

Self Assessment DRAFT 2024 in comparison to Local School Model **Wellness Policies: WellSAT 3.0**

Section 1: Nutrition Education

Section 2: Standards for USDA Child Nutrition Programs and School Meals

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Section 4: Physical Education Physical Activity

Section 5: Wellness Promotion and Marketing

Section 6: Implementation, Evaluation, and Communication

Section 1: Nutrition Education

Nutrition education and skills are integrated within the comprehensive health education curriculum. MVLA in-seat courses are fully aligned with state standards and compliant with all legal requirements. Health Education focuses on contemporary health issues affecting teens including personal & community health, mental, emotional & social health, nutrition & physical activity, alcohol, tobacco, & other drugs, injury prevention & safety, & growth, development, & sexual health. Nutrition-specific education focuses on overall nutrition, eating disorders, meal planning, diets, and fad diets. In-seat course students create meal plans, understand all components of nutrition and how to eat for healthy development and performance

- NE1: Includes goals for nutrition education that are designed to promote student wellness.*

In the in-seat MVLA Health course, students demonstrate the ability to

- Analyze the influence of family, peers, culture, media, technology, & other factors on behavior.
- Access valid information and products and services to enhance health.
- Use interpersonal communication skills to enhance health & avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce health risks.
- Advocate for personal, family, and community health.

In the in-seat course, students are given the opportunity to give suggestions on how to make meal prep healthier for their families. Students also research popular "fad diets" and teach the class the pros and cons of the top 8 fad diets that are currently popular in our society. Students also evaluate which foods the school cafeteria offers.

- NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.*
- NE7: Links nutrition education with the food environment.*

Nutrition education and skills are integrated within the comprehensive health education curriculum. MVLA in-seat courses are fully aligned with state standards and compliant with all legal requirements.

- NE5: All high school students receive sequential and comprehensive nutrition education.*

Not mentioned

NE6: Nutrition education is integrated into other subjects beyond health education.

- Sample Language: Teaching staff is encouraged to integrate nutrition education into the broader curriculum, where appropriate, such as Culinary Arts.

Not mentioned

NE8: Nutrition education addresses agriculture and the food system.

- Sample language: "The nutrition education curriculum will use the school garden as a teaching tool."

Section 2: Standards for USDA Child Nutrition Programs and School Meals

All foods provided by MVLA Nutrition Services follow the standards set under the [School Breakfast Program](#) and [National School Lunch Program](#). *MVLA does not allow items that qualify as competitive foods or beverages to be offered or sold to students on campus during the school day. MVLA does not allow competitive food or beverage driven fundraisers during the school day without an exemption approved by the MVLA Board of Trustees.* According to the [federal guidelines](#), competitive foods and beverages are those that are 1) sold, 2) to students, 3) on school campus, 4) during the school day, and 5) outside of the federally reimbursable meal programs.

MVLA Nutrition Services will follow these best practices:

- We will offer a variety of meal pattern compliant foods that appeal to students
- We will provide serving and dining spaces that are clean and inviting
- We will post monthly menus and nutritional information on the MVLA Nutrition Services website
- We will ensure that students are served meals at an appropriate time of the day
- We will provide adequate time for student meal periods
- Clean and safe drinking water will be available to students free of charge

For in-classroom food shared by students, the food shared in these settings must not be for sale to students on campus during the school day. For food safety reasons, MVLA does not allow homemade or unlabeled food products to be brought on campus and shared in the classroom or in other campus spaces with students. Food shared in this way must be manufactured in a licensed facility and be non-perishable. These foods must be clearly labeled by the manufacturer with the manufacturer's packaging and safety seals intact.

- SM1 Assures compliance with USDA nutrition standards for reimbursable school meals.*
- SM2 Addresses access to the USDA School Breakfast Program.*
- SM6 Specifies strategies to increase participation in school meal programs.*
- SM7 Addresses the amount of "seat time" students have to eat school meals.*

- SM8 Free drinking water is available during meals.

Not mentioned

- SM3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.
 - Sample language: "The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register."

Not mentioned

- SM4 Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.
 - Sample language: "Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money."
 - Sample language: "Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals."

Not mentioned

- SM5 Specifies how families are provided information about determining eligibility for free/reduced priced meals
 - Sample language: "Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website."

The Superintendent or designee shall provide ongoing staff development on food safety to food service managers and employees. Each new employee, including a substitute, or volunteer shall complete initial food safety training prior to handling food. The Superintendent or designee shall document the date, trainer, and subject of each training.

- SM9 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

Not mentioned

- SM10 Addresses purchasing local foods for the school meals program.
 - Sample language: "School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria."

