



Huntington Beach Union High School District

School Wellness Policy

Implementation Plan Self Checklist

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; results of other surveys; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; students' physical and psychological wellness; school climate; and feedback from food service personnel, school health council, students, parents/guardians, and staff members. (Board Policy 5030)

The Checklist should be completed by the School Wellness Chair and the Wellness Team. Using this instrument, the Wellness Team should help identify how well particular activities of the wellness policy are being conducted.

Questions

If you have questions about the Implementation Plan Self Checklist, please contact the Office of Pupil Personnel Services.

Implementation Plan Self Checklist

School Information

| | | |
|---|---|---|
| Name of School/School District: | | |
| Huntington Beach Union High School District | | |
| Schools: | Coast High School Edison High School | Fountain Valley High School Huntington Beach High School Marina High School |
| | | Ocean View High School Westminster High School Valley Vista High School |
| Name of Individual completing checklist: | | Email: |
| Dan Bryan, Ed.D. | | dbryan@hbusd.edu |
| Name of Wellness Policy: | | |
| Board Policy 5030 – Student Wellness | | |
| Date original wellness policy adopted: | Date of most recent review of wellness policy: | Date of most recent revision of wellness policy: |
| 6-13-2006 | 11-25-16 | 5-18-2011 |
| Chair Wellness Policy Team: | | Email: |
| Dan Bryan, Ed.D. | | dbryan@hbusd.edu |
| Person Responsible for overseeing the evaluation of the policy implementation: | | Email: |
| Dan Bryan, Ed.D. | | dbryan@hbusd.edu |
| Link to the wellness policy on website: | | |

School Wellness Policy

Consider the following questions in terms of **Wellness Policy Leadership across the school district.**

Place an 'X' where appropriate on the chart and place a letter denoting the frequency.

M = Monthly

| *Q = Quarterly*

| *SA = Semiannually*

| *A = Annually*

| I. School Wellness Policy Leadership | In Place | Not in Place | Frequency/Notes |
|---|----------|--------------|---|
| 1. Convene Wellness Policy Leadership Group | X | | Quarterly |
| 2. Group has a variety of representatives from: School Board, Administrators, Central Office and School Staff, Community Members, Food Service, Parents, Students, Health Dept, Nurses. | X | | |
| 3. Wellness Policy Leadership Group has regular meetings. | X | | Quarterly |
| 4. Wellness policies are an agenda item on administrative and Board of Education meetings. | X | | When Necessary |
| Examples of data to be collected and position responsible: | | | |
| <ul style="list-style-type: none"> • Nutrition guidelines (Food Services Administrator) • Nutrition/health education (Nurses, Science Department Facilitator/Teachers) • Physical education/activity (Physical Science Education Department Facilitator/Teacher) • Other school based activities (Student Support Psychologists, School Psychologists, Wellness Specialists, CHKS, Educational Services Department) | | | |
| 5. Communicate progress toward goals to school administration. | | X | Currently not in place. Will agendize progress in future AP and Principal's meetings. |
| 6. Communicate progress toward goals to the Board. | | X | Have not updated Board regarding progress this year. Will do so in spring of 2017. |
| 7. Dedicated funds/resources are available to support wellness policy goals. | X | | Funds are used as needed. Recently created Wellness Specialist and MTSS TOSA |

| | | | |
|--|--|--|------------|
| | | | positions. |
|--|--|--|------------|

COMMENTS:

Wellness Policy Goals
across the school district

Place an 'X' where appropriate on the chart and place a letter denoting the frequency.

M = Monthly | *Q = Quarterly* | *SA = Semiannually* | *A = Annually*

| II. School District Wellness Policy Goals | In Place | Not in Place | Frequency/Notes |
|--|----------|--------------|--|
| 1. Review the wellness BP policy for: | | | |
| a. Nutrition Guidelines | X | | Annually |
| b. Nutrition/health education | X | | Annually |
| c. Physical activity/ physical education | X | | Annually |
| d. Other school based activities to promote student health (CHKS) | X | | Annually |
| 2. Adopt administrative regulations for: | | | |
| a. Nutrition guidelines | X | | Within Wellness Policy, but should have separate AR. |
| b. Nutrition/health education | X | | Within Wellness Policy, but should have separate AR. |
| c. Physical activity/ physical education | X | | |
| d. Other school based activities to promote student health | X | | Within Wellness Policy, Physical Education Policy, Extra-Curricular Policy |
| 3. Establish a plan for implementation and monitoring school wellness policy. | | X | In progress with Wellness Committee |

COMMENTS:

- What are the key challenges your school district faces in any “Not in Place” area? The challenge is to regularly schedule Wellness Committee Meetings. The group is very willing to help in this area. We must devote time to look at the Policy and grow our process from there.
- What initiative(s) has/will your school district take to overcome these challenges—Regularly schedule meetings throughout the year.

