

SFA Wellness Committee

SFA Name: FIELD, EPIC de Cesar Chavez

Date: November 10, 2022

Agenda:

1. Introduction
2. Wellness Policy Overview
3. Questionnaire
4. Next Steps
 - a. WellSAT 3.0 - Comparison to model Policy
 - b. Implementation Plan - next meeting
5. Set next meeting date: February 23, 2023

Committee Members:

Yasmin Soto

Helena Villarino-Wright

Vanessa Gutierrez

Raquel C. Villarino

Dominique Chastain

Cynthia Morin

Ruby Torres

This institution is an equal opportunity provider.



Action for Healthy Kids' School Health Index Middle and High School Version

To complete the School Health Index online, please visit
[https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login).

School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1.School health oversight	3	-	-	0
2.Representative school health committee or team	3	2	1	0
3.Local wellness policy	3	2	1	0
4.School health action plan	3	-	-	0
5.Positive school climate	3	2	1	0

Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6.All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards N/A	3	-	-	0
7.All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards N/A	3	2	1	0
8.School meals	3	2	1	0
9.School breakfast	3	-	-	0
10.Variety of offerings in school meals	3	2	1	0
11.Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12.Adequate time to eat school meals	3	2	1	0
13.Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14.Prohibit using food as a reward or punishment	3	2	1	0
15.Access to free drinking water	3	2	1	0
16.All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in school nutrition standards N/A	3	2	1	0
17.All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards N/A	3	2	1	0
18.All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards N/A	3	2	1	0
19.Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards N/A	3	2	1	0
20.Food and beverages marketing N/A	3	2	1	0
21.Venues outside the cafeteria offer fruits and vegetables N/A	3	2	1	0
22.Engaging families in nutrition education and school meals	3	2	1	0
23.Nutrition education curriculum implantation	3	2	1	0
24.Farm to school activities N/A	3	2	1	0

ACTION FOR HEALTHY KIDS

Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
25.Required health education course	3	2	1	0
26.Sequential health education curriculum consistent with standards	3	2	1	0
27.Culturally appropriate activities and examples	3	2	1	0
28.Credentialed health education teachers	3	2	1	0
29.Professional development in health education	3	2	1	0
30.Essential topics on physical activity	3	2	1	0
31.Essential topics on healthy eating	3	2	1	0
32.Opportunities to practice skills	3	2	1	0
33.Assignments encourage student interaction with family and community	3	2	1	0
34.Essential topics on preventing unintentional injuries and violence	3	2	1	0
35.Essential topics on preventing tobacco use	3	2	1	0
36.Essential topics on alcohol and other drug use	3	2	1	0
37.Essential topics for preventing HIV, other STD, and pregnancy	3	2	1	0

Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
38. 225 minutes of physical education per week	3	2	1	0
39.Sequential physical education curriculum consistent with standards	3	2	1	0
40.Students active at least 50% of class time	3	2	1	0
41.Health-related physical fitness	3	2	1	0
42.Licensed physical education teachers	3	2	1	0
43.Address special health care needs	3	2	1	0
44.Professional development for physical education teachers	3	2	1	0
45.Prohibit using physical activity as punishment	3	2	1	0
46.Professional development for classroom teachers	3	2	1	0
47.Promotion or support of walking and bicycling to and/or from school	3	2	1	0
48.Availability of before- and after-school physical activity opportunities	N/A	2	1	0
49.Availability of physical activity breaks in classrooms	3	2	1	0
50.Family engagement in physical activity	3	2	1	0
51.Access to physical activity facilities	3	2	1	0
52.Promote community physical activities	3	2	1	0

Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
53.Fostering positive and nurturing relationships	3	2	1	0
54.Positive student relationships	3	2	1	0
55.Professional development on meeting diverse needs of students	3	2	1	0
56.Collaboration to promote social and emotional learning	3	2	1	0
57.School-wide social and emotional learning	3	2	1	0
58.Prevent harassment and bullying	3	2	1	0
59.Active supervision	3	2	1	0
60.Engaging all students	3	2	1	0



School Health Services

	Fully in Place	Partially in Place	Under Development	Not in Place
61.Collaboration between school nutrition services staff members and teachers	3	2	1	0
62.Health services provided by a full-time nurse	N/A	3	2	1
63.School nurse collaborates with other school staff members	N/A	3	2	1
64.Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	2	1	0
65.School counselor collaborates with other school staff members	3	2	1	0

Staff Wellness

	Fully in Place	Partially in Place	Under Development	Not in Place
66.Programs for staff members on physical activity/fitness	3	2	1	0
67.Programs for staff members on health eating/weight management	3	2	1	0
68.All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	N/A	3	2	1
69.Modeling healthy eating and physical behaviors	3	2	1	0
70.Stress management programs for staff	3	2	1	0

Family Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
71.Communication with families	3	2	1	0
72.Family engagement in school decision making	3	2	1	0
73.Family volunteers	3	2	1	0
74.Professional development on family engagement strategies	3	2	1	0
75.Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus	3	2	1	0
76.Family involvement in learning at home	3	2	1	0
77.School health updates for families	3	2	1	0

Community Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
78.Community involvement in school decision making	3	2	1	0
79.Community involvement in school health initiatives	3	2	1	0

SFA Wellness Committee

SFA Name: FIELD, EPIC de Cesar Chavez

Date: February 23, 2023 1:30 PM - 2:30 PM

Agenda:

1. Introduction - Welcome
2. WellSAT 3.0 Scoring/Review
3. Review Implementation Plan to increase our WellSAT score
4. Next Steps
 - a. Implementation Plan: Actions/Steps/Goals
 - b. Progress Updates – in red
5. Nutrition Department Updates
6. Set next SWC meeting date: _____

Committee Members:

Yasmin Soto

Helena Villarino-Wright

Vanessa Gutierrez

Dominique Chastain

Cynthia Morin

Ruby Torres

Elizabeth Tapia

This institution is an equal opportunity provider.

