

July 1, 2019 - Triennial Reporting

- Indicators listed in Board Policy 5030

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

- Family Life Curriculum** health curriculum Ed. Code 51930-51932 - MUSD provides Comprehensive Sexual Health Education. Ed Code defines this as education regarding human development and sexuality, including education on pregnancy, contraception, and sexually transmitted infection. This education is delivered to English learning Pupils. The curriculum includes HIV prevention education including nation of the viral infection, methods of transmission, strategies to reduce the risk of HIV infection and social and public health issues related to HIV and AIDS.
- All schools serving students 7th grade to 12th grade, inclusive age appropriate **curriculum** once in junior high school or middle school and at least once in high school.

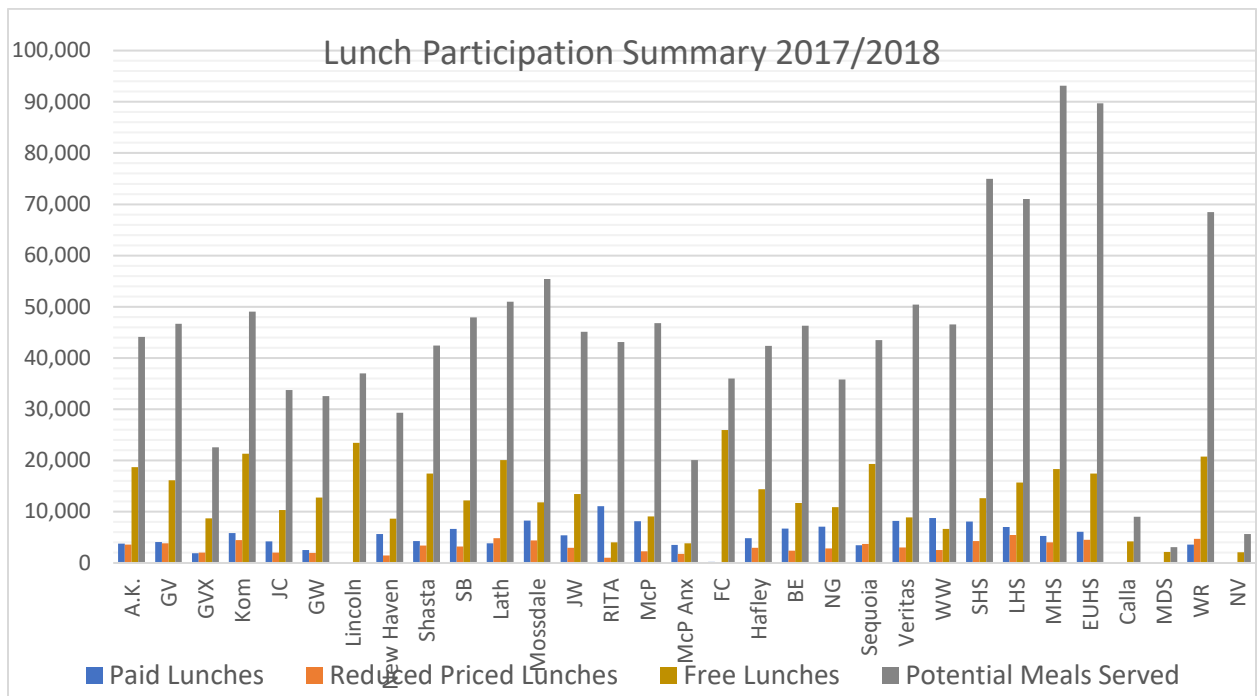
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

- Nutrition Education prepares well-balanced, kid-friendly meals that meet strict nutrition standards set by the United States Department of Agriculture (USDA) and California Department of Education (CDE). Nutrition Education participates in multiple child nutrition programs (School Breakfast Program, National School Lunch Program, Snack and Supper Program, and Seamless Summer). Each nutrition program has its own set of nutritional standards (*Please refer to Table 1. Comparisons of Child Nutrition Programs*). All menus are planned and reviewed by Nutrition Supervisors, including MUSD Registered Dietitian. All menus incorporate fresh fruits and vegetables, vegetable subgroups, whole grains, lean proteins, legumes, and low-fat and fat-free milk and dairy products.

