School Wellness Champions Workshop

March 17, 2016

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California Project LEAN
Presentation Outline

- California Project LEAN Overview
- LSWP Background
- Policy in Action Introduction
- Linking LSWP and LCAP
- Activity: Developing LSWP Implementation Plan
California Project LEAN (CPL)

• CPL is a program of the Public Health Institute (PHI)

• CPL works to advance better nutrition and physical activity policy and practices in schools and communities

• Efforts are centered on:
  – Youth and parent empowerment approaches
  – Policy and environmental change strategies
  – Community-based solutions
Our LSWP not only addresses the required components, but also includes components of Coordinated School Health - now Whole School, Whole Community, Whole Child Model (WSCC) (e.g., Health Education, Social and Emotional School Climate, Counseling, Psychological, and Social Services, Community Involvement, Family Engagement, PE/PA, Physical Environment, Employee Wellness, Nutrition Environment and Services)
AGREE or DISAGREE

Our district has a LSWP implementation plan.
Many of our LSWP policy elements are a funded priority in our Local Control Accountability Plan (LCAP).
Local school wellness policies are designed to promote student health and reduce childhood obesity.
Local School Wellness Policy REQUIREMENTS

• Nutrition Guidelines for Campus

• Goals:
  – Nutrition Education and Promotion
  – Physical Activity
  – Other school-based activities that promote student wellness (e.g., WSCC- Health Education, Health Services, Social and Emotional School Climate, Counseling, Psychological and Social Services, etc.)

• Stakeholder Involvement

• Notification/Implementation
Policy in Action Guide

A Guide to Implementing your Local School Wellness Policy
Policy Implementation Steps

Step 1: Key Elements of Policy
Step 2: Implementation Strategy
Step 3: Implementation Plan
Step 4: Engage Students
Step 5: Use Marketing
Step 6: Communication
Step 7: Monitoring and Evaluation
Step 1: Identify and Prioritize Policy Elements

• What are the key elements of your policy?

• How can these be prioritized?
  – Based on education code, school/district priorities, ease or difficulty of implementation, etc.
Considerations:

• What will be most effective for keeping kids healthy?

• What is currently happening?
  • School Health Index: [http://www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm)
  • WellSAT: [http://wellsat.org/](http://wellsat.org/)

• Is there anything that is required by law?

• What elements of the policy will be quick to implement?
Considerations, cont...

• Are there policy elements that will require more planning and collaboration than others?

• Are there elements of the policy that are “required” versus “recommended?”

• What are the proposed deadlines for implementing various elements of the policy?
• What are the proposed deadlines for implementing various elements of the policy?

• Will some elements of the policy be phased in?

• Are there elements that should be in your Local Control Accountability Plan (LCAP)?
### District Example: LCAP/LSWP

<table>
<thead>
<tr>
<th>Identified Need and Metric</th>
<th>Goals</th>
<th>What will be different/improved for students? (based on identified metric)</th>
<th>Related State and Local Priorities</th>
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</thead>
<tbody>
<tr>
<td>(What needs have been identified and what metrics are used to measure progress?)</td>
<td>Description of Goal</td>
<td>Applicable Pupil Subgroups (identify applicable subgroups as defined in EC S2052 or indicate “all” for all pupils.)</td>
<td>School(s) Affected (Indicate “all” if the goal applies to all schools in the LEA, or alternatively, all high schools, for example.)</td>
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<tr>
<td>a need to evaluate VUSD current practices in ELL.</td>
<td>a need to evaluate VUSD current practices in ELL.</td>
<td>practices that improve student achievement and access to the Common Core State Standards.</td>
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<td>Metric Used: Review of Wellness practices Attendance Data Physical Fitness Data Student Health Data review</td>
<td>As identified by the metrics above there was a need for a district wide Wellness practices and policies that will increase student engagement and</td>
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<td>9. To create a Wellness framework of practice across the district that increase student engagement and overall health.</td>
<td>9. To create a Wellness framework of practice across the district that increase student engagement and overall health.</td>
<td>All Pupils Including all numerically significant subgroups; Low Socio-economic, Foster Youth, English Learners, Reclassified Fluent English Proficient</td>
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**PROJECT LEAN**

