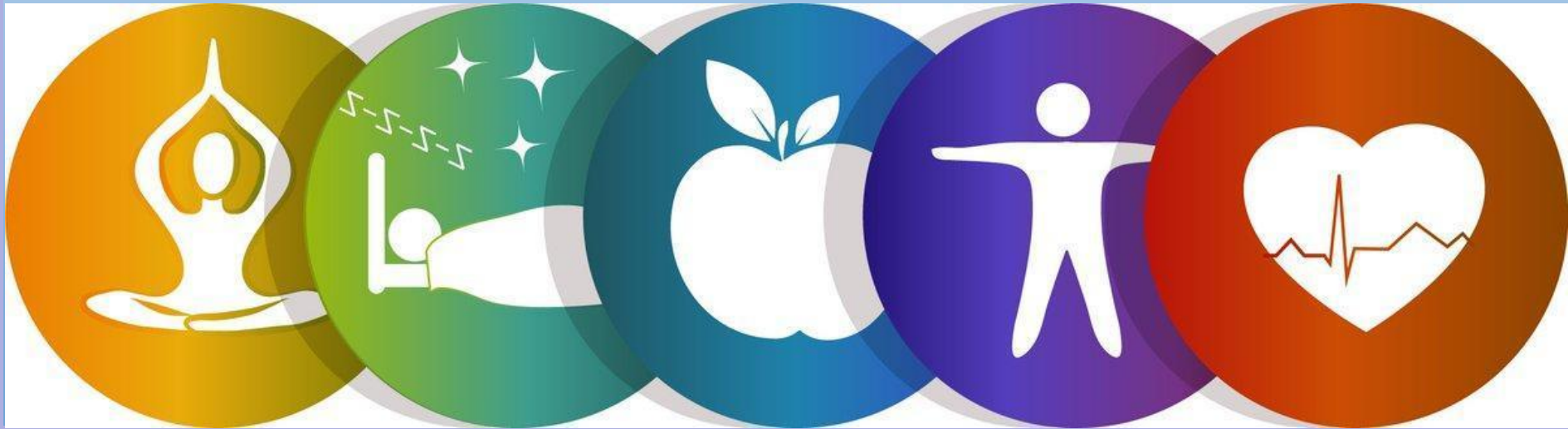


Wellness Policy Triennial Report



Components of the Triennial Wellness Policy:

- 1) Comparison to a model policy
- 2) Progress with wellness policy goals
- 3) Compliance with the policy

Comparison to Model Policy

Policies reviewed:

California Board Association Model Policy
San Diego County Model Policy

Tool Utilized:

WellSAT 3.0

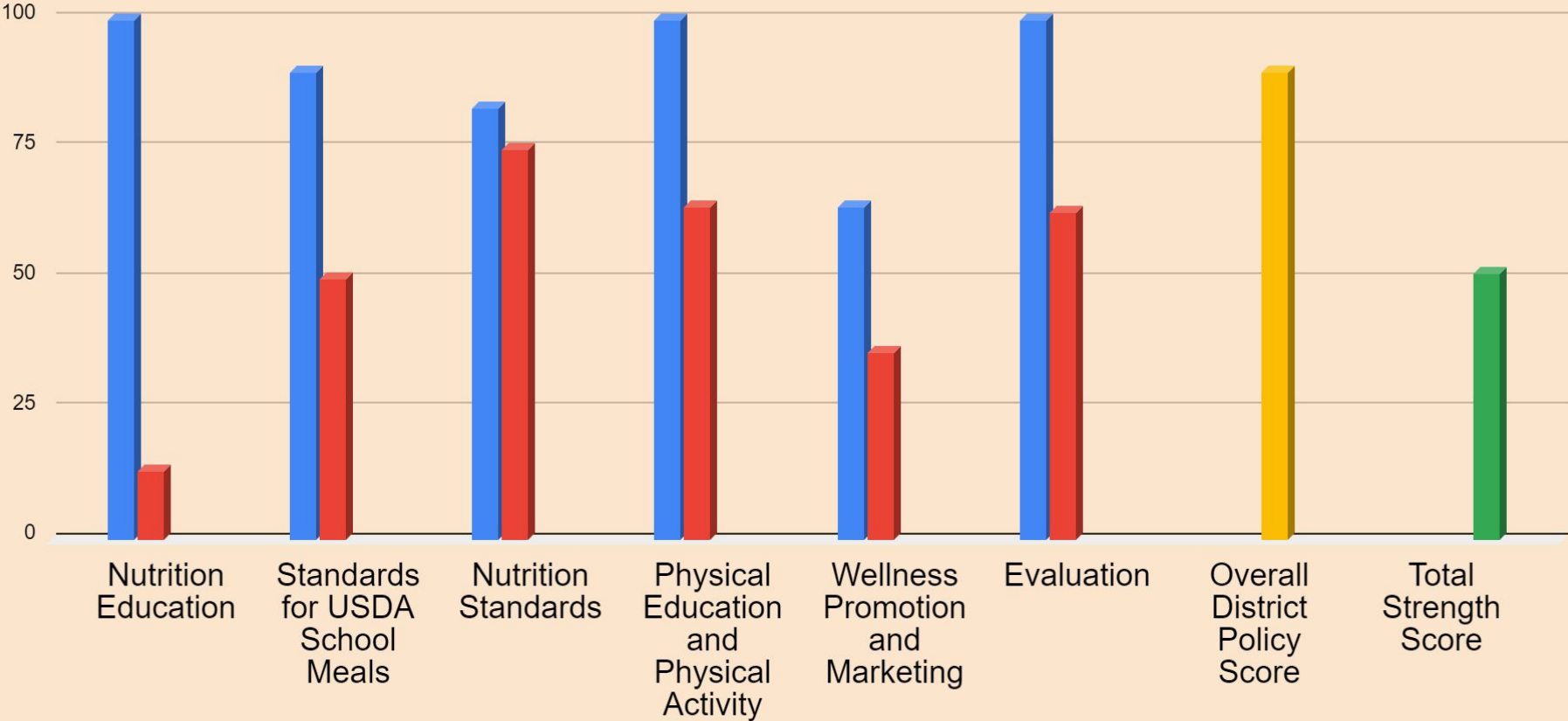
What is the WellSAT 3.0?