Table 1. Comparisons of Child Nutrition Programs			
Child Nutrition Programs	Calories (kcal)	Sat. Fat (% kcals)	Sodium (mg)
School Breakfast Program (<i>Grades K-8</i>)	450-500*	< 10%*	≤ 540*
School Breakfast Program (<i>Grades 9-12</i>)	450-600*	< 10%*	≤ 640*
National School Lunch Program (<i>Grades K-8</i>)	600-650*	< 10%*	≤ 1,230*
National School Lunch Program (<i>Grades 9-12</i>)	750-850*	< 10%*	≤ 1,420*
Smart Snacks (<i>Items</i>)	< 200	< 10%	< 200
Smart Snacks (<i>Entrée</i>)	< 350	< 10%	< 480
*Based on weekly average requirements for a 5-day week			

- b. All elementary and high schools offer fresh fruits, vegetables, legumes, and/or whole grain pasta salads daily at lunch. All elementary schools offer a garden bar daily and all high schools offer a garden bar every Tuesday and Wednesday.
- c. Special menus are provided to students with specific dietary needs including gluten free meals:
 - CHO listings are provided to nurses on all planned meals, special events, and required menu changes.
 - A registered dietician is made available to provide families with recommendations on menu selections.
 - An interactive menu is utilized to allow parents/guardians to identify and avoid food items with the 8 most common allergens
- d. Filtered water stations are installed at 32 school locations through a Kaiser Grant.
- e. All schools follow the Smart Snacks in School regulations.

3. 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. Percentage of qualified Free/Reduced students (*October of each year indicated)

School Year *	% Qualified
2016/2017	54.43%
2017/2018	59.81%
2018/2019	54.34%

- b. Beginning July 1, 2018, five schools qualify for Community Eligibility Provision, serving all students breakfast and lunch at no cost.
- c. Beginning July 1, 2018, twenty elementary schools implemented Provision 2 programs, serving breakfast at no cost.
- d. Eleven sites offer area eligible after school programs serving snack and supper at no cost.
- e. Annual Seamless Summer programs provide no cost lunch at approximately 35 parks within the community.

School Year	Number Served
2015/2016	98,643
2016/2017	88,614
2017/2018	75,782

4. *Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards*

- a. All households are provided with a copy of the Local School Wellness Policy (LSWP) annually.
- b. The Local School Wellness Policy and Smart Snacks in Schools regulations are explained to all new incoming instructors at Teacher Induction.
- c. All school campuses comply with Smart Snacks in Schools regulations.
- d. Nutrition Education provides training on the use of Smart Snack calculator located on the Nutrition Education website. Participants include parent organizations, Athletic Directors, and school site Administration.
- e. The Purchasing Department reviews all food requisitions for compliance.
- f. An approved smart snack list is updated and distributed quarterly to school sites and is posted on the website.

5. *Results of the state's physical fitness test at applicable grade levels*

- a. All MUSD students in grades 5, 7 and 9 have scores from the required test. The test that are requires are Aerobic Composition, Abdominal Strength, Trunk Extension Strength, Upper Body Strength, Flexibility. Reviewing the results of the PFT shows that MUSD percentage of students in the health fitness zone are higher than both the county and state for all the test except aerobic capacity and body composition. Body composition has to do with the students' height and weight which is out of our hands as a district. The aerobic capacity is running the mile. As a district we need to train the students in a variety of ways to increase their endurance. Students do not like to run, and it shows in the scores.

6. *Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity.*

- a. MUSD students receive the required 200 minutes of PE every 10 school days for grades 1-Physical activity during each lesson fluctuates from 35% of moderate to 65% Vigorous levels. Students in grades 7-12 received 400 minutes every 10 school days.

