

OROVILLE UNION HIGH SCHOOL DISTRICT

2015/16

Monitoring for Success:

Student Wellness Policy Implementation Monitoring Report

Prepared By:

Paula Wakefield, Food Service Director

Jennifer Cox, Director of Education and Student Services

Oroville Union High School Food Service Department

Table of Contents

List of Tables.....	2
A Message to the Board	5
Executive Summary	6
Background.....	7
Purpose of Report	7
How this Report is Compiled.....	7
Organization of Report	7
I. Nutrition Education and Physical Activity Goals	8
Comprehensive Health Education	8
Description of Nutrition Education Program.....	8
Description of Physical Education Program.....	8
Physical Education Minutes	8
Physical Education Exemptions.....	8
Physical Fitness Activities Offered	8
California Interscholastic Federation Participation Survey	8
Use of School Facilities Outside of School Hours	9
Physical Performance Testing	9-10
II. Nutrition of Foods and Beverages on School Campuses.....	11
Food Service/Child Nutrition Programs.....	11
Nutritional Standards for Foods and Beverages.....	11
School Cafeteria Eating Facilities and Food Preparation	11
Other Food Sales	11-12
Contracts	12
Food Contracts	12
Beverage Contracts.....	12
III. Guidelines for Reimbursable School Meals.....	13
School Meal Participation Rates	13
School Meal Nutrition Analysis.....	13
IV. Summary of Findings and Recommendations	14
Nutrition Education and Physical Activity Goals	14
Recommendations	14
Nutrition of Foods and Beverages on School Campuses.....	14
Recommendations	14

Student Wellness Policy Implementation Monitoring Report

- Guidelines for Reimbursable School Meals 14
- Recommendations 14
- Other Student Wellness Related Programs, Policies or Activities..... 14
- Recommendations 15

List of Tables

Table 1. Number of Exemptions by Type	9
Table 2. FITNESSGRAM Results.....	10
Table 3. Free and Reduced Meal Participation Rates.....	13

Student Wellness Policy Implementation Monitoring Report A Message to the Board

It is the responsibility of the governing board to ensure that the district's policy on student wellness meets or exceeds provisions set forth in federal and state law and is effective in promoting healthy eating and physical activity among district students. One key part of ensuring accountability is to determine whether the policy is being consistently implemented throughout the district, in accordance with the monitoring plan established in policy as mandated by law (see BP 5030 - Student Wellness).

This document provides a sample format for district staff and/or the school health council to use when reporting implementation of the local wellness policy to the board and the community. The report should be tailored to reflect the agreed-upon methods or indicators that will be used to measure implementation district wide and in each district school. The frequency of review and reporting is set by district policy.

To continually assess the implementation of your district's wellness policy, consider the following as you review the findings and recommendations of this report:

- **Does your board support and reinforce its wellness policy by setting clear goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate?**
 - » Are nutrition education and physical education a priority within schools at all grade levels?
 - » Has your board adopted California's Physical Education Model Content Standards to ensure all schools are striving to reach the same goals and objectives?
- **Does your board emphasize student health as a priority with an aim to reduce childhood obesity, including specific desired outcomes related to healthy eating?**
 - » Are nutritional guidelines adhered to for all foods and beverages available on each campus during the school day?
 - » Are the district's nutrition and physical education policies and practices aligned with other district efforts to provide a clear, comprehensive program promoting student health?
 - » Are students actually receiving the required number of P.E. minutes?
- **Does the district's budget support a priority on student health?**
 - » Are P.E. teachers supported through professional development opportunities that address activity-related skills and teaching ability?
 - » Are school food service staff provided professional development opportunities?
- **Does your board have a clear plan for ensuring accountability for the implementation and evaluation of the district's wellness policy?**
 - » Is there one or more persons designated in the district or at each school site with the operational responsibility for ensuring that the wellness policy is implemented?
 - » Are the implementation and monitoring reports submitted to the board as provided in board policy?
- **Based on the findings and recommendations within the current report, are there any gaps or barriers to ensuring that all students have access to healthy foods and beverages and high-quality, comprehensive, and developmentally appropriate physical activity on a regular basis?**
 - » If so, what are the next steps to ensure continuous improvement?

For more information on how boards can effectively implement the local wellness policy requirements, please see CSBA Governance & Policy Services Policy Brief, *The New Nutritional Standards: Implications for Student Wellness*, November 2005. Also refer to *Section III. Policy Development in the Student Wellness: Healthy Food and Physical Activity Policy Resource Guide*. Available at www.csba.org/ps/hf/htm or www.CaliforniaProjectLEAN.org.