The WellSAT is a quantitative assessment tool to help score and improve local School Wellness Policy. Since 2010, this measure has been used by thousands of people across the country, representing school districts from every state.

All WellSAT items reflect the federal law or best practices. The purpose of scoring your district policy is to identify where it is strong and where it could be improved.

WellSAT 3.0 Results

Comprehensiveness Score Strength Score Overall District Policy Score Total Strength Score



WellSAT 3.0 Areas for Improvement:

Nutrition Education; Examples such as:

1. Nutrition education integrated into other subjects beyond health education.
2. All elementary school students receive sequential and comprehensive nutrition education.

Wellness Promotion and Marketing:

1. Using physical activity as a reward.
2. Strategies to support employee wellness.
3. Marketing specifically addressed in various areas.

Standards for USDA Child Nutrition Programs and School Meals:

1. Annual training for food service staff in accordance with USDA standards.

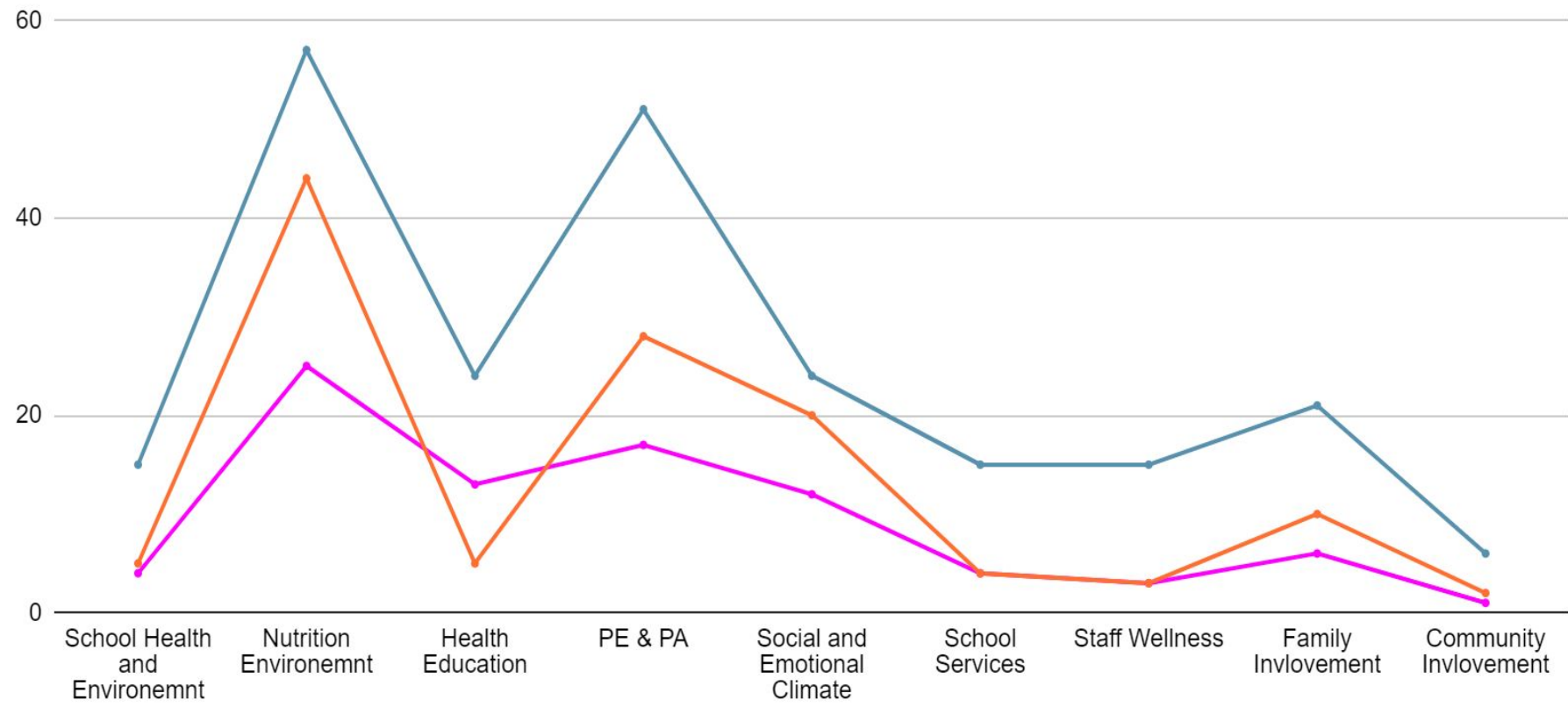
Progress on Goals and Compliance to Policy

