

## FUESD Wellness Triennial Assessment 2021

LEA's must conduct an assessment of the wellness policy every 3 years, at a minimum.

This assessment will determine:

1. Compliance with the wellness policy,
2. How the wellness policy compares to model wellness policies, and
3. Progress made in attaining the goals of the wellness policy.

The current policy is posted on the FUESD [website](#) and has been updated on the [CNS](#) website.

### **Compliance with the Wellness Policy**

Policy states: *The district health council shall meet no fewer than two times per school year and shall periodically assess the school wellness policy, no less than once every two years.*

During the 2019-2020 school year, Child Nutrition Services welcomed a new Director to the department. The district's Wellness Council was scheduled to convene in the spring of 2020 however the COVID-19 pandemic closed all schools and the Wellness Council did not meet.

During the 2020-2021 school year, FUESD established a comprehensive safety plan allowing students to return to campus on various schedules with increasing frequency until finally all students were back to campus daily after spring break. Due to the complexities and challenges of the school year, the Wellness Council was not scheduled to meet. The district administrators met to perform the Triennial Assessment on May 11, 2021.

Policy states: *The goals of the FUESD physical education program are (1) to promote lifelong physical activity and (2) to provide instruction in the skills and knowledge necessary for lifelong participation in physical activity.*

Policy states: *The Superintendent or designee shall develop a list of specific quality indicators that will be used to measure the implementation of the policy district wide and at each school which will be used no less than once every two years to assess school wellness. Assessment results shall be posted to the Child Nutrition website.*

### **How the Wellness Policy Compares to Model Wellness Policies**

The FUESD Wellness Policy was updated in 2016. The Live Well San Diego organization conducted the Wellness School Assessment Tool (WellSAT) to assess the quality of our wellness policy. Overall, our current policy scored a 54/100 in total

comprehensiveness and 34/100 in total language strength. The organization summarized the assessment as follows:

*Fallbrook Elementary's wellness policy is a significant but somewhat uneven update to its 2012 revision. Some domains were made more robust and clear with policy details and specific expectations, and the policy earned higher language strength marks in several domains, most notably in NS [Nutrition Standards]. The well-written policy also does a great job in calling out specific measures that the district is taking to improve wellness, such as incorporating local foods and cooking from scratch into school meals or identifying school and district staff oversight responsibilities. However, many topics, including some mandated by law that were previously addressed, are no longer discussed at all in this revision. Future updates may utilize the WellSAT report to identify areas that can be included and clearly discussed in the board policy.*

### **Progress Made in Attaining the Goals of the Wellness Policy**

During the Triennial Assessment, the district administrators recognized the value of incorporating the wellness policy components into the goals of the district's LCAP. Due to the break in continuity caused by the pandemic, the team plans to establish a new group in Fall 2021. Each site administrator will appoint a Wellness Site Representative to attend the first Wellness Council meeting on Thursday, October 21st at 3:30 pm at the district office.

The administrative team also recognized the importance of establishing the new team of site representatives before attempting to revise the current policy. As the new team becomes familiar with the requirements of the current policy and identifies the critical areas, the future policy assessments and revisions will be more deliberate and effective.

As outlined in the Triennial Assessment guidance, a copy of this assessment will be made available to the community on the FUESD website. Future meetings of the Wellness Council will be posted on the district website and meetings will be open to all stakeholders.

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