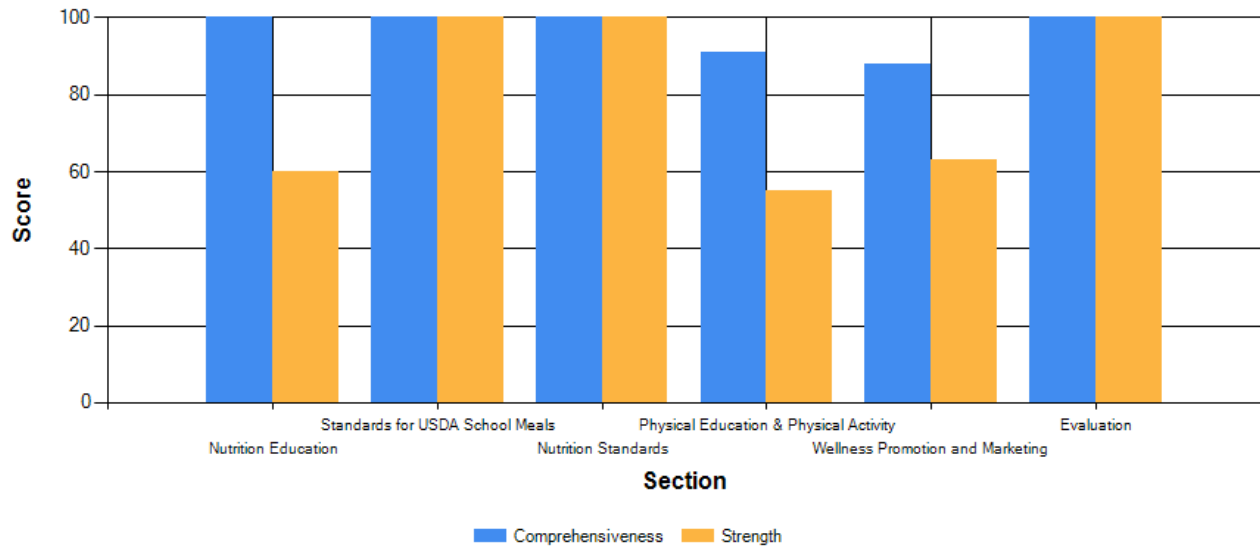
Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.


Version: 3.0

Policy Name: Nov 2022



Section 1. Nutrition Education





Rating

NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	60

[Click here for Nutrition Education Resources](#)

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



Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 9 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 9 (the number of items in this section). Multiply by 100.	100

[Click here for School Food Resources](#)

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

Rating




NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2

Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 6 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating


PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA14	 Addresses physical activity breaks during school.	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	91
	Strength Score: Count the number of items rated as "2" and divide this number by 11 (the number of items in this section). Multiply by 100.	55

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating







WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
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WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	88
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	63

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
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.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 97
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 80



Federal Requirement



Farm to School



CSPAP

Thank you for completing the WellSAT!

[Print-friendly version](#)

[Export data from the current wellness policy assessment \(version 3.0 and WellSAT-I\)](#)

[Export data from all my prior wellness policy assessments \(version 3.0 and WellSAT-I\)](#)

[Export data from all my prior wellness policy assessments \(version 2.0\)](#)

[Email scores to my registered email address](#)

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Wellness Policy Implementation Plan

Actions	Steps and Goals	By Whom and When
<p>1. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<ul style="list-style-type: none"> a. The SFA aims to teach, model, encourage, and support healthy eating by students. b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health; c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities. d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods. e. Will include nutrition education training for teachers and other staff. 	<p>When: 2023/2024 School Year</p> <p>Nutrition Services Director Health Educators/Teachers</p> <p>*Progress Update _____(date) (write how this goal is being met or plans on how to meet it)</p>
<p>2. Address family and community engagement in physical activity opportunities.</p>	<ul style="list-style-type: none"> a. The SFA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. b. Teachers will provide physical activity breaks throughout the school day to promote physical activity. c. Outdoor physical activity will be encouraged when the weather is feasible for outdoor play. d. Students, Teachers, and staff will be encouraged to participate in local events that promote physical health, physical activity, and mental health. e. Will include physical education training for teachers and other staff. 	<p>When: 2023/2024 School Year</p> <p>Nutrition Services Director Health Educators/Teachers Fundraiser coordinators</p> <p>*Progress Update _____(date) (write how this goal is being met or plans on how to meet it)</p>

<p>3. Address strategies to support, promote, and encourage employee wellness.</p>	<ul style="list-style-type: none"> a. Promote staff wellness during professional development (model healthy eating behaviors, engage in physical activities, promote healthy eating). b. Introduce tactics to encourage staff and students to discuss inner wellness (create a safe place for open conversation). c. Offer staff stress management strategies (meditation, emotional tracking, mental breaks). 	<p>When: 2023/2024 School Year</p> <p>Nutrition Services Director Wellness Committee School Administrators and Staffa</p> <p>*Progress Update _____(date) (write how this goal is being met or plans on how to meet it)</p>
		<p>*Progress Update _____(date) (write how this goal is being met or plans on how to meet it)</p>