



June 2023 Wellness Policy Report

Capistrano Unified School District



Triennial Assessment

Strong Policies & Aligned Practices

- CUSD is fully compliant with federal requirements regulating school meals and competitive foods.
- Universal free breakfast and free lunch is offered to all students on all school days.
- We offer a diverse menu of healthy, student approved options.
- We ensure the privacy of students who qualify for free or reduced-priced meal status.
- Nutrition Education is integrated into other subjects to promote student wellness.

Create Practice Implementation Plan

- We identified through our assessment that some elementary and middle school grades receive nutrition education but not all grades. To remedy this, we will collaborate with our Wellness Committee and Curriculum and Instruction team to provide comprehensive nutrition education to grades K-8.
- We also identified through our assessment that some of our schools offer opportunities for families and communities to engage in physical activity at school, but not others. To remedy this our Wellness Committee will develop best practices to promote physical activity for families and the community at school sites.

District Wellness Committee Actively recruiting!

- ✓ Meets quarterly about school health & safety
- ✓ Designates a CUSD official to ensure that schools use the wellness policy
- ✓ Contact stillingworth@capousd.org to join!

Current members include administrators, school nurses, counselors, communications specialist, senior staff secretaries, Food & Nutrition Services employees, Family Resource Center Liaison, parents, students, and community representatives from Mission Hospital and the Dairy Council of California.



Update Policies

We identified through our assessment that there are twenty-one areas where we are fully implementing wellness practices in our schools that are either (a) not mentioned in our wellness policy, or (b) are vaguely mentioned in our policy.

Three of these items are federal requirements. To strengthen our wellness policy, our wellness committee will set goals during the first quarter of the 2023-24 school year to update our wellness policy during the next three years.



Overall, our LSWP compared favorably to the model policies as measured by the WellSAT 3.0. However, there are several best practices that we have not yet implemented in our practices or written in our policy. These include providing comprehensive nutrition education for grades K-8, promoting physical activity for families and the community, addressing using physical activity as a reward, addressing physical activity not being used as punishment, and marketing on educational materials, school publications, and fundraisers. Our wellness committee will consider these issues during the 2023-24 school year and determine whether we have the resources and support to take on one of the goals for the 2024-25 school year.

Opportunities for Growth



Capistrano Unified School District Triennial Assessment Completed June 2023

In accordance with the 2016 Final Rule, schools must complete an assessment of their district wellness policy every three years, at minimum. The assessment must include several components:

Step 1: Comparison to a model School Wellness Policy using the WellSAT: The WellSAT Policy was used to compare the written policy to model standards and assess compliance of LSWP with federal requirements.

Step 2: Local measurement of compliance with School Wellness Policy: The WellSAT Practice was used to assess the implementation of the Local School Wellness Policy and compliance of district practices with federal requirements via interviews with district and school-level personnel.

Step 3: Description of the district's progress toward achieving goals described in the policy: The results of the WellSAT Policy and WellSAT Practice were analyzed and summarized in the Triennial Assessment report, documenting our progress towards meeting wellness goals. Scores range from 0-2.

N/A - Not Applicable

0 - Not mentioned or the policy clearly detracts from requirement

1 - Information is implied, repeats language in the federal requirement or lacks specifics

2 - Specific goals and standards are met

Capistrano Unified School District conducted its 2023 Triennial Assessment using the WellSAT Policy and WellSAT Practice tools to meet federal Local School Wellness Policy assessment requirements. Results are detailed on the subsequent pages.

Triennial Assessment Report: 2023 Capistrano USD Assessment

Introduction

While all federal regulations are being done in practice, we will add those missing practices to our policy based from this assessment. Food and Nutrition Services and various district staff members completed the assessment during the 22-23 school year.

Section 1: Strong Policies and Aligned Practices

- CUSD is fully compliant with federal requirements regulating school meals and competitive foods.
- Universal free breakfast and free lunch is offered to all students on all school days.
- We offer a diverse menu of healthy, student approved options.

- We ensure the privacy of students who qualify for free or reduced-priced meal status.
- Nutrition Education is integrated into other subjects to promote student wellness.

This document identifies where the district has a strong policy and is fully implementing practices that align with the policy. The following items received a written policy score of 2 and an interview practice score of 2.

***Federal Requirement**

Item number	Item description	Policy Score	Practice Score
	Section 1. Nutrition Education		
NE1*	Includes goals for nutrition education that are designed to promote student wellness.	2	2
NE6	Nutrition education integrated into other subjects beyond health education.	2	2
	Section 2: Standards for USDA Child Nutrition Programs and School Meals		
SM1*	Assures compliance with USDA nutrition standards for reimbursable school meals.	2	2
SM3*	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2	2
SM8*	Free drinking water is available during meals.	2	2
SM2	Addresses access to the USDA School Breakfast Program.	2	2
SM6	Specifies strategies to increase participation in school meal programs.	2	2
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages		
NS1*	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2	2
	Section 4: Physical Education and Physical Activity		

PEPA 2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2	2
	Section 5: Wellness Promotion and Marketing		
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2	2
	Section 6: Implementation, Evaluation & Communication		
IEC2*	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2	2
IEC3*	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2	2
IEC5*	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2	2
IEC6*	Triennial assessment results will be made available to the public and will include: extend to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy, the extent to which the LEA's local school wellness policy compares to model local school wellness policies; a description of the progress made in attaining the goals of the local school wellness policy.	2	2

SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

- We identified through our assessment that some elementary and middle school grades receive nutrition education but not all grades. To remedy this, we will collaborate with our Wellness Committee and Curriculum and Instruction team to provide comprehensive nutrition education to grades K-8.
- We also identified through our assessment that some of our schools offer opportunities for families and communities to engage in physical activity at school, but not others. To remedy this our Wellness Committee will develop best practices to promote physical activity for families and the community at school sites.

