

## **Annual Wellness Committee Report to the Board 2016-2017**

### **Background**

The district's Wellness Committee is made up of Board members, parents/guardians, representatives from Food Services, teachers, school health professionals, school and district administrators, and members of the public. The primary purpose of the Wellness Committee is to participate in the development, implementation, and periodic update of the district's wellness policy. (USC 1758b) An annual report is made to the board by the Wellness Committee, the purpose of which is to provide a "public assessment of the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b) (SBUSD Board Policy 5030, p. 3)

In the SBUSD, a designee serves as chairperson of the Wellness Committee. This role is currently held by Monica Scafide, a teacher at Dos Pueblos High School. The chairperson's primary responsibilities is to preside over the committee's meetings (3-4 per year) and evaluate each school's compliance with the district's wellness policy. The work of the Wellness Committee is supported by a steering committee. Its members are Monica Scafide, Paul Cronshaw (Teacher, La Cuesta), Joanie Merrill (Teacher, San Marcos High), Nancy Weiss (Director, Food Services), and Frann Wageneck (Assistant Superintendent, Student Services).

### **Wellness Committee Meetings 2016-2017**

The Wellness Committee met three times in 2016-2017 (October, January, and April). The October meeting was devoted to dissection and review of SBUSD Board Policy 5030 in preparation for making suggestions for the update. The January meeting included presentations on student mental health and physical fitness, with presentations by the staff of the Mental Wellness Center and San Marcos High School physical education teacher Desa Mandarino. The spring meeting in April highlighted bicycling with a presentation by Adams Elementary physical education teacher Julie Churchman and a representative from Bici Centro. This meeting also included a presentation on school gardens by Explore Ecology. In addition to the district-level meetings, members of the Wellness Committee attend the annual countywide School Wellness Summit each October.

Finally, it is the role of Wellness Committee members from each site to coordinate Wellness Day in March of each year. A few of this year's activities included: smoothie tasting (San Marcos and Goleta Valley JHS); Tai Chi (SB Community Academy); garden harvest (Monroe Elementary); drug and alcohol awareness (Goleta Valley JHS); and fitness assessments (Dos Pueblos HS).

### **Annual Evaluation of Policy Compliance**

An evaluation of the Wellness Policy is to be conducted at each school site in the fall and spring of each year, with the fall assessment guiding the goal setting for the year. The assessment focuses on 30 separate standards in the categories of *Nutrition Education*, *Child Nutrition*

*Programs and School Meals, Nutrition Standards for Competitive and Other Food Sales, Physical Education & Activity, Communication & Promotion, Site Evaluation, and Annual Goals.* Below is the data for 2016-2017

- District Compliance (Overall)
  - Fall 78.8%
  - Spring 84.5%
- Schools Completing Evaluation
  - Secondary 100%
  - Elementary 60%

### **2017-2018**

A primary focus of the Wellness Committee in 2017-2018 will be site implementation of the revised BP 5030. This implementation will include an awareness campaign aimed at staff and families. In addition, the steering committee will review committee membership, working to ensure that all schools are represented. In addition, there will be attention to providing support to those elementary schools that did not complete the evaluative process in spring 2017.