

2022-2023 Capistrano Unified School District School Site Wellness Policy Assessment Results



Total Number of Survey Participants: 41
Responses Provided April 2023

Number of Responses: 41

- **38 Principals**
- **3 Assistant Principals**

Site Participation

- **3 out of 8 High Schools**
- **8 out of 9 Middle Schools**
- **4 out of 4 K-8 Schools**
- **25 out of 32 Elementary Schools**

**One site had participation from multiple representatives.*

1. Which of the following strategies are used at your site by staff to serve as positive role models for healthy eating and physical fitness:

- Staff are encouraged to drink water: 51.2%
- Staff are discouraged from drinking soda or canned energy drinks in front of students: 7.3%
- Staff are encouraged to use non-food rewards for academic performance or good behavior: 80.5%
- Staff post school menus in the classroom: 39%
- Staff have in class physical activity breaks for students: 65.9%
- Exercise clubs are available to staff (i.e. walking club): 19.5%
- Opportunities are available for staff and students to share in physical activity together: 29.3%

2. What health promoting events does your school participate in during the school year?

- Healthy Fundraising (utilizes non-food items or compliant food items): 41.5%
- Jog-a-Thons/Walk-a-Thons: 73.2%
- Walk to School/Bike to School Promotions: 56.1%
- Running Clubs: 39%
- Health Fairs: 0%

3. What resources does your school provide to promote mental health for staff and students?

- Designated wellness space on campus for students and staff: 31.7%
- Parent trainings or workshops: 34.1%
- Therapy animals on campus: 22%
- Classroom lessons: 87.8%
- Morning announcements: 51.2%
- Posters on campus or in classrooms: 39%
- School-wide assemblies or activities: 61%
- Staff professional development workshops: 29.3%

4. What actions does your school take to prohibit bullying and harassment of all students?

- Speakers or assemblies: 73.2%
- Post an anti-bullying policy on campus: 65.9%
- Consistently remind students about school expectations through posters or announcements: 95.1%
- PBIS: 19.5%

5. How is nutrition education provided at your site?

- We participate in Harvest of the Month: 29.3%
- It is incorporated into core academic subjects: 36.6%
- It is incorporated into our school garden: 36.6%
- We use resources from Team Nutrition: 4.9%
- We use resources from My Plate: 12.2%
- We use resources from Dairy Council of California: 14.6%
- It is incorporated in before and after school programs: 4.9%
- It is incorporated in clubs: 9.8%

6. Nutrition Services would like to improve upon providing nutrition education. What types of nutrition education resources could you use at your school?

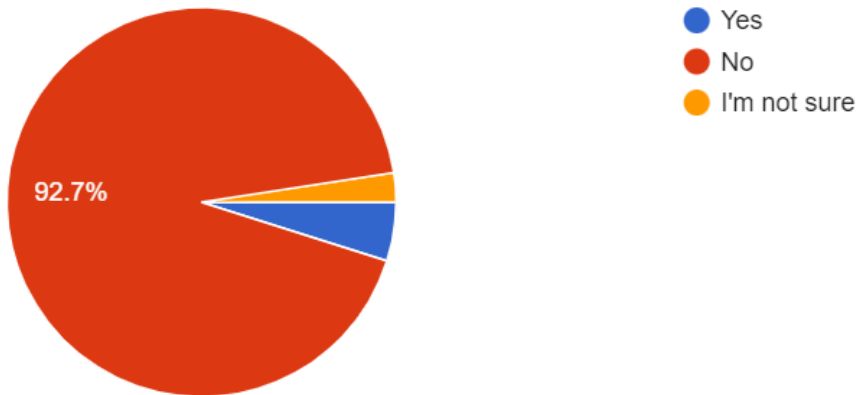
- Hands-on classroom lessons led by Nutrition Services (i.e. build a burrito or smoothie): 48.7%
- Mobile dairy classroom from Dairy Council of California: 38.5%
- Pre-written curriculum a teacher could lead in the classroom: 15.4%
- Posters: 51.3%
- Nutrition education that tied into PBIS (i.e. respecting our bodies, respecting the environment): 71.8%
- Quick nutrition education facts that could be read as morning announcements: 56.4%
- Classroom taste testing of new products for the menu: 53.8%
- Nutrition education that tied into our school garden: 23.1%

