

Triennial Assessment

Wellness Committee Meeting
May 27, 1-2pm

This institution is an equal opportunity provider



What is a Wellness Policy?

A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

District Wellness Policy Goals



Goal #1

Nutrition Education

Goal #2

School Meals

Goal #3

Nutrition Standards
for Competitive Food

Goal #4

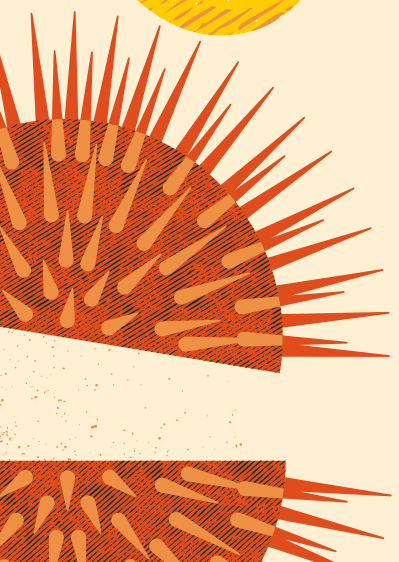
Physical Activity &
Physical Education

Goal #5

Wellness Promotion
& Marketing

Goal #6

Implementation,
Evaluation, and
Communication



***"Progress over
perfection"***



Individual site scoring

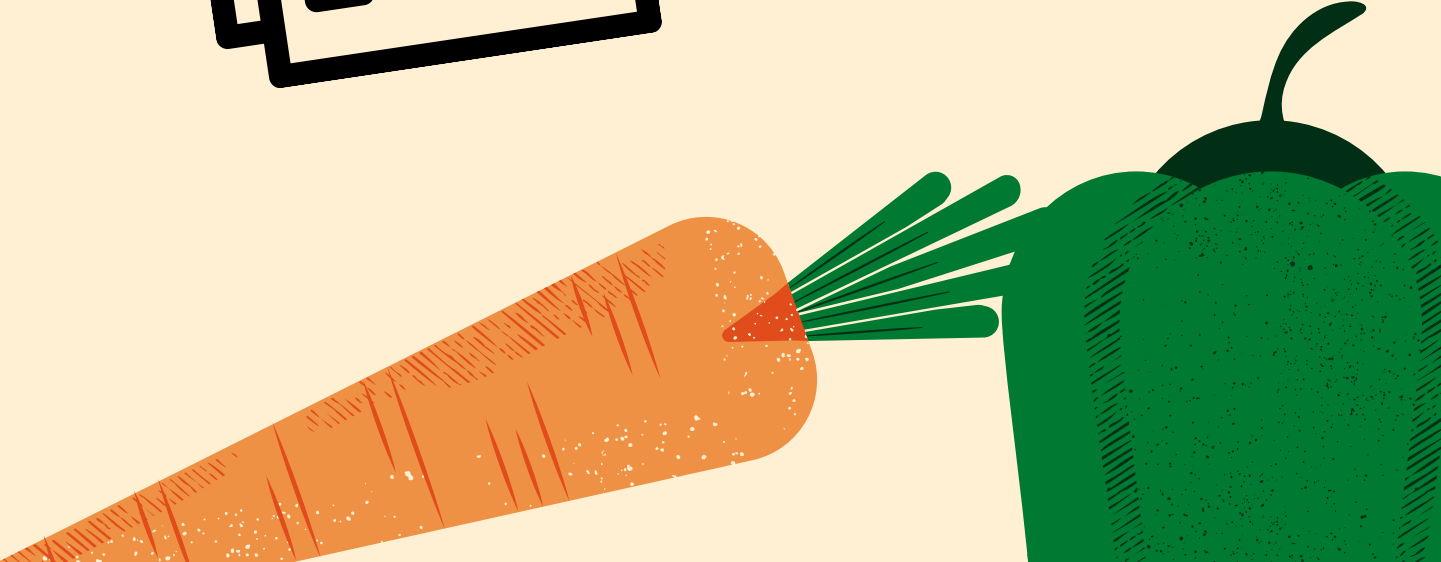
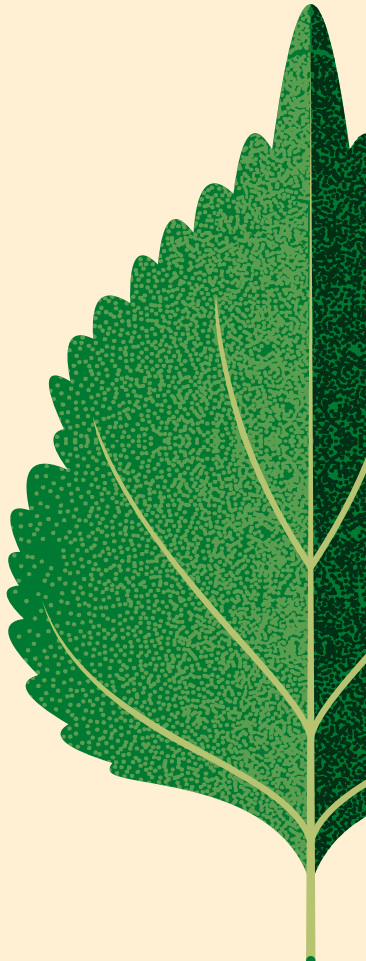
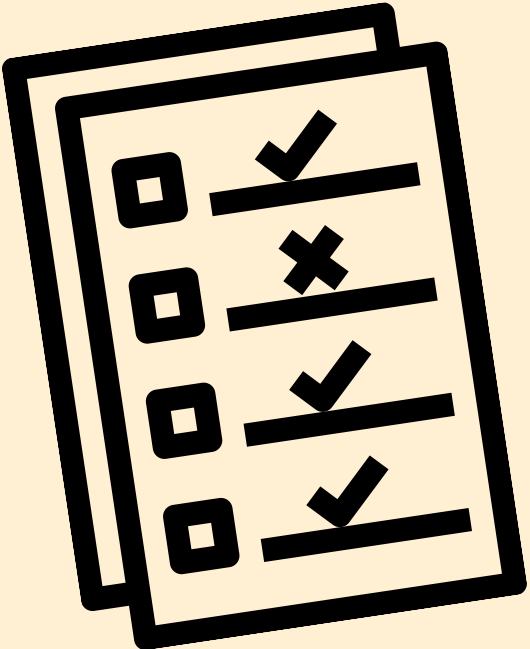
Encinita