Plans for Development
for activities not in place

Place an ‘X’ where appropriate on the chart. Please describe plans for activities *Not in Place*.

| III. School Wellness Policy <i>Implementation Plans</i> | Fully in Place | Not in Place | Plan Description/Notes |
|---|----------------|--------------|--|
| 1. Implementation plan for nutrition guidelines: | | | |
| a. Activities | X | | Food Services currently follows Federal and State nutrition guidelines |
| b. Steps | X | | Food Services currently follows Federal and State nutrition guidelines |
| c. Outcomes | X | | Food Services currently follows Federal and State nutrition guidelines |
| 2. Implementation plan for nutrition/health education includes: | | | |
| a. Activities | X | | Health teachers follow State Health curriculum and standards |
| b. Steps | X | | Health teachers follow State Health curriculum and standards |
| c. Outcomes | X | | Health teachers follow State Health curriculum and standards |
| 3. Implementation plan for physical activity: | | | |
| a. Activities | X | | PE teachers follow State PE curriculum and standards |
| b. Steps | X | | PE teachers follow State PE curriculum and standards |
| c. Outcomes | X | | PE teachers follow State PE curriculum and standards |
| d. Monitoring activities | X | | PE teachers follow State PE curriculum and standards |
| 4. Implementation plan for other school based activities to promote student health (CHKS): | | | |
| a. Activities | X | | California Health Kids Survey given every other year. Last administration February 2016. |

| | | | |
|--|---|---|---|
| b. Steps | X | | Share data with site administrators, Health and PE educators, Nurses. |
| c. Outcomes | | | |
| 5. Review and evaluate goals annually. | | X | Will evaluate goals through 16-17 school year. |
| 6. Update goals based on annual review. | | X | Will update goals spring of 2016 if necessary |

COMMENTS:

Member Name: _____

Wellness Team Member

Highlight your school site:

| | | |
|---|---|---|
| Coast High School Edison High School | Fountain Valley High School Huntington Beach High School Marina High School | Ocean View High School Westminster High School Valley Vista High School |
|---|---|---|

| IV. School Implementation Plans | Notes |
|---|--|
| 1. How many schools have established School Based Wellness Teams focused on students? (by school level) | All comprehensive high schools have MTSS teams which focus on student support and wellness. In addition, Ocean View High School has an Learning Support Resource Team which also focuses on student support and wellness. |
| <ul style="list-style-type: none"> ➤ Name of Related Team: MTSS Intervention Team ➤ LSRT-Ocean View High School | |
| 2. Of the established teams: <ul style="list-style-type: none"> a. Members of team? b. Have regular meetings? c. Have resources? | MTSS Teams consist of Intervention TOSAs, Student Support Psychologists, and Assistant Principals. LSRT-AP, Counselor, Guidance Specialists, Nurse, College and Career Specialist, Wellness Specialist, Intervention TOSA |
| 3. How many schools have nutrition guidelines implementation? | All schools follow the Federal and State nutrition guidelines. Food and Nutrition Services monitors implementation. |
| 4. How many schools have health education implementation? | All schools have implemented health education. We currently have on-campus and online health education classes for all students grade 9. |

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|--|---|
| 5. How many schools have physical activity/ physical education meetings? | All schools participate in PE department meetings on site. |
| 6. How many schools have other school based activities to promote student health (CHKS) implementation? | All schools participate in some activities to promote student health based on CHKS data, such as suicide prevention, bullying prevention, drug prevention activities. |

COMMENTS:

Wellness Policy Monitoring Plans

Highlight your school site:

| | | |
|---|---|---|
| Coast High School Edison High School | Fountain Valley High School Huntington Beach High School Marina High School | Ocean View High School Westminster High School Valley Vista High School |
|---|---|---|

| V. Monitor Wellness Plan | Notes |
|--|--|
| 1. How many schools have created plans to monitor, evaluate, and report progress toward goals for: <ul style="list-style-type: none"> a. Nutrition guidelines b. Health education c. Physical activity d. Other school based activities to promote student health – Substance use | In progress. Schools are in varying degrees of implementation. They monitor their own data, but have not monitored the wellness plan specifically. |
| 2. Collect a variety of school wellness policy data to determine progress toward goals. | Schools have collected this data and use it to build interventions for their students. |
| 3. How many schools incorporate goals as a component of the school improvement plan? | |
| 4. Nutrition: <ul style="list-style-type: none"> a. Increased participation in meals offered b. Food and Beverage Compliance c. Student involved in selecting foods/ beverages input on meal planning | This is a focus of Food and Nutrition Services |
| 5. Marketing <ul style="list-style-type: none"> a. School meals promoted as meal of choice b. Nutrition and Physical Activity promoted throughout the school/district | This is a focus of Food and Nutrition Services |
| 6. Physical Education/Physical Activity/ Sports/Athletics <ul style="list-style-type: none"> a. PE Curriculum | Curriculum in place |

| | |
|---|--------------------------------------|
| 7. Review fitness information: a. CDE Physical Fitness Testing | In Place |
| 8. Survey students, teachers and/or parents – Senior Survey, CHKS | In Place |
| 9. Conduct a focus group of students, teachers and/or parents | Not in place |
| 10. Monitor a la carte food and beverages sold on campus by other organizations. | Food and Nutrition Services Monitors |
| | |

COMMENTS: Next Wellness Policy Evaluation Cycle will be done in spring of 2017, and the Committee will shift its use of this form to evaluate the Wellness Policy to the use of the WellSAT 2.0.