7. How are students provided with opportunities to be physically active at school?

- Physical Education is a consistent and regular part of the curriculum: 100%
- Recess and break play: 95.1%
- Classroom brain breaks: 85.4%
- Opportunities are available before and after school: 31.7%

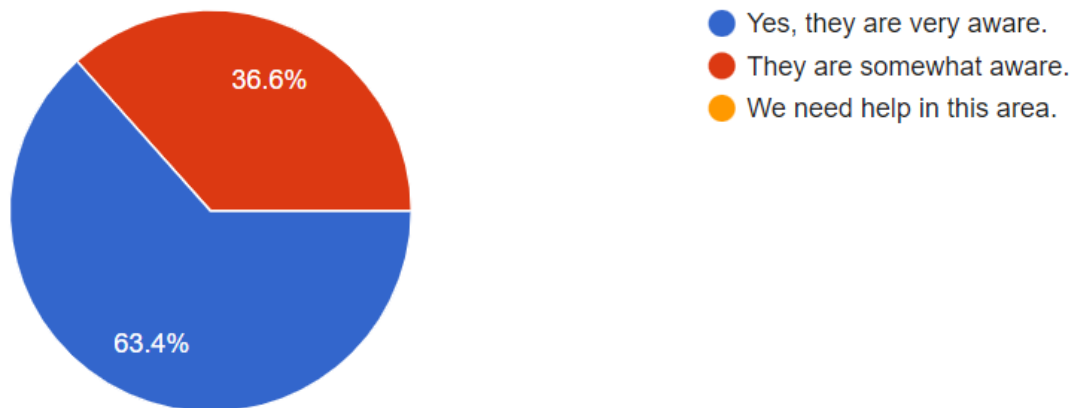
8. Is physical activity is used for disciplinary purposes at your site?

- No: 92.7%
- Yes: 4.9%
- I'm not sure: 2.4%



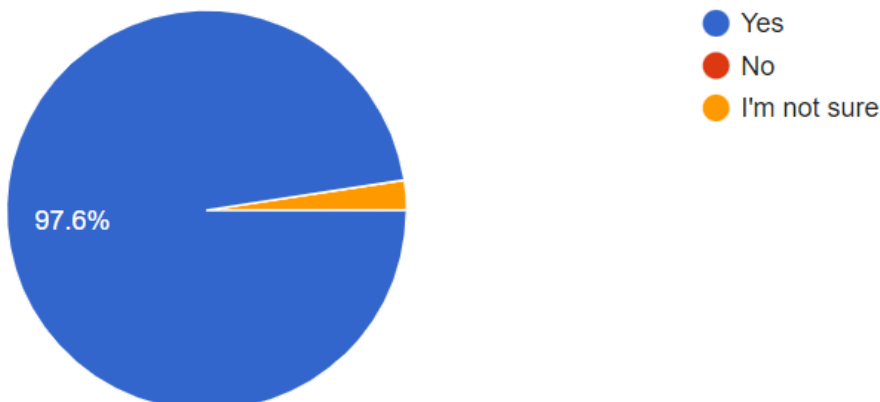
9. The school community (parents, teachers, and staff) are aware of current menu offerings, universal free meals for all students, and understand the importance of Education Benefit Forms for families and CUSD.