Janson

Muscatel

Savannah

Shuey



Goal #1 Nutrition Education

Scoring criteria

0

Nutrition education is not provided.

1

There is some guidance about nutrition lessons, but no specific curriculum.

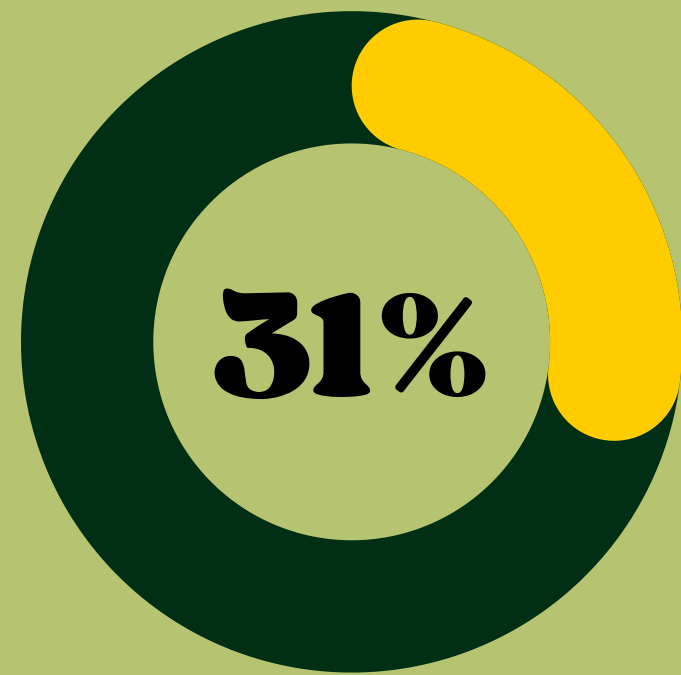
2

The district uses a standard-based curriculum with specific goals to promote student wellness.