Student Wellness Policy Implementation Monitoring Report Executive Summary

Reauthorization of the federally funded child nutrition programs establishes a requirement that a local school wellness policy be developed by the beginning of the 2006-07 school year. The school wellness policy must include goals for nutrition education and physical activity, must ensure foods and beverages available on each campus during the school day meet or exceed state nutritional standards, and must provide assurances that reimbursable school meals will not be less restrictive than federal regulations. Finally, it must include a plan for measuring the implementation of the wellness policy objectives with a report to the local board of education.

The Oroville Union High School District Board of Education adopted a Student Wellness Policy, Board Policy **Board Policy 5030** in **03/07/07**. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The monitoring of the district's implementation of the Student Wellness Policy focused on each of the substantive components of the wellness policy, which include Nutrition Education and Physical Activity Goals, Nutrition of Foods and Beverages on Campus, and Guidelines for Reimbursable Meals. Major findings and recommendations are summarized below.

Nutrition Education and Physical Activity Goals

The Oroville Union High School District seeks to provide all students a comprehensive education, including education about nutrition and physical activity. All students participate in a required Health course that focuses on healthy living choices, nutrition, physical activity and medical conditions and ways to avoid them. The district has a compliant, comprehensive physical education program for all students. In addition, students are offered a variety of extracurricular sports programs through the California Interscholastic Federation. Each season has several options available for all students.

Nutrition of Foods and Beverages on Campus

The foods and beverages available through the district's food service program are carefully selected so as to contribute to the students' nutritional well-being and the prevention of disease. All foods and beverages served meet or exceed the nutritional standards specified by law, and are prepared in ways that will appeal to students, retain nutritive quality, foster lifelong healthful eating habits, are served in age-appropriate portions and are sold at reasonable prices.

There are no major findings or current issues that need recommendations.

Guidelines for Reimbursable School Meals

Free and reduced price meal participation rates provide a measure of the number and percentage of the population participating in the district's school meal program. The district's plan for providing free and reduced price meals ensures that student participation is confidential and the program is available in a manner which does not overtly identify participants. The number and percentage of students participating in the district's free and reduced price lunch program have decreased in the past year due to the district being an open school campus with a student consultation period next to the lunch period along with the new Federal Meal guidelines, a decline in student enrollment, and local vendor trucks parked near the schools.

There are no major findings at this time, however it is recommended that the student consultation free period not be put next to the student lunch period to discourage students from going off campus.

Other Student Wellness Related Program, Policy or Activity

There are no major findings or current issues that need recommendations.

Student Wellness Policy Implementation Monitoring Report

Background

The federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (PL 108-265) includes a provision requiring all school districts participating in any federally funded child nutrition program to establish a locally developed school wellness policy by the beginning of the 2006-07 school year.

At minimum, each policy must address: 1) goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate; 2) nutritional guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student's health and reducing childhood obesity; 3) assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance pursuant to federal code; and 4) a plan for measuring the implementation of the wellness policy, including the designation of one or more persons in the district or at each school charged with the operational responsibility that this policy is implemented.

The Oroville Union High School Board of Education adopted a Student Wellness Policy, BP 5030 on 03/07/07. As required by federal law, the district's local wellness policy was developed with the involvement of parents, students, representatives from the child nutrition program, school board members, school administrators, and the public. The district's Student Wellness Policy includes a plan for monitoring the implementation of the wellness policy as well as a provision that a report be provided to the local board of education to ensure the board is able to monitor progress and make needed adjustments to policy and practice. The district in its coordination with the School Site Council at its monthly meetings has implemented and monitors the wellness policy contributing to the findings within this report, in composition, and charge.

Purpose of Report

The purpose of this report is to inform the Board of Education on the implementation and outcomes of the district's Student Wellness Policy. The Student Wellness Policy requires this report be submitted to the Board at least every two years.

How this Report is compiled

The Student Wellness Policy requires a district designee and a school designee for each site to monitor policy implementation and outcomes. The Food Service Director serves as the District Wellness Designee. The District Wellness Designee was responsible for collecting all data required from each of the School Wellness Designees and preparing this Student Wellness Report.

[Note: If your district has a Coordinated School Health Council, indicate its role in the implementation and monitoring of the wellness policy, its contributions to the findings within this report, its composition, charge, and frequency of meetings.]