Measured through the School Health Index:

The School Health Index Self-Assessment and Planning Guide is an online self-evaluation and planning tool for schools. The SHI is built on CDC's research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors.

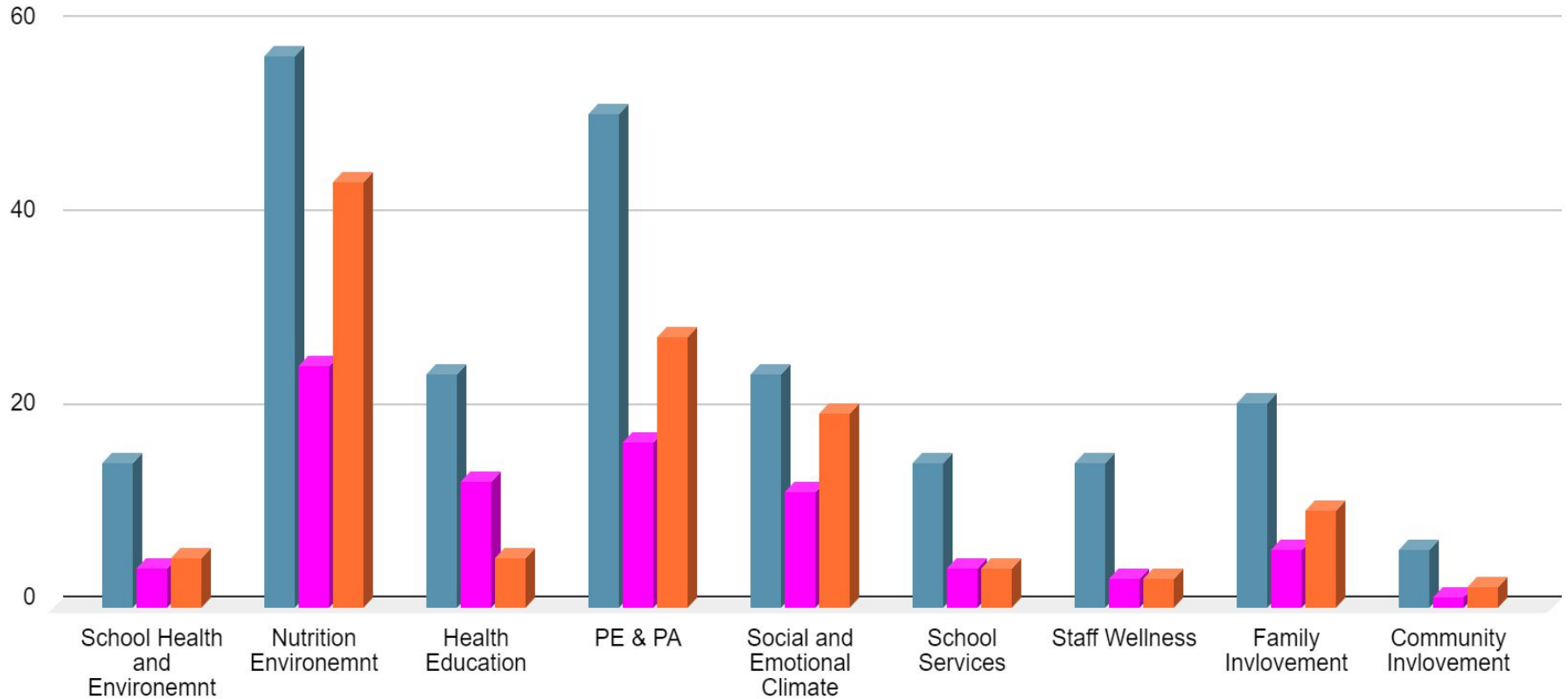
School Health Index K - 5

● Maximum Score ● State Average ● K - 5 Average



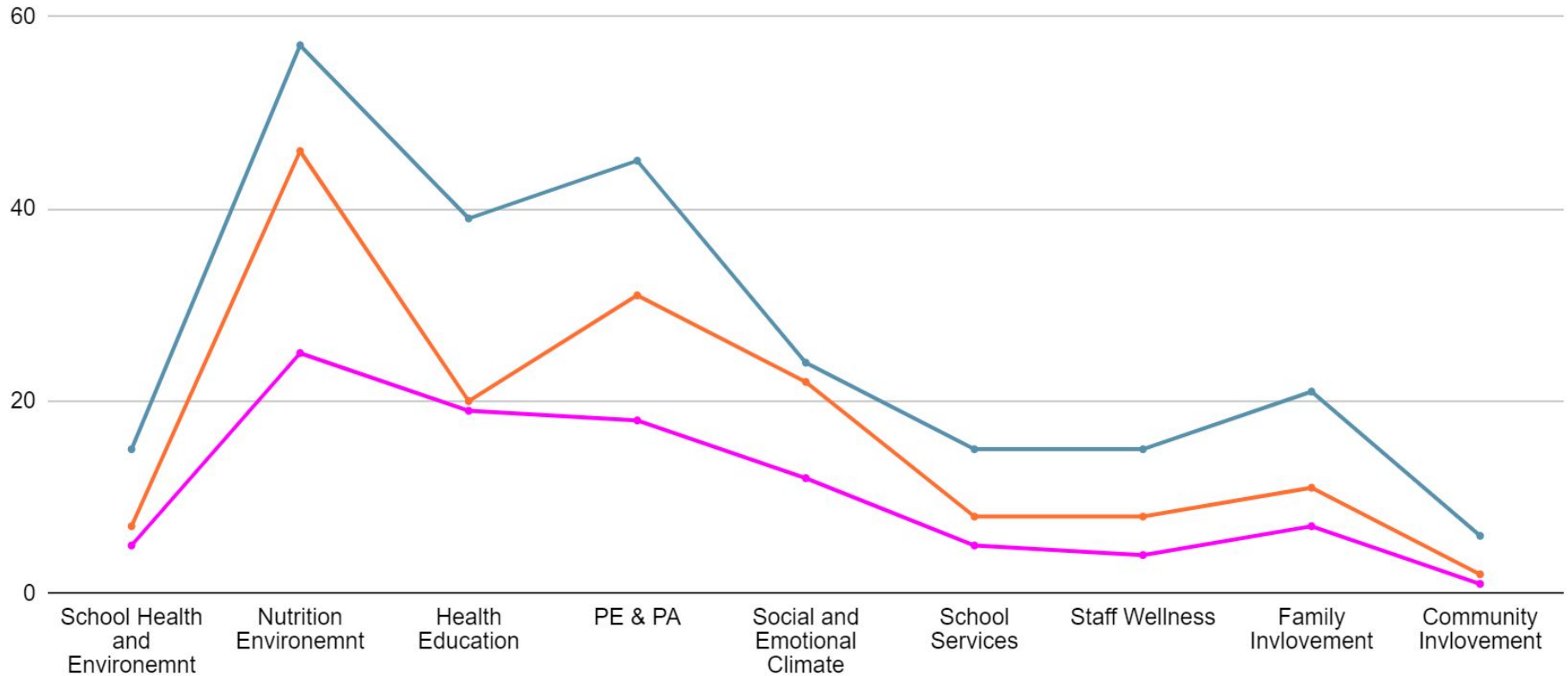
School Health Index K - 5

■ Maximum Score ■ State Average ■ K - 5 Average



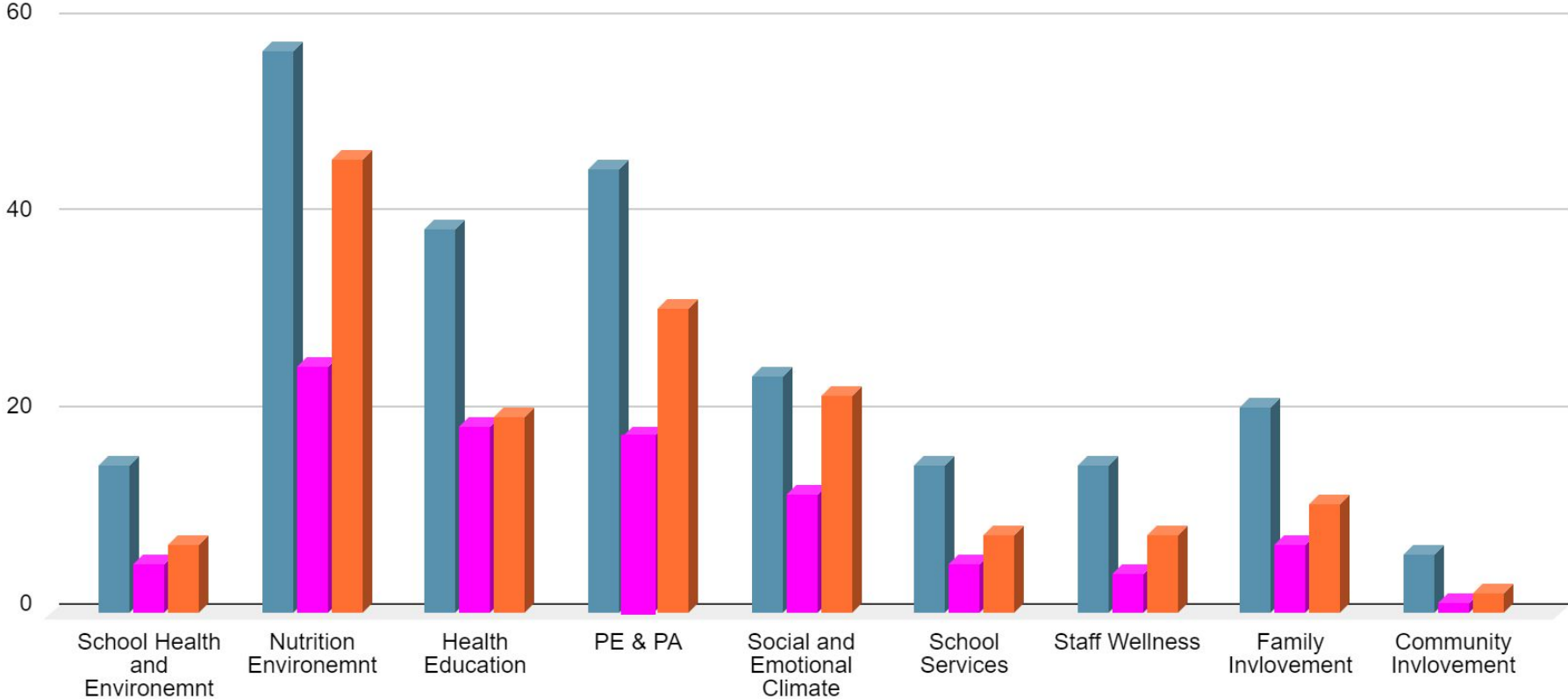
School Health Index 6 - 12

● Maximum Score ● State Average ● 6 - 12 Average



School Health Index 6 - 12

Maximum Score State Average 6-12 Average



School Health Index identified **areas with room for growth:**

Health Education (5/24 or 21% for K-5; 20/39 or 51% for 6-12)

1. Sequential Health Education curriculum (K-8)
2. Professional Development in Health Education

School Health and Environment (5/15 or 33% for K-5; 7/15 or 47% for 6-12)

1. School Health Action Plan
2. School Health oversight

Staff Wellness (3/15 or 20% for K-5; 8/15 or 53% for 6-12)

1. Programs for staff members on physical activity/fitness
2. All foods served and sold to staff meet USDA Smart Snack Guidelines

P. E. and Physical Activity (28/51 or 55% for K-5; 31/45 or 69% for 6-12)

1. Physical activity facilities open for students and community after hours
2. Licenced P.E. teacher (K-5)

Next Steps:

- 1) Resurrect the District Wellness Committee
Any students, staff, parents/guardian or interested community members are welcome and encouraged to participate. Please contact the Student Services Department at 441-2422 or farmerj@eurekacityschools.org
- 2) Wellness Committee will review the results of the Wellness Policy Triennial Assessment and bring any suggested changes or modification to the School Board for consideration.

Any Questions?