**PROMOTING HEALTHY PLACES AND POLICIES**
## District Example: LCAP/LSWP

<table>
<thead>
<tr>
<th>Goal (Include and identify all goals from Section 2)</th>
<th>Related State and Local Priorities (from Section 2)</th>
<th>Actions and Services</th>
<th>Level of Service (Indicate if school-wide or LEA-wide)</th>
<th>Annual Update: Review of actions/services</th>
<th>What actions are performed or services provided in each year (and are projected to be provided in years 2 and 3)? What are the anticipated expenditures for each action (including funding source)?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal #6: District staff will expand and clearly articulate to parents and students healthy choice standards to include nutrition and fitness practices.</td>
<td>Conditions of Learning (Priorities 1, 2, 7)</td>
<td>Purchase curriculum to support nutrition/health standards.</td>
<td>LEA</td>
<td>LCAP Year Year 1: 2014-15</td>
<td>Yearly assessment of the District’s Wellness Policy to insure current strategies are included and being followed.</td>
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<td></td>
<td>Pupil Outcomes (Priorities 4, 8)</td>
<td>Provide garden and cafeteria support to fully implement Farm to School program.</td>
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<td>2015-16</td>
<td>Educational materials purchase for implementation of the Farm to School program within the classroom setting.</td>
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<td>Engagement (Priorities 3, 5, 6)</td>
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<td>Funding Source: LCFF</td>
<td>Garden Coordinator 2xxx Class. Salaries $8,099 3xxx Emp. Benefits $3,608 Funding Source: LCFF</td>
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<td>Year 3: 2016-17</td>
<td>Educational materials purchase for implementation of the Farm to School program within the classroom setting.</td>
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<td>Funding Source: LCFF</td>
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<td>Garden Coordinator 2xxx Class. Salaries $8,099 3xxx Emp. Benefits $3,608 Funding Source: LCFF</td>
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</table>
## District Example: LCAP/LSWP

Calaveras Unified School District will effectively address the following areas:

- Increasing parental engagement
- Increasing student engagement
- Improving school/district climate

**Related State and/or Local Priorities:**

1. 2. 3. 4. 5. 6. 7. 8. COE only: 9. 10.

Local: Specify

### Identified Need:

CUSD has identified the following areas of need:

- Increase membership in site-based Parent/Teacher Organizations, School Site Councils, Booster Clubs
- Increase communication opportunities between parent groups
- Increase opportunities for parents to visit campus, meet with site administration
- Increase the Average Daily Attendance percentages (site/district)
- Decrease the Truancy Rate (site/district)
- Decrease the drop-out rates/graduation rates
- Increase the level of student engagement in classrooms
- Decrease suspensions/expulsions
- Provide a safe and productive learning environment in/out of the classroom
- Strategically address the goals/objectives of the CUSD Wellness Policy

**Goal Applies to:**

- Schools: All
- Applicable Pupil Subgroups: All

### LCAP Year 1: 2015/2016

**Expected Annual Measurable Outcomes:**

- Increase membership in site-based Parent/Teacher Organizations, School Site Councils, Booster Clubs--3% increase in membership (from base year)
- Increase communication opportunities between parent groups---annual meeting of parental representatives (CUSD Board Meeting)
- Increase opportunities for parents to visit campus, meet with site administration---establish/measure annual goals by site
- Increase the Average Daily Attendance percentages (site/district)---75% increase (from base year)
- Decrease the Truancy Rate (site/district)---3% decrease (from base year)
- Decrease the drop-out rates---75% decrease (from base year)
- Decrease the graduation rates---75% increase (from base year)
- Increase the level of student engagement in classrooms---annual increases percentages by site
- Decrease suspensions/expulsions---7% reduction (from base year)
How to link LCAP and LSWP

5 Steps to Promote Student Wellness in Local Control Accountability Plans (LCAP)

• Do Your Homework
• Be Strategic
• Get Involved
• Involve Others
• Present Your Ideas
LSWP Implementation
# Worksheet A

## Policy Component

1. Physical Education and Physical Activity Policy Elements
   - **PE**
     - Minutes
     - Staff training
     - Curriculum
     - Fitness testing

   - **PA**
     - Recess
     - During school (classroom activity)
     - Increase physical activity before or after school
       - Joint/Shared Use
       - Bike Parking
       - Walking School Bus
       - Safe Routes to School

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*Promoting Healthy Places and Policies*
## Worksheet A, cont...

<table>
<thead>
<tr>
<th>POLICY COMPONENT</th>
<th>PRIORITY (HIGH/MEDIUM/LOW)</th>
<th>DATE DUE</th>
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<tr>
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<tr>
<td>2. Nutrition Education and Promotion Policy Elements</td>
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<tr>
<td>Curriculum</td>
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<td>Staff training</td>
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<td>3. Nutrition Guidelines for Foods Served and Sold on Campus Policy Elements</td>
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<td>School meal programs</td>
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<td>Meal service and time</td>
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<td>Competitive foods</td>
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<td>Competitive beverages</td>
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<td>Vending</td>
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<td>Fundraising</td>
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<td>Classroom celebrations</td>
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<td>Rewards</td>
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<td>Water access and promotion</td>
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</table>
Worksheet A, cont...

