



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.



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.