Goal #1 Nutrition Education



District Average Score:



Savannah/Encinita/Shuey/Janson

- All elementary schools currently don't include nutrition education in the curriculum

Muscatel

- P.E. Class touches upon nutrition education

Goal #2 School Meals

Scoring criteria

0

**Breakfast and lunch
is not offered at the
school site.**

1

**School breakfast and
lunch is offered, but not
everyday to all students.**

2

**School breakfast and
lunch is offered
everyday to all
students.**

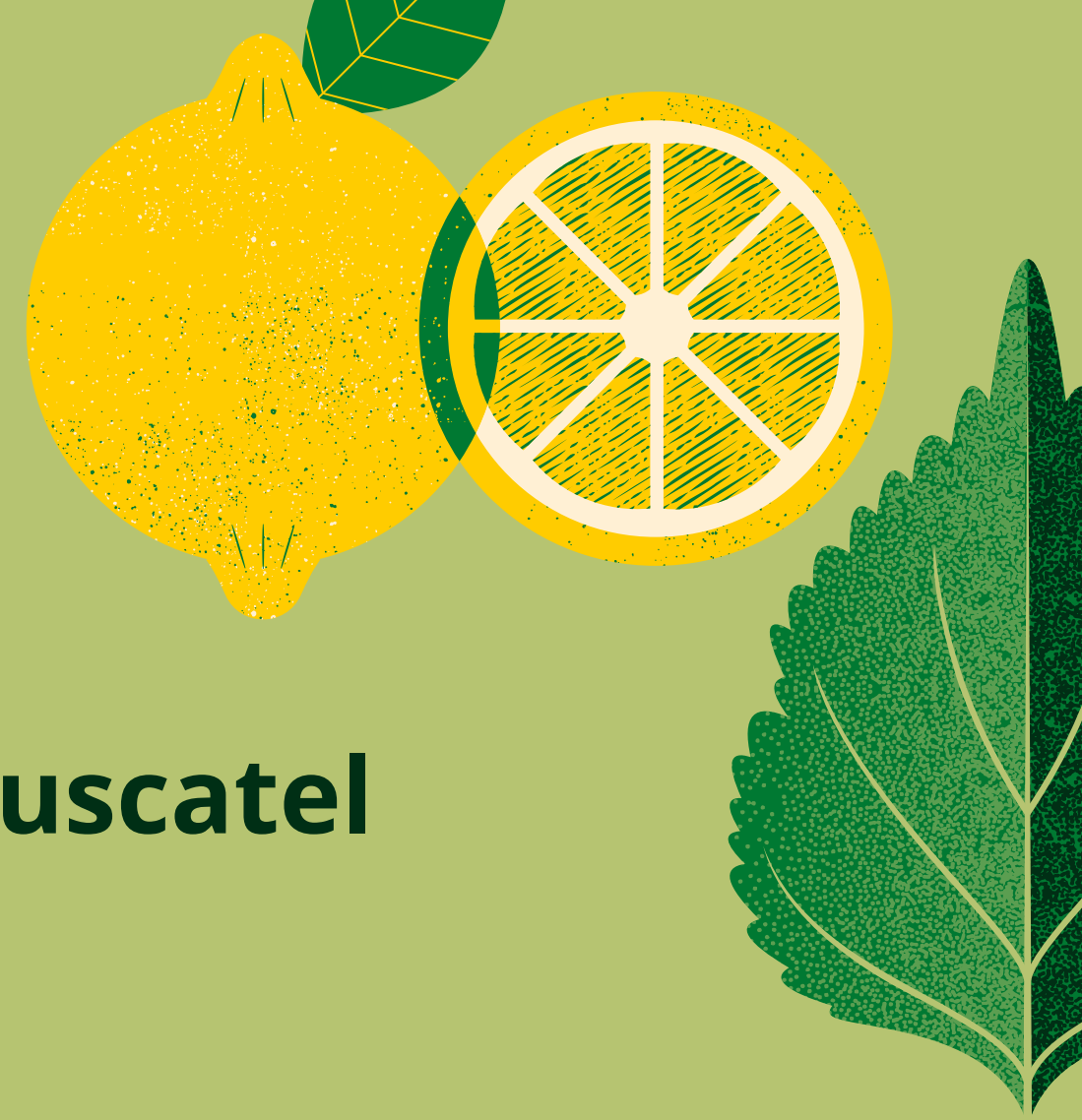
Goal #2 School Meals

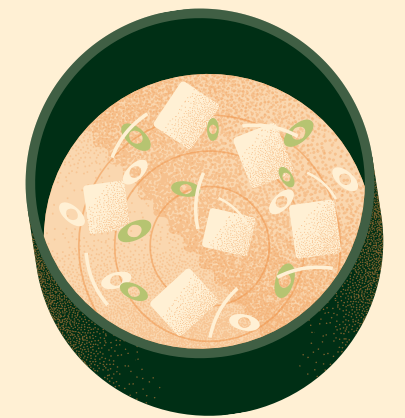
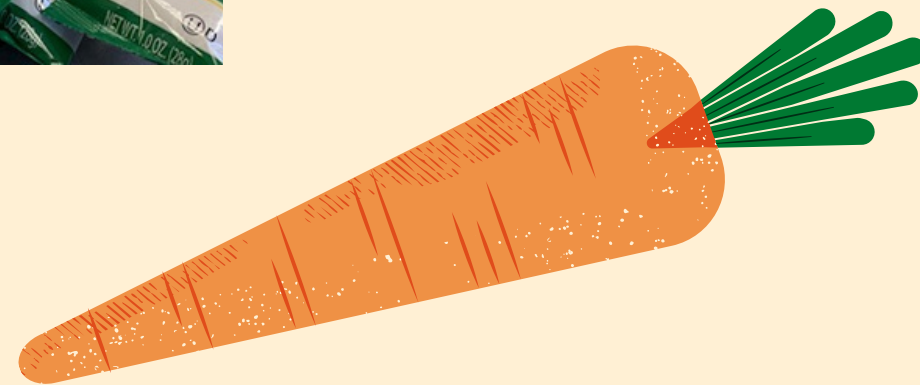
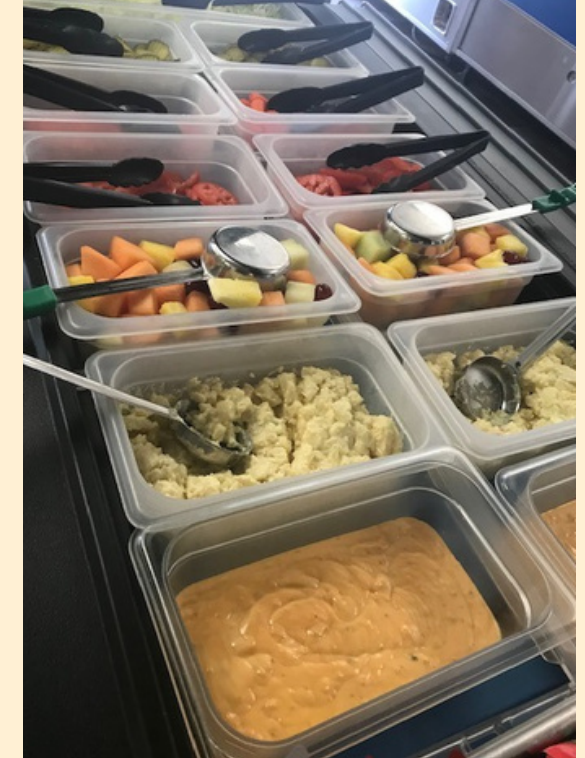
District Average Score:

Savannah/Encinita/Shuey/Janson/Muscatel

- Breakfast and Lunch served daily
- Second chance breakfast
- All schools offer free meals
- Food and nutrition staff have training twice a month

100%





