



School Health and Academic Achievement

7th Dinner Convening

November 16, 2017

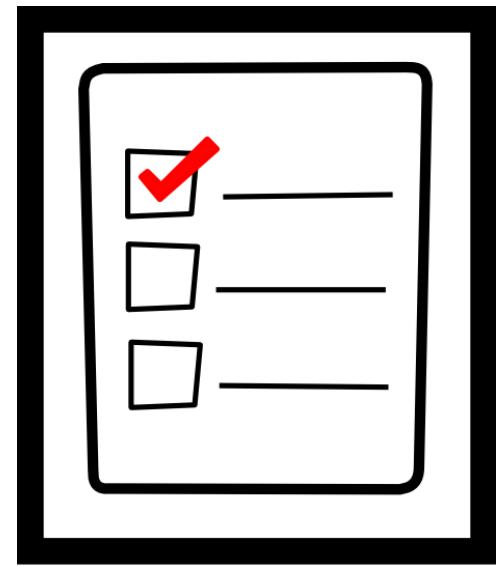
Putting Your Policy Into Action

Katherine Hawsworth, MPH, CHES
Program Manager
California Project LEAN



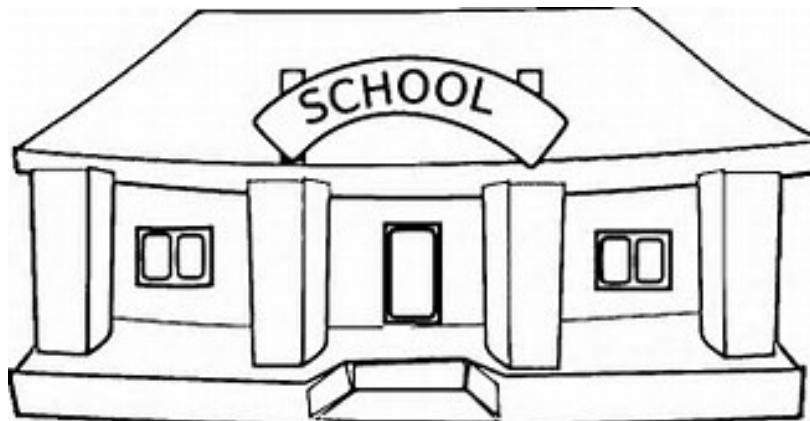
Presentation Overview

- Prioritize wellness policy elements
- Identify steps, when developing a wellness policy implementation plan



Pre-implementation: Infrastructure and Assessment

- **District Wellness Committee**
- **School Site Wellness Committees**
- **School Health Index**



Prioritization

POLICY COMPONENT		PRIORITY (HIGH/MEDIUM/LOW)			DATE DUE
		H	M	L	
1. Physical Education and Physical Activity Policy Elements					
<input type="checkbox"/>	PE				
<input type="checkbox"/>	Minutes				
<input type="checkbox"/>	Staff training				
<input type="checkbox"/>	Curriculum				
<input type="checkbox"/>	Fitness testing				
<input type="checkbox"/>					
<input type="checkbox"/>	PA				
<input type="checkbox"/>	Recess				
<input type="checkbox"/>	During school (classroom activity)				
<input type="checkbox"/>	Increase physical activity before or after school				
<input type="checkbox"/>	Joint/Shared Use				
	Bike Parking				
	Walking School Bus				
	Safe Routes to School				
<input type="checkbox"/>					

Prioritization

POLICY COMPONENT		PRIORITY (HIGH/MEDIUM/LOW)			DATE DUE
		H	M	L	
2. Nutrition Education and Promotion Policy Elements					
<input type="checkbox"/> Curriculum		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Staff training		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Nutrition Guidelines for Foods Served and Sold on Campus Policy Elements					
<input type="checkbox"/> School meal programs		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Meal service and time		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Competitive foods		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Competitive beverages		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Vending		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Fundraising	Every group aware of fundraising rules	✗	<input type="checkbox"/>	<input type="checkbox"/>	6/2018
<input type="checkbox"/> Classroom celebrations	Foods/bevs meet CA Nut Standards	✗	<input type="checkbox"/>	<input type="checkbox"/>	9/2018
<input type="checkbox"/> Rewards	Only non-food rewards unless foods from Nutrition Services	✗	<input type="checkbox"/>	<input type="checkbox"/>	9/2018
<input type="checkbox"/> Water access and promotion	District meets CA plumbing code ratio- 1:150 w/chilled re-filling stations	✗	<input type="checkbox"/>	<input type="checkbox"/>	9/2020