Organization of Report

Each section of this report summarizes the implementation of each of the major components of the Student Wellness Policy. Section I focuses on the Nutrition Education and Physical Activity Goals component of the Student Wellness Policy, while Section II focuses on Nutrition of Foods and Beverages on Campus and Section III focuses on Guidelines for Reimbursable School Meals. The final section of this report summarizes the findings from each section and provides recommendations for the board.

I. Nutrition Education and Physical Activity Goals

The district's goals are to provide all students nutrition education, opportunities for physical activity, and other school-based activities that are designed to promote student wellness. This section describes the district's implementation of these goals.

Comprehensive Health Education

Nutrition education is provided as part of the health education program in the 9th grade to foster and promote health literacy. Students are expected to comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment. The district provides a planned, sequential, research-based, and age-appropriate curriculum for students in grades in the 9th grade.

Description of Nutrition Education Program

The district's health education program is based on the California Department of Education's Health Framework and/or California Health Education Standards for California Public Schools. The basic components of the district's nutrition education program include the following: healthy habits, preventing disease, reducing risk in dangerous situations, promoting health in one's family, promoting healthy practices, changes that occur through life, and growth and development.

Physical Education

A physical education program is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle. The district offers a variety of opportunities for physical education instruction and physical activity for all students. The district's physical education program builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity.

Description of Physical Education Program

The district's physical education program is based on the California Department of Education's Physical Education Framework. The basic components of the district's physical education program include the following: dynamic health, movement skills and knowledge, self-image and personal development, social development, aerobics, a variety of sports and games, and physical fitness. Physical Education teachers work with students to develop individual fitness and health goals and then monitor that progress throughout the course of the year.

Physical Education Minutes

Education Code requires a minimum 400 minutes for grades 7-12 in physical education instruction each 10 school days. The findings from the most recent Categorical Program Monitoring visit conducted in 2007 revealed that two of the district's two schools meet or exceed the minimum requirement. No changes to the program have been implemented since this has monitoring visit.

Physical Education Exemptions

Education Code provides for temporary and permanent exemptions from physical education for students who meet specified conditions. Table 1 summarizes exemptions granted during the 2014-15 school year.

Physical Fitness Activities Offered

The district provides a variety of physical activity programs that include kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance. Activities vary by school segment, but include football, volleyball, basketball, wrestling, track/field, tennis, and soccer. The district also provides alternative activities for students with disabilities, such as adaptive physical education and modified versions of sports listed above as available to ensure all students are provided with opportunities for physical activity.

California Interscholastic Federation Participation Survey

Report not available at this time.

Student Wellness Policy Implementation Monitoring Report

Use of School Facilities Outside of School Hours

The district endeavors to make school facilities and open spaces available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacation periods. School facilities and open spaces are also made available to community agencies and organizations that offer physical activity and nutrition programs. In the 2014-15 school year, the district had 6 joint-use agreements with a variety of organizations.

Physical Performance Testing

The FITNESSGRAM is administered from February to May each year in grades 5, 7 and 9. Students are expected to achieve a healthy fitness performance level in each of the six test components. Table 2, on page 9, provides two years of physical fitness results. In the 2014-15 school year:

- Performance test results indicate a loss from 2012-13. There was an overall decrease in the percentage of students who had met all components, four or five of the six components and an increase in the number of students who had only passed 3, or 2 of the components. The number of students not meeting any of the components is slightly greater than 2012-13. Results suggest an overall increase in the number of students struggling to meet the fitness standards.

Table 1. Number of Physical Education Exemptions by Type

Type of Exemption	Elementary Number of Exemptions	Middle Number of Exemptions	High Number of Exemptions	Totals
Temporary				
Student is ill or injured			4	4
Student is enrolled for one-half time or less				0
Driver's education participation				0
Passed physical fitness test				0
ROP travel prohibits participation				0
Interscholastic athletic program participation				0
Permanent			4	4
Student is 16 years or older and has been in grade 10 for more than one academic year				0
Student is enrolled as a postgraduate student				0
Student is enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation				0
Totals				8