School Meals in Action



Goal #3 Nutrition Standards for Competitive Foods

Scoring criteria

0

There are no restrictions to the type of food and beverages served at celebrations.

1

There are district nutrition standards and the interviewee is confident that all foods served meet Smart Snacks standards.

2

The interviewee is confident that there are no food-based celebrations.

Goal #3 Nutrition Standards for Competitive Foods

District Average Score:



Savannah

- Parents bring in prepackaged foods for celebrations

Encinita/Shuey/Janson

- No vending machines

Muscatel

- PTSA gives out ice cream for students that have straight A's



Goal #4 Physical Activity & Physical Education

Scoring criteria



There is not a written physical activity curriculum.



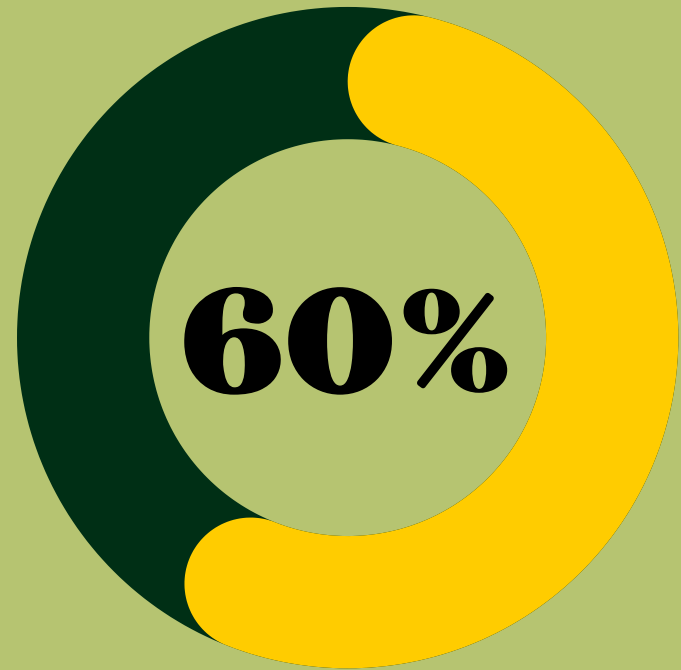
There is a written physical education curriculum, but it is implemented for only some grades.



