u>[Signature]</u> Signature</p>	<p><u>3-12-24</u> Date</p>
Parent Wellness Committee Member	<p><u>Elizabeth Nunes</u> Name (Printed)</p>	<p><u>[Signature]</u> Signature</p>	<p><u>3-12-24</u> Date</p>
Student Wellness Committee Member	<p><u>Ella Chandler</u> Name (Printed)</p>	<p><u>[Signature]</u> Signature</p>	<p><u>3-12-24</u> Date</p>
Cafeteria Manager	<p><u>Lezlee A. Medeiros</u> Name (Printed)</p>	<p><u>[Signature]</u> Signature</p>	<p><u>3-12-24</u> Date</p>

This institution is an equal opportunity provider.