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<thead>
<tr>
<th>POLICY COMPONENT</th>
<th>PRIORITY (HIGH/MEDIUM/LOW)</th>
<th>DATE DUE</th>
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<td>School gardens</td>
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<td>Farm to school</td>
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<td>Food distribution</td>
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<td>Environmental impact</td>
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<td>Marketing</td>
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<td>Notes:</td>
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## Policy Component

4. Other School-Based Activities Policy Elements (Following the components of Coordinated School Health)

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<tr>
<th>Policy Component</th>
<th>Priority (High/Medium/Low)</th>
<th>Date Due</th>
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<td>□ Health Education</td>
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<td>□ Health Services</td>
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<td>□ Oral Health</td>
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<td>□ Reproductive Health</td>
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<td>□ Counseling, Psychological, and Social Services</td>
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<td>□ Healthy and Safe School Environment</td>
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<td>□ Health Promotion for Staff</td>
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<td>□ Lactation Accommodation</td>
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Notes:
Step 2: Develop an Implementation Strategy

This requires:

- Understanding your district’s/school’s current organizational and business practices

- The ability to anticipate the potential impact of changes
Policy Component: Nutrition guidelines for all foods served and sold on campus

Policy Element: Water
Ensure access to free, safe, cold, palatable water throughout the school environment
Ensure Water Access
Ensure Water Access
Policy Component:  
Physical Education and Physical Activity

Policy Element:  
50% of PE class time is MVPA
Improving School Playgrounds

www.peacefulplaygrounds.com
Policy Component:
Nutrition Education and Promotion

Policy Element:
Professional development for teachers
Other school-based activities

*Policy Component:*
Other school-based activities designed to promote student wellness

*Policy Element:*
Healthy and Safe School Environment
Step 3: Develop Implementation Plans for Each Policy Element

The Policy Implementation Plan covers the nuts and bolts of getting the policy into place.

The plan should outline:

• Who will do what
• Where the policy applies
• What changes need to be made
• Timeline for implementing various policy elements
• Who will complete tasks
• How changes will be documented and communicated
**Worksheet C: Implementation Plan**

**KEY ELEMENT OF POLICY:**

1. **Explain what this policy element will look like in your school.**

2. **Explain the Where, When and to Whom this element of the policy applies**

   - Cafeteria
   - Athletic Events
   - Canteen
   - Social Events
   - Vending Machines
   - Entire Campus (includes student and staff areas)
   - Classroom Celebrations
   - Classroom Only
   - School Store
   - Fundraising
   - After School Programs
   - Students in all grades
   - Students in high school
   - Exceptions:
   - Midnight to one-half hour after school

3. **Who needs to know about the changes?**

   - School board members
   - Athletic directors
   - Parents
   - Superintendents
   - Food service staff
   - PTO/PTA
   - Principals
   - Students
   - Vendors
   - School health/wellness councils
   - Teachers
   - Community members

**Notes:**
# Worksheet C, cont...

**Key Policy Element Being Implemented:**

<table>
<thead>
<tr>
<th></th>
<th>What needs to be done?</th>
<th>Responsible party</th>
<th>Timeline</th>
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<tbody>
<tr>
<td>4</td>
<td>Identify tasks required, timeline and person responsible for completing tasks.</td>
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</table>
Additional Steps

• Step 4: Engage Students
• Step 5: Communicate the Policy
• Step 6: Use Marketing to Encourage Healthy Choices
• Step 7: Monitor and Evaluate

Celebrate Success!
Additional Steps

• Step 4: Engage Students
• Step 5: Communicate the Policy
• Step 6: Use Marketing to Encourage Healthy Choices
• Step 7: Monitor and Evaluate

Celebrate Success!
# Worksheet D: Communicating the Policy

<table>
<thead>
<tr>
<th>Stakeholders to communicate with</th>
<th>Stakeholder’s interests/concerns: What do they need/want to know?</th>
<th>Who will contact stakeholder(s)?</th>
<th>How best to communicate the message?</th>
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Additional Steps

• Step 4: Engage Students
• Step 5: Communicate the Policy
• Step 6: Use Marketing to Encourage Healthy Choices
• Step 7: Monitor and Evaluate

Celebrate Success!
5 P’s of Marketing

**Product:** The healthier food, beverage or physical activity offered

**Price:** The “price” students will pay to adopt the new product/behavior

**Place (or Placement):** The “places” where students engage in behaviors you’re trying to influence

**Promotion:** The ways to encourage adoption of the healthier behavior (product)

**Policy:** The way to help ensure a healthier environment (e.g., Local School Wellness Policy)
Additional Steps

- Step 4: Engage Students
- Step 5: Communicate the Policy
- Step 6: Use Marketing to Encourage Healthy Choices
- Step 7: Monitor and Evaluate

Celebrate Success!
**Worksheet E: Monitor and Evaluate**

<table>
<thead>
<tr>
<th>Key element of policy to monitor and evaluate</th>
<th>How will this be monitored?</th>
<th>Who is responsible?</th>
<th>How often will monitoring take place? (e.g., monthly, quarterly, annually)</th>
<th>Who will you report results to?</th>
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Activity: Developing LSWP Implementation Plan

1. Identify and prioritize one Policy Component and Element (Worksheet A)
2. Develop Implementation Plan (Worksheet C)
   - Consider how to link LCAP
3. Identify steps for communicating the policy (Worksheet D)
4. Identify steps for monitoring and evaluating the policy (Worksheet E1)
   - Consider data indicators/outcome measures per LCAP
Thank you!

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Visit us at:
www.CaliforniaProjectLEAN.org