There is a written physical education curriculum, but it is implemented for only every grades.

Goal #4 Physical Activity & Physical Education

District Average Score:



Savannah/Encinita/Shuey/Janson

- 5th grade assessment
- Sports for learning
- A.S.E.S. Program

Muscatel

- 50 min P.E. class period
- A.S.E.S. Program



Goal #5 Wellness

Promotion and Marketing

Scoring criteria

0

No specific efforts are made to promote healthy food or beverage choices.

1

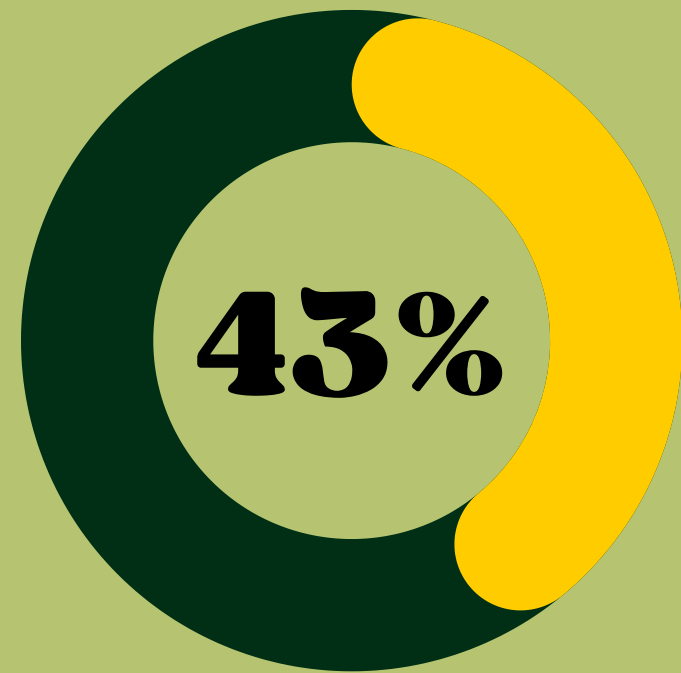
Limited efforts are made to promote healthy food and beverage choices.

2

Multiple strategies are used consistently to promote healthy food and beverage choices.

Goal #5 Wellness Promotion and Marketing

District Average Score:



Savannah

- Jump for Heart fundraiser with heart association

Encinita

- Jog-a-thon

Shuey

- Spring festival, jog-a-thon, track meet 3rd- 6th grade

Janson

- Jog-a-thon, 5th grade running club

Muscatel

- Basketball Tournament



Goal #6 Implementation, Evaluation, and Communication

Scoring criteria

0

A district wellness committee has not been established.

1

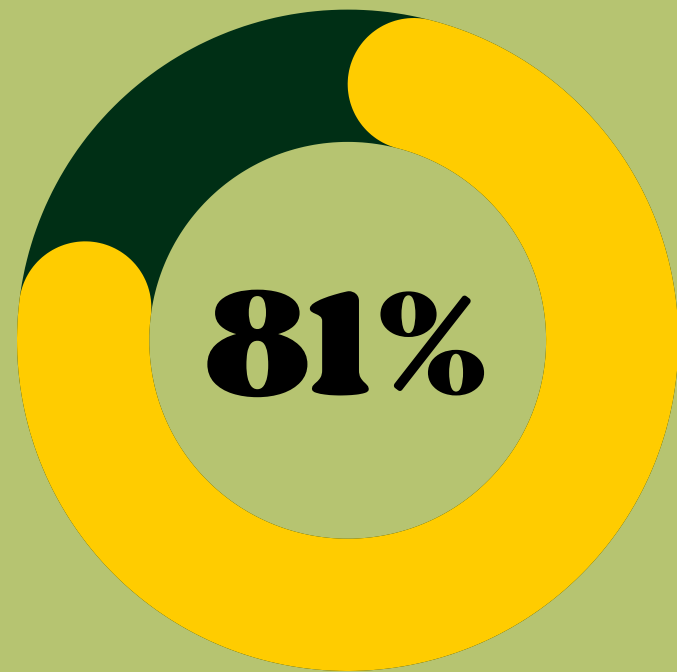
There is a committee, but has not met in the current year and has no planned meetings.