7. *A description of district efforts to provide additional opportunities for physical activity outside of the physical education program*

- a. Sierra High School provides an annual **All-Star Olympics** offering a day of activity including track and field events, Frisbee toss and jump rope events.
- b. Sierra High School provides an annual **Fittest on Campus** event based upon the CrossFit games format. Student participants are judged based upon activities and skills the athletes learned in the Sierra Body Conditioning and Body Tone classes.
- c. **Walk Jogathons** are held at Great Valley, Veritas, and Brock Elliott.
- d. Acorn Athletics is offered at all 20 elementary schools. The seasons are:
 - Fall – Cross Country grades 4-8, 487 participated.
 - Girls Volleyball grades 6-8, 259 participated
 - Boys Volleyball grades 6-8, 222 participated
 - Winter – Girls/boys basketball grades 6-8, 260 girls, boys 255 participated
 - Spring – Track & Field grades 4-8, 920 participated
- e. Acorn offers a **sports clinic** prior to the season to prepare the athletes. Example cross country, track and field clinic, how to run, pace yourself, pass a baton, long jump, shot put.
- f. Brock Elliott **Outdoor Fitness Classroom** expands students access to physical activity by providing “12 strength and agility building stations. Additionally, teachers can bring their classes for outdoor education across all subjects.”

8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

- a. Manteca Unified School District **Board Goals** support district-wide student wellness programs and activities, which promote good nutrition, healthy living, physical fitness, and positive self-image for approximately 23,000 students.
- b. More than 4000 3rd grade students participate in **AgVenture** where wellness information related to MyPlate and Rethink Your Drink presentations are included.
- c. Nutrition Education offers a **Health and Wellness Expo** each summer to provide community families with resources related to health, wellness and safety. The first annual event had approximately 200 participants.
- d. Registered Dietitian on staff to assist in planning and reviewing menus to meet child **nutrition standards** and special dietary needs for 23,000 meals served daily.
- e. August Knodt, Brock Elliott, Joseph Widmer, Lathrop Elementary, Mossdale, Neil Hafley and Woodward received National School Recognition as **America's Healthiest Schools in America** impacting 6300 students.
- f. All schools were awarded the **Healthier US School Challenge Award** impacting approximately 23,000 students.
 - Bronze – 23 schools
 - Silver – 7 schools
- g. The **Local School Wellness Policy (LSWP)** Committee meets three times annually. Stakeholders participating included District and site administration, community partners, instructors, parents, and students. Committee work includes strengthening the policy, providing updates, and implementing changes as needed. Participation is open to the public and school community.
- h. **Wellness Policy Newsletter** written by Director of Nutrition Education, Coordinator of Health Services, and Nutrition Dietitian are distributed quarterly to individuals within MUSD.
- i. Each Spring, August Knodt holds a **Family Wellness Night** for approximately 800 students and their families. During this evening families are invited to participate in fun and educational activities that promote overall health and well-being. Activities available in recent family wellness nights include the smoothie bike, Go Noodle! exercise breaks, Choose My Plate nutrition education, and a session with the school nurse about recognizing signs of depression in children.
- j. **Family Wellness Night** are held at 2 schools that included multiple stations sponsored by leadership students, people within the community, and Nutrition Education. Booths included healthy recipes and the smoothie bike for students and

parents to use. A wellness passport allows students to gather information. The cross-country coach ran an obstacle course that was ADA accessible.

- k. **Winter Olympics** allowed students were able to participate in several fun obstacle courses and "Olympic challenges."
- l. **Dairy Council** and Farmer's Market event at Hafley promoted wellness and nutrition.
- m. **Give Every Child a Chance** incorporates a Wellness Policy with the program. Five components of the policy include Site environment; Nutrition and Health Education; Physical Activity and Education; Staff Development and Partnerships.
- n. **Read Across America** Green Eggs and Ham breakfast was offered and served to 6,100 Kindergarten through 3rd grade students at 21 school sites. This connected the value of reading with the importance of eating breakfast.
- o. **Smoothie bike presentations** are made promoting lessons on physical activity, calcium consumption, and nutrition.
 - McParland Annex – February 14, 2019 and April 10, 2019 (390 students)
 - Nile Garden – March 13, 2019 (700 students)
 - Joshua Cowell – March 29, 2019 and April 11, 2019 (670 students)
- p. Nutrition information is presented annually at **the District English Learners Advisory Council**, which provided information and resources related to meals, meal benefits, special diets, and Local School Wellness Policy.
- q. Presentations made annually at **Teacher Induction** events relay information regarding the Local School Wellness Policy, Smart Snack in School regulations and breakfast in the classroom. Resources are provided to encourage non-food related rewards and celebrations.
- r. **Grandparents** are invited to eat breakfast or lunch with their students to encourage positive eating habits at participating schools.
- s. Annual **MUSD Health Fair** provide attendees with a variety of health and wellness resources.