Table 2. FITNESSGRAM Results

	Grade 5 % in HFZ* (Year) (Year)	Grade 7 % in HFZ* (Year) (Year)	Grade 9 % in HFZ* 12-13 14-15
Physical Fitness Area	N/a	N/a	
Aerobic Capacity			61.4 53.2
Body Composition			67.8 62.2
Abdominal Strength			85.3 82.5
Trunk Extension Strength			95 90.2
Upper Body Strength			73.8 68.1
Flexibility			85.7 84.5
Totals			
	Grade 5 % achieved (Year) (Year)	Grade 7 % achieved (Year) (Year)	Grade 9 % achieved 12-13 14-15
Number of Fitness Standards Achieved	N/a	N/a	
6 of 6 standards			40.5 30.2
5 of 6 standards			21.4 23.8
4 of 6 standards			18.3 19.9
3 of 6 standards			11.0 14.5
2 of 6 standards			4.7 7.4
1 of 6 standards			3.4 2.9
0 of 6 standards			0.7 1.3
Totals			

* Healthy Fitness Zone

II. Nutrition of Foods and Beverages on School Campuses

Recent changes to state law prescribe nutritional standards for foods that are made available during the school day. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The district's Student Wellness Policy governing the nutritional quality of foods and beverages sold on campus incorporates aspects of the following board policies: Food Service and Child Nutrition Programs, Other Food Sales, and Contracts. Therefore, quality indicators from these related policies serve as measures of the district's implementation of providing nutritious foods and beverages and are reported in this section.

Food Service/Child Nutrition Programs

The foods and beverages available through the district's food service program are carefully selected so as to contribute to the students' nutritional well-being and the prevention of disease. All foods and beverages served meet or exceed the nutritional standards specified by law, and are prepared in ways that will appeal to students, retain nutritive quality, foster lifelong healthful eating habits, are served in age-appropriate portions and are sold at reasonable prices.

Nutritional Standards for Foods and Beverages

The District purchases foods from reputable suppliers that meet the state nutritional guidelines. Below is a brief summary of the number of schools that meet or exceed the state nutritional guidelines:

- 4 of 4 high schools serve foods and beverages that meet state nutritional guidelines.

Schools use whole, fresh, unprocessed foods and ingredients whenever possible and offer fresh fruits and vegetables with each meal or snack whenever possible.

School Cafeteria Eating Facilities and Food Preparation

The adequacy of school facilities for cafeteria eating and food preparation are reviewed periodically by **Food Service Director** to ensure compliance with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455. The District has a yearly audit on Internal Controls within the Food Service Dept., which are conducted once at the end of the school year by the auditors. Of the one audit conducted during the school year, all schools met 4 of 4 objectives. A health inspection is conducted twice a year by the Public Health Department.

- One audit is conducted yearly for the Districts' grades 9-12.
- Four objectives were met at each segment.
- All objectives were met.

Other Food Sales

Districts participating in the National School Lunch or School Breakfast Program are mandated to establish rules or regulations to control the sale of food in competition with the breakfast or lunch program. Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, board policy, and administrative regulation and shall not reduce participation in the district's food service program. This policy governs foods and beverages sold through vending machines, student stores, and foods that are sold on school premises by student and/or adult organizations.

- 4 schools have vending machines, for a total of 8 beverage vending machines and 5 snack vending machines in the district.
- There are 4 beverage machines and 3 snack vending machines at Las Plumas High, 3 beverage machines and 2 snack vending machines at Oroville High, and 1 beverage and 1 snack vending machine at Prospect High.
- 13 vending machines in the district are stocked with compliant foods and beverages.
- If vending machines are not compliant, the following actions will be taken: The product will be taken out of the machine and replaced with product that is in compliance with the district board policy.
- No student stores sell compliant foods and beverages.
- No student/adult organizations sell compliant foods or beverages.

Student Wellness Policy Implementation Monitoring Report

- If student/adult organizations are not compliant, the following actions will be taken: The applicable organization will be asked to be compliant with the district wellness policy by following board policy.

Contracts

Effective July 1, 2007, the district or a district school shall not enter into or renew a contract for the sale of foods and beverages that do not meet the nutritional standards specified in the Education Code unless the contract specifies that such sales will occur later than one-half hour after the end of the school day and/or off school premises.

Food Contracts

The district has no active contracts for the sale of foods.

Beverage Contracts

The district has one active full service vending contract for the sale of beverages. Of this one active contract, they are in compliance with state nutritional guidelines.