2

There is a committee and it has or is planning to meet at least twice in the current year.

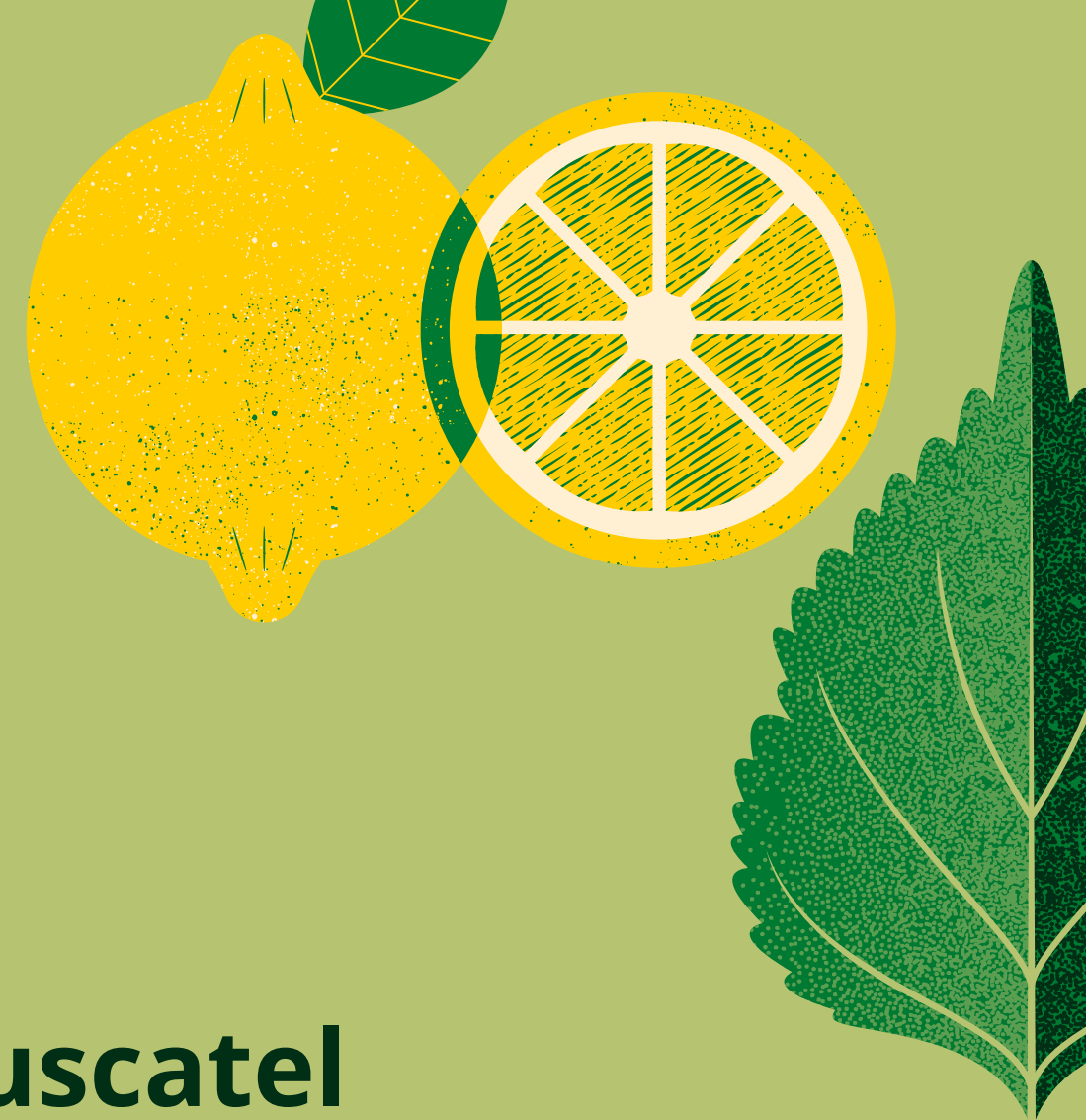
Goal #6 Implementation, Evaluation, and Communication

District Average Score:

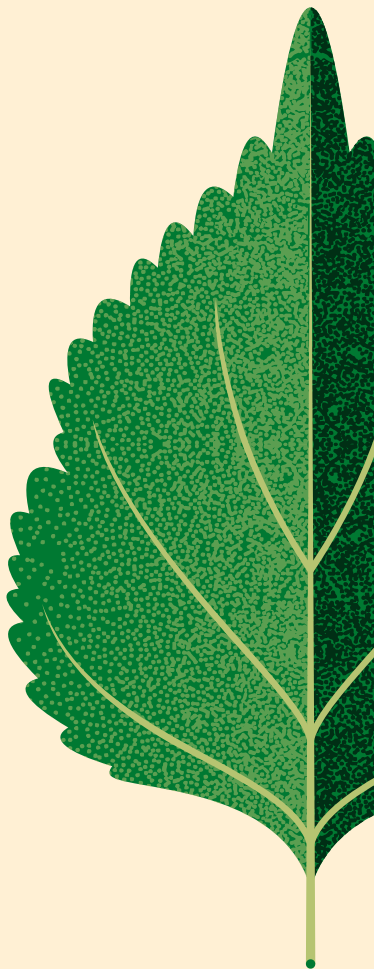


Savannah/Encinita/Shuey/Janson/Muscatel

- Has at least 1 member in the Wellness Committee
- Wellness Policy is posted at each cafeteria
- Wellness Committee recruit flyer is posted at each site



3-year Strategy Plan



Current Year

Published Triennial Wellness Assessment Result.

SY 2022-2023

Collaborate with Committee to discuss last year results and propose revision, if needed. Annual survey for student, staff, and community.