This document identifies areas where there is a strong or weak policy, but practice implementation is either absent or limited. It is recommended to work with key stakeholders to develop a plan to fully implement the policy as written. Enter the items that received a written policy score of 1 or 2 and an interview practice score of 0 or 1.

Item number	Item description	Policy Score	Practice Score
	Section 1. Nutrition Education		
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1	1
NE8	Nutrition education addresses agriculture and the food system.	1	1
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages		
NS4*	Regulates food and beverages sold in vending machines.	1	1
NS6*	Addresses fundraising with food consumed during the school day.	1	1
NS9*	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1	0
NS11	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before/after care on school grounds, clubs, and after school programming	2	1
NS12	Addresses food not used as a reward.	1	1
	Section 4: Physical Education and Physical Activity		

PEPA1	There is a written physical education curriculum for grades K-12	1	1
PEPA8	Addresses providing physical education training for physical education teachers.	1	1
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1	1
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1	1
Section 5: Wellness Promotion and Marketing			
WPM7*	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2	1
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2	1
Section 6: Implementation, Evaluation & Communication			
IEC4*	Addresses making the wellness policy available to the public.	2	1
IEC7*	Addresses a plan for updating policy based on results of the triennial assessment.	2	0

SECTION 3: UPDATE POLICIES

- We identified through our assessment that there are twenty-one areas where we are fully implementing wellness practices in our schools that are either (a) not mentioned in our wellness policy, or (b) are vaguely mentioned in our policy.
- Three of these items are federal requirements. To strengthen our wellness policy, our wellness committee will set goals during the first quarter of the 2023-24 school year to update our wellness policy during the next three years.

This document identifies areas where the LEA is (a) fully implementing practices but there is no or only weak language in the written policy, or (b) partially implementing practices with no policy language. Best practice is to update the policy to match the

implementation level. Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 2.

Item number	Item description	Policy Score	Practice Score
	Section 1. Nutrition Education		
NE5	All high school students receive sequential and comprehensive nutrition education.	1	2
NE7	Links nutrition education with the school food environment.	0	2
	Section 2: Standards for USDA Child Nutrition Programs and School Meals		
SM9*	Ensure annual training for food and nutrition services staff in accordance with USDA professional standards.	1	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	0	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	0	2
SM10	Addresses purchasing local foods for the school meals program.	0	2
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages		
NS2	USDA Smart Snack standards are easily accessed in the policy.	1	2
NS3*	Regulates food and beverages sold in a la carte.	1	2
NS5*	Regulates food and beverages sold in school stores.	1	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0	2

NS13	Addresses availability of free drinking water throughout the school day.	0	2
	Section 4: Physical Education and Physical Activity		
PEPA3	Physical education promotes a physically active lifestyle.	0	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0	2
PEPA9	Addresses physical education exemption requirements for all students.	0	2
PEPA10	Addresses physical education substitutions for all students.	0	2
PEPA13	Addresses recess for all elementary school students.	1	2
PEPA14	Addresses physical activity breaks during school.	1	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	1	2
	Section 5: Wellness Promotion and Marketing		
WPM2	Addresses strategies to support employee wellness.	1	2
WPM5	Addresses physical activity not being withheld as punishment.	0	2
	Section 6: Implementation, Evaluation & Communication		
IEC1	Addresses the establishment of an ongoing district wellness committee.	0	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0	2

SECTION 4: OPPORTUNITIES FOR GROWTH

- Overall, our LSWP compared favorably to the model policies as measured by the WellSAT 3.0. However, there are several best practices that we have not yet implemented in our practices or written in our policy.

- These include providing comprehensive nutrition education for grades K-8, promoting physical activity for families and the community, addressing using physical activity as a reward, addressing physical activity not being used as punishment, and marketing on educational materials, school publications, and fundraisers.
- Our wellness committee will consider these issues during the 2023-24 school year and determine whether we have the resources and support to take on one of the goals for the 2024-25 school year.

This identifies areas where the district has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way. Enter the items that received a written policy score of 0 or 1 **and** an interview practice score of 0 or 1.

Item number	Item description	Policy Score	Practice Score
	Section 1. Nutrition Education		
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	0	1
	Section 3: Nutrition Standards for Competitive and Other Foods and Beverages		
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	0	1
	Section 4: Physical Education and Physical Activity		
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	0	0
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0	0
PEPA11	Addresses family and community engagement in physical activity opportunities for all students.	0	0
	Section 5: Wellness Promotion and Marketing		
WPM3	Addresses using physical activity as a reward	0	1
WPM4	Addresses physical activity not being used as a punishment.	0	1
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	0	1

WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	0	1
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0	1

Conclusion

Our Triennial Wellness Assessment reaffirms our district's commitment to fostering a healthy school environment that supports student well-being, academic success, and lifelong healthy habits. Through this comprehensive review, we have identified key areas of success. At the same time, we recognize opportunities for enhancement and growth to ensure full compliance with federal wellness policy requirements and alignment with best practices.

With the input of students, parents, staff, and community stakeholders, we will continue to refine our wellness policies and implement strategies to create meaningful, sustainable improvements. Our commitment to accountability, transparency, and collaboration will drive ongoing progress, ensuring that every student has access to the resources and opportunities needed to thrive.

Moving forward, our district will use the insights from this assessment to guide policy updates, program enhancements, and monitoring efforts to maintain compliance and exceed wellness standards. By working together, we can continue to build a healthier school environment that nurtures the success and well-being of all students and staff.

Key

Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy

Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited

Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;

2. fax:
202-690-7442; or

3. email:
Program.Intake@usda.gov.

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