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

All foods provided by MVLA Nutrition Services follow the standards set under the [School Breakfast Program](#) and [National School Lunch Program](#). MVLA does not allow items that qualify as competitive foods or beverages to be offered or sold to students on campus during the school day. MVLA does not allow competitive food or beverage driven fundraisers during the school day without an exemption approved by the MVLA Board of Trustees. According to the [federal guidelines](#), competitive foods and beverages are those that are 1) sold, 2) to students, 3) on school campus, 4) during the school day, and 5) outside of the federally reimbursable meal programs.

Only foods and beverages that meet the [nutritional standards for Smart Snacks](#) or requirements noted under the School Breakfast Program and/or the National School Lunch Program may be marketed on MVLA campuses. No other food marketing is permitted.

- NS1 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.
- NS2 USDA Smart Snack standards are easily accessed in the policy.
- NS13 Addresses availability of free drinking water throughout the school day.

Not mentioned

- NS3 Regulates food and beverages sold in a la carte.
- NS4 Regulates food and beverages sold in vending machines.
- NS5 Regulates food and beverages sold in school stores.

Not mentioned

- NS6 Addresses fundraising with food to be consumed during the school day.
- NS7 Exemptions for infrequent school-sponsored fundraisers.

Not mentioned

- NS8 Addresses foods and beverages containing caffeine at the high school level.

Not mentioned

- NS10 Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.

Not mentioned

- NS11 Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.
- NS12 Addresses food not being used as a reward.

Section 4: Physical Education Physical Activity

MVLA's Physical Education program is a standards based state required class. Students will improve their health and skill related fitness. Students in Courses 1 & 2 (Grades 9-10) will have the opportunity to develop and improve their skills by actively participating in individual/dual sports, fitness activities, rhythms/dance, swimming, team sports, gymnastics, combatives, yoga, pilates, fitness training, and weight training.

Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform dual and individual sports, rhythms/dance and aquatics. Students will achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, and training principles. Students will be able to demonstrate knowledge of psychological and sociological concepts, biomechanical principles and game strategies as they apply to learning and performance of physical activities. Common Core State Standards, 6-12 English Language Arts in Science and Technical Subjects are also embedded in our program. All students must take the state physical fitness test.

The overall goal of MVLA's Physical Education program is to provide a thorough introduction of and emphasis on living an active lifestyle through individual/team sports, swimming, fitness activities and mindfulness. Improve strength, refine balance, advance coordination, increase mobility, establish effective team work, boost leadership skills and enhance overall fitness.

9th grade PE focuses on individual and dual sports, we complete a swim unit and a weight training unit which aligns us with the state standards. 10th - 12th grade PE focuses on team sports, along with completing a gymnastics and self defense unit. We also practice mindfulness in both courses to help students deal with everyday stressors.

- PEPA1 There is a written physical education curriculum for grades K-12.*
- PEPA2 The written physical education curriculum for each grade is aligned with national and/or state physical education standards.*
- PEPA3 Physical education promotes a physically active lifestyle.*

Physical Education class is offered at 230 minutes per week. The large majority of class time is spent in moderate to vigorous physical activity, estimated to be > 75% of total class time. This is accomplished through warm up activities, class runs, playing a variety of individual &/or team sports, weight training, swimming, yoga, pilates, martial arts, etc.

- PEPA6 Addresses time per week of physical education instruction for all high school students.*

Physical education instruction shall be delivered by appropriately credentialed teachers who may be assisted by instructional aides, paraprofessionals, and/or volunteers. The district shall provide physical education teachers with continuing professional development, including classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment.

MVLA allows for physical education exemptions and limits substitution activities as outlined [MVLA Board Policy 6142.7 - Physical Education And Activity](#)

- PEPA7 Addresses qualifications for physical education teachers for grades K-12.*
- PEPA8 Addresses providing physical education training for physical education teachers.*
- PEPA9 Addresses physical education exemption requirements for all students.*
- PEPA10 Addresses physical education substitution for all students.*

Not mentioned

- PEPA11 Addresses family and community engagement in physical activity opportunities at all schools.*

MVLA offers after school athletics for students to participate in. The Superintendent or designee shall develop strategies to supplement physical education instruction with additional opportunities for students to be physically active before, during, and after the school day.

- PEPA12 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.*

Not mentioned

- PEPA14 Addresses physical activity breaks during school.*

In order to ensure the efficient use of public resources and increase access to needed services, the Board of Trustees may enter into an agreement with any public agency, public institution, and/or community organization to use community facilities for school programs or to make school facilities or grounds available for use by those entities. Such an agreement shall be based on an assessment of student and community needs and may be designed to increase access to spaces for recreation and physical activity, library services, school health centers, preschool programs, child care centers, before- or after-school programs, or other programs that benefit students and the community. ([MVLA Board Policy 1330.1 - Joint Use Agreements](#))

- PEPA15 Joint or shared-use agreements for physical activity participation at all schools.*

MVLA encourages students to walk or bicycle to school if they live within walkable/bikeable distance. MVLA also partners with Safe Routes to School to promote safe transportation.