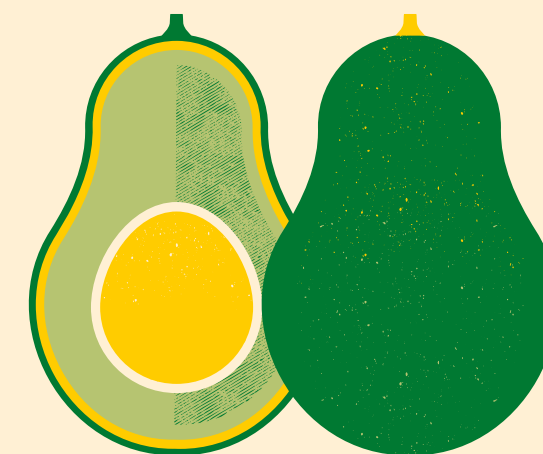
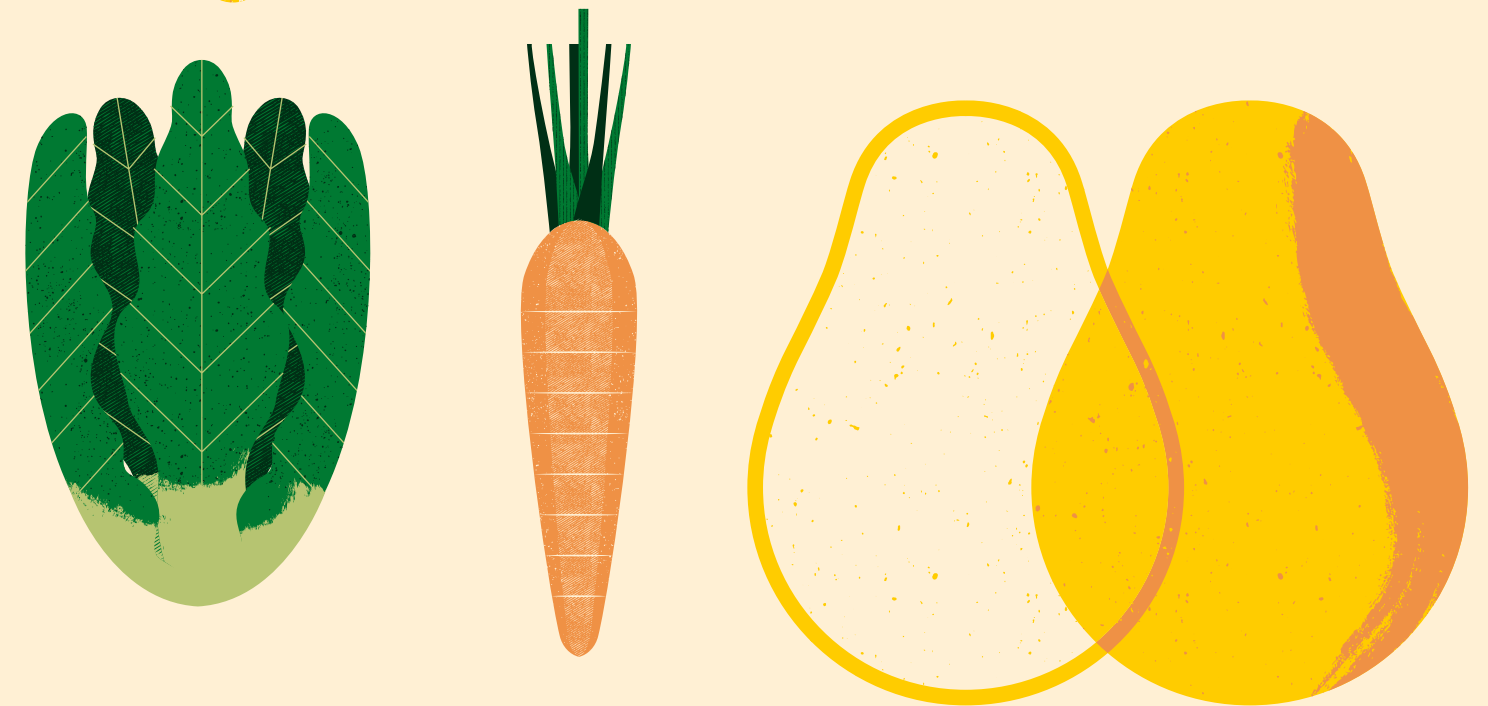
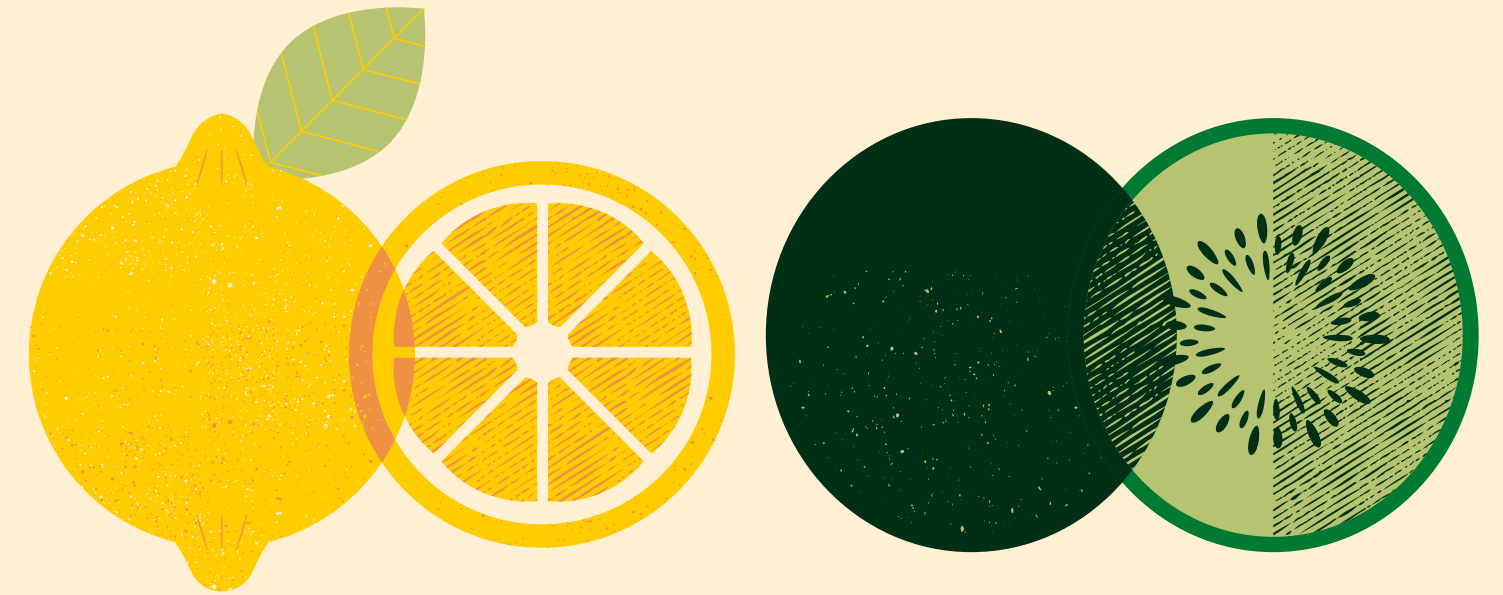
SY 2023-2024

Implementation of wellness policy, set action plan and goals

SY 2024-2025

Triennial Wellness Assessment Due

Thank you!



Join the Wellness Committee!