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Prioritization

Prioritization

POLICY COMPONENT		PRIORITY (HIGH/MEDIUM/LOW)			DATE DUE
		H	M	L	
4. Other School-Based Activities Policy Elements (Following the components of Coordinated School Health)					
<input type="checkbox"/> Health Education		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Health Services		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Oral Health		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Vision		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Reproductive Health	New staff utilizing approved curriculum	✗	<input type="checkbox"/>	<input type="checkbox"/>	9/2017
<input type="checkbox"/> Counseling, Psychological, and Social Services	Counselor at every school	✗	<input type="checkbox"/>	<input type="checkbox"/>	9/2018
<input type="checkbox"/> Healthy and Safe School Environment		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Health Promotion for Staff		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Lactation Accommodation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Notes:					

Considerations

1. Action:

- What needs to be done, by when?
- Who will do it?

2. Monitoring:

- How will policy element be monitored
- Who will do it, and how often?

3. Evaluation:

- How should results be communicated?
- To whom should they be communicated and how often?
- Who should be accountable for results?



CPLs Implementation Plan Template

WELLNESS COMPONENT			
Reference:			
Policy Element:			
Funding (e.g., LCAP/ESSA/Other):			
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input type="checkbox"/> High		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s): Workgroup:
<input type="checkbox"/> Medium		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	To whom will results and/or updates be reported?
<input type="checkbox"/> In Progress		<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Not Begun	How will this be monitored?	How often will monitoring take place? (e.g., weekly, monthly, annually)	
COMMENTS (Include here any indispensable financial, equipment or other resources):			

Action Planning: Classroom Celebrations

WELLNESS COMPONENT: Nutrition- Classroom Celebrations				
Policy Element:				
Funding (e.g., LCAP/ESSA/Other):				
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input checked="" type="checkbox"/> High			<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s):
<input checked="" type="checkbox"/> Medium			<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> Low			<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> Already in place districtwide			<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Workgroup:
<input checked="" type="checkbox"/> In Progress			<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> Not Begun				
	How will this be monitored?		How often will monitoring take place? (e.g., weekly, monthly, annually)	To whom will results and/or updates be reported?

Action Planning: Classroom Celebrations

WELLNESS COMPONENT: Nutrition- Classroom Celebrations				
Policy Element: School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.				
Funding (e.g., LCAP/ESSA/Other):				
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input type="checkbox"/> High			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s): Workgroup:
<input type="checkbox"/> Medium			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	To whom will results and/or updates be reported?
<input type="checkbox"/> In Progress			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Not Begun	How will this be monitored?	How often will monitoring take place? (e.g., weekly, monthly, annually)		
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Funding (e.g., LCAP/ESSA/Other): N/A				
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input type="checkbox"/> High			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s):
<input type="checkbox"/> Medium			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Workgroup:
<input type="checkbox"/> In Progress			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Not Begun				
How will this be monitored?			How often will monitoring take place? (e.g., weekly, monthly, annually)	To whom will results and/or updates be reported?
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Funding (e.g., LCAP/ESSA/Other): N/A

PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input checked="" type="checkbox"/> High			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	Name(s): Workgroup:
<input type="checkbox"/> Medium			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	To whom will results and/or updates be reported?
<input type="checkbox"/> In Progress			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Not Begun	How will this be monitored?		How often will monitoring take place? (e.g., weekly, monthly, annually)	

COMMENTS (Include here any indispensable financial, equipment or other resources):

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<input type="checkbox"/> Medium			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Low			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	To whom will results and/or updates be reported?
<input type="checkbox"/> In Progress			<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> Not Begun	How will this be monitored?		How often will monitoring take place? (e.g., weekly, monthly, annually)	
COMMENTS (Include here any indispensable financial, equipment or other resources):				

Action Planning: Classroom Celebrations

**All foods and beverages
will meet the
California Nutrition
Standards.**



Action Planning: Classroom Celebrations

WELLNESS COMPONENT: Nutrition- Classroom Celebrations

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Funding (e.g., LCAP/ESSA/Other): N/A

PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
High	Assess principal, parent, and teachers' attitudes towards classroom celebrations	11/30/17	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	Name(s): Workgroup:
Medium	Develop materials and resources	1/31/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
Low	Communicate / Present to all parent groups, teachers, and staff via meetings, presentations, district/school websites, mailings, calls, bulletin boards, etc.	5/30/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
Already in place districtwide	Reminder communications at start of new school year. Include information in student handbook.	8/1/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	To whom will results and/or updates be reported?
In Progress	Begin implementation	9/2018	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
Not Begun	How will this be monitored?		How often will monitoring take place? (e.g., weekly, monthly, annually)	

COMMENTS (Include here any indispensable financial, equipment or other resources):

Action Planning: Classroom Celebrations

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Funding (e.g., LCAP/ESSA/Other): N/A				
PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input checked="" type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low	Assess principal, parent, and teachers' attitudes towards classroom celebrations	11/30/17	<input type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	Name(s): Principals Workgroup: Classroom Celebrations Workgroup comprised of DWC, SSWC, principals, parents, teachers, students, partners
	Develop materials and resources	1/31/18	<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
	Communicate / Present to all parent groups, teachers, and staff via meetings, presentations, district/school websites, mailings, calls, bulletin boards, etc.	5/30/18	<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
<input type="checkbox"/> Already in place districtwide <input type="checkbox"/> In Progress <input checked="" type="checkbox"/> Not Begun	Reminder communications at start of new school year. Include information in student handbook.	8/1/18	<input type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
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Funding (e.g., LCAP/ESSA/Other): N/A

PRIORITY	ACTIVITIES/STEPS: What needs to be done?	And by When?	STATUS	RESPONSIBLE PARTY: Person(s)/Workgroup
<input checked="" type="checkbox"/> High	Assess principal, parent, and teachers' attitudes towards classroom celebrations	11/30/17	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	Name(s): Principals
<input checked="" type="checkbox"/> Medium	Develop materials and resources	1/31/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> Low	Communicate / Present to all parent groups, teachers, and staff via meetings, presentations, district/school websites, mailings, calls, bulletin boards, etc.	5/30/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	Workgroup: Classroom Celebrations Workgroup comprised of DWC, SSWC, principals, parents, teachers, students, partners
<input checked="" type="checkbox"/> All in place districtwide	Reminder communications at start of new school year. Include information in student handbook.	8/1/18	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> All in place districtwide	Begin implementation	9/2018	<input checked="" type="checkbox"/> COMPLETED <input checked="" type="checkbox"/> IN PROGRESS	
<input checked="" type="checkbox"/> In Progress	How will this be monitored?		How often will monitoring take place? (e.g., weekly, monthly, annually)	To whom will results and/or updates be reported?
<input checked="" type="checkbox"/> Not Begun	Survey created and disseminated by Workgroup → In person checks done by principal and/or Workgroup Members →		Bi-Annually: at the middle and end of the school year. During classroom celebrations	Annually to: <ul style="list-style-type: none">• School Board• School Community

COMMENTS (Include here any indispensable financial, equipment or other resources):

- A system will be developed and front office staff and teachers will be trained on how to handle non-compliant foods and beverages brought to school for classroom celebrations by parents and partners.
- Reminder notices with non-food party recommendations will be sent on a monthly basis.

Action Planning: Classroom Celebrations

WELLNESS COMPONENT: Nutrition- Classroom Celebrations				
Policy Element: School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.				
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<input checked="" type="checkbox"/> Medium	Develop materials and resources	1/31/18	<input checked="" type="checkbox"/> COMPLETED <input type="checkbox"/> IN PROGRESS	
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	In person checks done by principal and/or Workgroup Members---->			
COMMENTS (Include here any indispensable financial, equipment or other resources):				
<ul style="list-style-type: none"> • A system will be developed and front office staff and teachers will be trained on how to handle non-compliant foods and beverages brought to school for classroom celebrations by parents and partners. • Reminder notices with non-food party recommendations will be sent on a monthly basis. 				

Action Planning: Other Priorities

- Physical Education
- Fundraising
- Rewards/Incentives
- Water Access and Promotion
- Marketing
- Reproductive Health
- Counseling, Psychological, and Social Services



Thank You!

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Visit us at: www.CaliforniaProjectLEAN.org

: <https://twitter.com/Project LEAN>