III. Guidelines for Reimbursable School Meals

School Meal Participation Rates

Free and reduced price meal participation rates provide a measure of the number and percentage of the population participating in the district's school meal program. The district's plan for providing free and reduced price meals ensures that student participation is confidential and the program is available in a manner which does not overtly identify participants. The number and percentage of students participating in the district's free and reduced price lunch program have decreased from 6/30/14 to 6/30/15, as illustrated in Table 3 below due to a decline in enrollment, a student consultation period next to the student lunch period with an open campus, and implementation of the new guidelines for the National School Lunch program.

As a district participating in the National School Lunch or School Breakfast Program are mandated to establish rules or regulations to control the sale of food in competition with the breakfast or lunch program, the figures in Table 3 show a decrease in meals despite the attempts to offer meals that are attractive, affordable and available to students.

School Meal Nutrition Analysis

At least once every three years, the Nutrition Services Division of the California Department of Education reviews one week of school district menus to determine if meals meet National School Lunch Program nutritional requirements. The district's last review was conducted in 2012-13 for grades 9-12. The district's menu analysis was compared to the Recommended Daily Allowances for protein, calcium, iron, vitamins A and C, calories, and maximum allowable fat content (no more than 30 percent of calories from fat and no more than 10 percent of calories from saturated fat). Findings indicated that:

- The OUHSD uses the HHFKA Food Based menu option to plan its menus.
- RDA targets were met for calories, cholesterol, sodium, fiber, iron, calcium, vitamin A, C, total fat, protein, carbohydrates, and saturated fat in grade levels 9-12
- The percentage of allowable fats was <30% in grade levels 9-12, meeting the target
- The percentage of allowable saturated fats was <10% in grade levels 9-12, meeting the target

Table 3. Free and Reduced Price Meal (FRPM) Participation Rates

	Enrollment	Enrollment	Free Meals	Free Meals	Reduced Price	Reduced Price	Total FRPM	Total FRPM	Percent FRPM	Percent FRPM
	Previous year	Current year	Previous year	Current year	Previous year	Current year	Previous year	Current year	Previous year	Current year
(9-12) District Totals	2350	2264	137,614	129,172	11,474	10,822	160,294	154,041	93%	90%

IV. Summary of Findings and Recommendations

The major findings of each section in this report are briefly described below. Section I of this report reviewed the implementation of the district's Nutrition Education and Physical Activities and Goals component of the Student Wellness Policy, while Section II reviewed the district's compliance with guidelines concerning the Nutrition of Foods and Beverages on Campus and Section III reviewed the district's implementation of the Guidelines for Reimbursable Meals. Where there were noticeable gaps in policy implementation, recommendations are provided for the board's consideration.

Nutrition Education and Physical Activity Goals

Overall, the district's nutrition education and physical education programs:

The OUHSD provides a wide range of physical activities and nutrition education programs for students to participate. Courses are comprehensive in nature, so as to focus on all aspects of physical health. FitnessGram reporting suggests that the majority of the student population are meeting the demands of the standards identified by the California Department of Education. While there was a slightly decrease from 2012-13 to 2014-15, results of a needs assessment show that all activities are well-attended and sports activities are utilized.

Recommendations

There are no current issues that need recommendations at this time.

Nutrition of Foods and Beverages on School Campuses

Overall, the foods and beverages available on school campuses:

- **The OUHSD provides foods and beverages that comply with the nutritional guidelines in all food venues.**

Recommendations

There are no current issues that need recommendations.

Guidelines for Reimbursable School Meals

The district's reimbursable meal program:

- **The district's meal service program is nutritionally adequate and appealing to students. However due to the decline in enrollment, a student consultation period next to the student lunch period with an open campus policy, and the new guidelines for the National School Lunch program meal participation has decreased.**
- **Free and reduced price meals are available in a manner which does not overly identify participants by allowing each student to obtain a meal at any point of service sale.**
- **Based on the data, the school meal program rates declined. To help increase participation rates calls are being made home to students who do not currently have a meal application on file to encourage them to apply, continue to reach out to students and staff with regular surveys on menu items, market more fresh fruit and vegetables by purchasing fresh mandarins through a local grower, Feather River Gold (Tri-L Mandarin Ranch) and serve healthy meals at a reasonable price for students with an emphasis on more scratch cooked items.**

Recommendations

Recommend not placing a student consultation period next to the student lunch period with an open campus policy to discourage students from going off campus for their meals, continue to provide healthy, nutritious meals that appeal to the students with an emphasis on scratch cooked items, and perform regular surveys for staff and student recommendations.

Other Student Wellness Related Programs, Policies or Activities

There are no issues that need recommendation and no actions that will need to be taken to implement.