



**CONEJO VALLEY UNIFIED SCHOOL DISTRICT
STUDENT WELLNESS POLICY TRIENNIAL ASSESSMENT
SCHOOL YEAR 2022-2023**

Triennial Assessment: Conduct Assessment every three years, beginning no later than June 30, 2020, assessment to include compliance with the Model School Wellness Policy and progress in attaining Local School Wellness Policy goals.

DISTRICT GOALS REPORT

School Year 2022-2023 Goals Met:

- ✓ **SCHOOL MEALS:** Met the federal and state standards for meals provided by all schools during the school day (from midnight to 30 minutes after the last bell)
- ✓ **COMPETITIVE FOODS AND BEVERAGES:** Met Smart Snacks in School standards for other foods and beverages sold at school during the school day (from midnight to 30 minutes after the last bell)
- ✓ **FOODS AND BEVERAGES NOT SOLD:** Nutrition Standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, food rewards, fundraising on campus)
- ✓ **FOOD AND BEVERAGES MARKETING POLICIES:** For items marketed or advertised on campus, which must meet Smart Snack standards. If schools can't sell it, they can't market it.
- ✓ **PUBLIC INVOLVEMENT:** Encouraged participation of the general public and the school community in the development, implementation and monitoring of the Wellness Policy.

- ✓ **LEADERSHIP:** Every school has at least one school official by position or title who has the authority and responsibility to ensure each school complies with the Wellness Policy.

INDIVIDUAL SCHOOL REPORTS

COMPONENT #1: Comparison to Model Wellness Policy

Wellness Policy is updated to align with the Final Rule (2017) Regulations

GOALS FOR STUDENT WELLNESS

- ✓ Nutrition Promotion
- ✓ Nutrition Education
- ✓ Physical Activity
- ✓ Social and Emotional Activities

Goals must be:

- ✓ Specific (Measurable)
- ✓ Contain evidence-based strategies and techniques

COMPONENT #2: Extent of Compliance for All Schools with the Local School Wellness Policy

CVUSD consists of twenty-five elementary, middle and high schools.

Twenty-one (21) of the schools submitted Implementation Plans for the 22-23 school year.

Policy Area	Not Met (Number of Schools)	Partial Compliance	Full Compliance
Nutrition Education	4	10	11
Nutrition Promotion	4	12	9
Physical Activity	4	3	18
Social/Emotional Activities	4	7	14
Federal/State Meal Standards	0	0	25
Foods Offered but Not Sold Standards	0	25	0

COMPONENT #3: Progress Made in Reaching Local School Wellness Policy (LSWP) Goal

Twenty-One (21) schools met their established goals, or stated the goals were on-going activities.

COMPONENT #4: Triennial Assessment Report to the Public

This report will be posted on our CVUSD website for public view. Districts are required to:

- ✓ Assess compliance with their LSWP and to make this assessment available to the public.
- ✓ Annually report on each of its schools' progress toward meeting the local school wellness policy goals
- ✓ Make appropriate updates or modifications to the local school wellness policies based on the triennial assessments and annual reports

WELLNESS POLICY ASSESSMENT

Tool used for Model LSWP Comparison: Alliance for a Healthier Generation Model Wellness Policy

Areas of Strength:

1. Compliance with National School Lunch Program and School Breakfast Program nutrition standards.
2. Schools encourage teachers and other staff to promote good nutrition and physical activity.
3. The district schools promote healthy food choices for all students across the school campuses and encourage participation in school meal programs.
4. Many schools offer a variety of physical activity options to encourage all students to find something they enjoy participating in.
5. The district encourages schools to have Social and Emotional Activities. Many of the schools have increased their attention in this area, such as providing community circles, helpful morning announcements and other activities.

Opportunities for Improvement:

1. Provide schools with more specific expectations and suggestions for comprehensive goals.
2. Find ways to increase participation in the Student Wellness Committee meetings.
3. Many schools would benefit from the opportunity to review some of the outstanding Implementation Plans.

Outstanding School Wellness Implementation Plans:

Schools with full compliance in all areas:

Los Cerritos Middle School

Maple Elementary School

Walnut Elementary School

Weathersfield Elementary School

Westlake Elementary School

Westlake High School

Westlake Hills Elementary School

Schools with very comprehensive, expanded plans with a variety of applicable activities – Well Done!:

Los Cerritos Middle School

Maple Elementary School

Walnut Elementary School

This institution is an equal opportunity provider.