

# Assessment Results of Board Policy 5030

## Student Wellness

1. Description of district's nutrition education, physical education and health education curricula and the extent to which they align with the state academic content and legal requirements
  - The District's nutrition, physical and health education curriculum follow the California State Standards and the California Education Code requirements. These disciplines are enhanced through additional activities such as the Dairy Council of California classroom materials and mobile classroom, Jr. Olympics, JDRF Walk for Diabetes, Walk-to-School program, after school programs, etc.
2. An analysis of the nutritional content of school meals and snacks served in all district programs
  - A color-coded chart depicting the nutritional content of all school food/meal items is provided in each cafeteria and posted for public view (also included in the chart is the designation of the food group, the daily portion and the caloric count- see appendix A)
3. Student participation rates in all school meal and/or snack programs including the number of students enrolled in the free and reduced-price meals program are as follows:
  - See appendix B chart/matrix
4. Extent to which foods sold on campus outside the food service program comply with nutritional standards:
  - No foods are sold on campus that do not comply with nutritional standards except the Shively ASB who sell candy apples four times a year as a fundraiser
5. Results of the state's physical fitness test
  - See appendix C for results of state's physical fitness test
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity:
  - Grades TK- 6: Per California Education Code 51210 (7): Physical education, with emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each 10 schooldays, exclusive of recesses and lunch periods
  - Grades 7 & 8: One 47 minute period of physical education provided daily to all students
7. A description of district efforts to provide additional opportunities for physical activity outside the physical education program
  - All students get a 15 minute recess in the morning and a 25 minute recess during lunch
  - After-school dance, volleyball, flag football, basketball and soccer
  - Ultimate Frisbee Tournament after school (grades 7 & 8)
  - Pull-Ups Challenge during lunch (grades 7 & 8)
8. District-wide or school-based wellness activities offered by site and number of students participating:
  - All 952 students residing in the District are encouraged to walk to school with their parents/family/friends; bike racks are available
  - The District provides after school activities (e.g. basketball, football, volleyball, soccer, band, dance/pep squad) that serve 242 Shively students
  - All 490 Shively students grades 5-8 actively participate in the annual Jr. Olympics
  - Walking field trips, and performing arts activities are provided to 611 New Temple students