

Triennial



Wellness Policy



Update

August 2024



Introduction

- Brief introduction to the wellness policy review
 - a. The last update the Board received was June 2021
- Purpose: To align with comprehensive wellness models and enhance student health outcomes
- Components of the Triennial Wellness Policy
 - a. Comparison to a model policy (we used Alliance for a Healthier Generation Model)
 - b. Progress with the established Wellness Policy Goals
 - c. Compliance with the policy



Areas Reviewed

- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Wellness Activities
- Foods Sold, Given Away, and Marketing

Areas Reviewed

	Current Policy	Comparison	Next Steps	Timeline
Physical Activity	<i>Provides physical activity opportunities, encourages staff role models</i>	<i>Alliance model integrates activities into curriculum and events, requires staff participation</i>	<i>Incorporate physical activity into all events and curricula, enhance staff participation</i>	<i>Integration and staff programs in Years 1-2</i>
Wellness Activities	<i>Encourages positive role modeling and work-site wellness</i>	<i>Alliance model offers comprehensive support including stress management</i>	<i>Develop comprehensive wellness programs, provide resources</i>	<i>Framework development in Years 1-2, implementation in Years 1-3</i>
Foods Sold	<i>Follows federal guidelines, involves students in menu planning</i>	<i>Alliance model ensures all items meet Smart Snacks standards, promotes healthy choices</i>	<i>Align with Smart Snacks, increase student involvement</i>	<i>Review and align in Year 1, implement involvement strategies in Years 1-3</i>
Foods Given Away	<i>Encourages consideration of nutritional quality for class parties and celebrations</i>	<i>Alliance model requires all foods and beverages served to meet Smart Snacks standards</i>	<i>Adopt Smart Snacks standards, provide healthy party ideas</i>	<i>Standards adoption in Years 1-2, distribute resources in Years 1-3</i>
Food & Beverage Marketing	<i>Prohibits marketing non-nutritious foods</i>	<i>Alliance model has comprehensive marketing prohibitions</i>	<i>Expand marketing restrictions, monitor compliance</i>	<i>Expand restrictions in Years 1-2, monitor in Years 1-3</i>
Implementation Plan	<i>Provides annual updates and progress reports</i>	<i>Alliance model requires detailed plans with specific goals and timelines</i>	<i>Develop detailed implementation plans, involve community in reviews</i>	<i>Plan development in Year 1, community involvement in Years 1-3</i>
Triennial Assessment	<i>Conducts triennial assessments</i>	<i>Alliance model involves community and updates policies based on assessments</i>	<i>Conduct detailed assessments, update policies based on findings</i>	<i>Detailed assessments in Year 3, policy updates in Years 1-3</i>



WellSAT-I Data

- Overview: Evaluation of implementation of wellness practices
 - a. The WellSAT is a qualitative assessment tool to help score and improve local School Wellness Policies. This has been used across the country since 2010. All WellSAT items reflect the federal law or best practices. The purpose of scoring our ECS policy is to identify where it is strong and where it could be improved.

- Scores:
 - a. Comprehensiveness: 89 (well-developed, broad range)

 - b. Strength: 58 (room for improvement in enforceability)

- Summary: Strong foundation, but need for clearer guidelines, specific goals, and stronger enforcement mechanisms



Creation of a Wellness Committee

- Objective: Establish a dedicated committee for overseeing wellness policies
- Composition: Diverse community members, staff, parents, and students
- Responsibilities: Policy implementation, annual review, community engagement
- Timeline:
 - a. Year 1: Form the committee
 - b. Year 1-3: Regular meetings and progress reviews



Annual Review of Wellness Policies

- Objective: Ensure continuous improvement and alignment with best practices
- Process:
 - a. Engage community in the review process
 - b. Provide comprehensive updates and adjustments based on feedback
- Timeline:
 - a. Year 1: Begin community involvement in annual reviews
 - b. Years 1-3: Provide comprehensive annual updates



Conclusion and Next Steps

- Summary: Eureka City Schools has a strong foundation but can enhance policies with specific actions
- Next Steps: Implement outlined steps to improve health and wellness outcomes
- Call to Action: Engage board members and community in supporting these initiatives