- PEPA16 District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.*

Section 5: Wellness Promotion and Marketing

Not mentioned

- WPM1 Encourages staff to model healthy eating and physical activity behaviors.*

WPM2 Addresses strategies to support employee wellness.

Not mentioned

WPM3 Addresses using physical activity as a reward.

WPM4 Addresses physical activity not being used as a punishment.

WPM5 Addresses physical activity not being withheld as a punishment.

Not mentioned

WPM6 Specifies marketing to promote healthy food and beverage choices.

Only foods and beverages that meet the [nutritional standards for Smart Snacks](#) or requirements noted under the School Breakfast Program and/or the National School Lunch Program may be marketed on MVLA campuses. No other food marketing is permitted.

WPM7 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.

Not mentioned

WPM8 Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).

WPM9 Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).

WPM10 Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.).

WPM11 Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screensavers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).

WPM12 Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products).

Section 6: Implementation, Evaluation, and Communication

The MVLA Local School Wellness Policy guides MVLA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn in compliance with [MVLA Board Policy 5030 - Student Wellness](#).

Every three years, the MVLA District Wellness Committee will evaluate the district's local school wellness policy: this may be in conjunction with the quarterly MVLA Wellness Collaborative or as

a stand-alone series of meetings. MVLA will investigate and determine the extent to which school sites and district-provided services are complying with the policy; how the MVLA policy compares to model local school wellness policies through the [WellSAT 3.0](#) self-assessment; and the progress that has been made in attaining the goals of the policy. The committee's findings will be published and shared with the MVLA community via the site principals' newsletters.

There will be an opportunity for community input on MVLA's Local School Wellness Policy advertised via the site principals' newsletters. Community members, students, representatives from food services, teachers of health and physical education, school health professionals, the school board, school administrators, and community members will be invited to participate in the development, implementation, review, and update of the Local School Wellness Policy.

MVLA's Local School Wellness Policy will be posted on the MVLA Nutrition Services Website and will be shared with the MVLA community at the beginning of each school year via the site principals' newsletters.

Each campus also maintains an ongoing school-level wellness committee.

The Associate Superintendent of Educational Services or designee shall ensure compliance with [MVLA Board Policy 5030 - Student Wellness](#).

- IEC1 Addresses the establishment of an ongoing district wellness committee.
- IEC2 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
- IEC3 Identifies the officials responsible for the implementation and compliance of the local wellness policy.
- IEC4 Addresses making the wellness policy available to the public.
- IEC5 Addresses the assessment of district implementation of the local wellness policy at least once every three years.
- IEC6 Triennial assessment results will be made available to the public and will include:
 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies;
 3. A description of the progress made in attaining the goals of the local school wellness policy.
- IEC7 Addresses a plan for updating policy based on results of the triennial assessment.

Data Indicators:

1. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records.
 - a. [MVLA Lunch Sample Analysis - Simplified Nutrient Assessment](#)
 - b. [MVLA Breakfast - Simplified Nutrient Assessment](#)
2. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
 - a. [Sample Participation Chart - April 2024](#)
 - b. [Eligibility Chart \(May 2024\)](#)
3. Results of the state's physical fitness test at applicable grade levels

- a. All 9th grade students enrolled in PE complete the state fitness testing unless they are on PE medical exemption. PE 9 completes the following fitness tests: Sit ups, push ups, mile run, shoulder flexibility, trunk lift.
- b. Data will be available in June.
4. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate
 - a. Wellness Centers
 - i. Spartan Spot: 2715 student visits for the 23-24 SY (duplicated)
 - ii. Eagle Escape: 1940 student visits for the 23-24 SY (duplicated)
 - b. Wellness Workshops
 - i. Spartan Spot: approximately 25 students each Wednesday & Friday
 - ii. Eagle Escape: approximately 20 students each Wednesday & Friday during ACT Activities
 - c. Whole School Wellness Events
 - i. Spartans PAUSE (monthly student health/wellness lunchtime activities): approximately 150 student attendees/event
 - ii. Eagle Escape: approximately 50-450 students visit, but not checked in during our Treat Yourself events. 6 events were held in 23-24 SY
 - iii. Mental Health Awareness Weeks (1 in first semester, 1 in second semester): attendance varies widely depending on event

Triennial Assessment:

[MVLA Local School Wellness Policy Triennial Assessment](#)