- Yes, they are aware: 63.4%
- They are somewhat aware: 36.6%
- We need help in this area: 0%



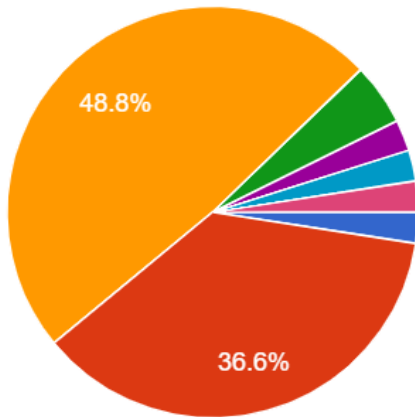
10. All students have access to a free daily breakfast and free lunch on all school days. This includes field trips, minimum days, etc.

- Yes: 97.6%
- No: 0%
- I'm not sure: 2.4%



11. How many minutes does your school provide students to eat breakfast?

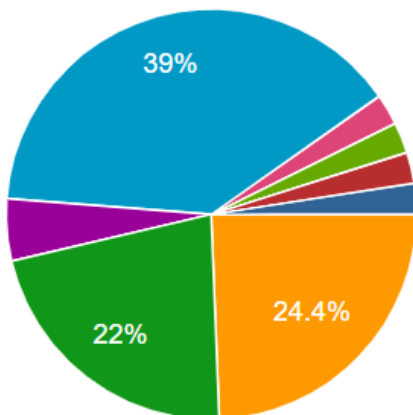
- 5-10 minutes: 2.4%
- 10-15 minutes: 36.6%
- 15-20 minutes: 48.8%
- 20-25 minutes: 4.9%
- 25-30 minutes: 2.4%
- 30-35 minutes: 2.4%
- 30-40 minutes: 2.4%
- Not sure: 2.4%



- 5-10 minutes
- 10-15 minutes
- 15-20 minutes
- 20-25 minutes
- 25-30 minutes
- 30-40 minutes
- Not sure

12. How many minutes does your school provide students to eat lunch?

- 5-10 minutes: 0%
- 10-15 minutes: 2.4%
- 15-20 minutes: 24.4%
- 20-25 minutes: 22%
- 25-30 minutes: 4.9%
- 30-35 minutes: 2.4%
- 30-40 minutes: 39%
- Not sure: 2.4%



- 5-10 minutes
- 10-15 minutes
- 15-20 minutes
- 20-25 minutes
- 25-30 minutes
- 30-40 minutes
- Students have 20 minute but can stay...
- 10-40

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13. How is free, potable drinking water available to students in the meal service area during meal periods?

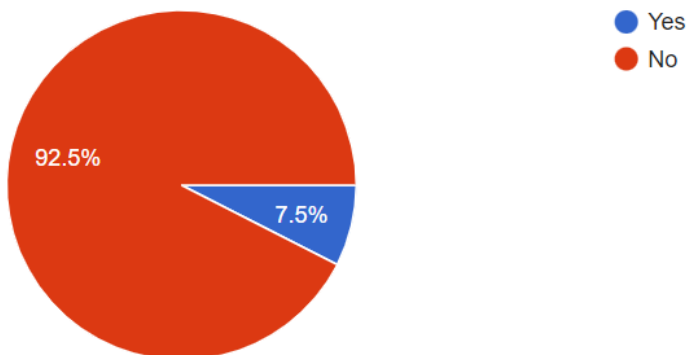
- Water bottle filling station: 92.7%
- Drinking fountains: 92.7%
- Needs improvement: 4.9%
- Kitchen/cafeteria provides water and cups: 4.8%
- Soda water stream filling station: 2.4%

14. How does your school manage waste?

- We use a share station during meal periods: 85%
- We sort our waste into compost, recycle, and landfill bins: 2.5%
- I'm not sure: 5%
- I would like help with this: 12.5%
- Ecology club recycling program: 2.5%
- Trash and recycling bins only: 2.5%
- Waste bins and donation bins for excess food: 2.5%

15. Does your school participate in any types of fundraisers that involve selling food or beverages during the school day?

- Yes: 7.5%
- No: 92.5%



16. If you answered yes to the previous question, what steps are taken to ensure the items are compliant with BP 3554(a) Other Food Sales ?

- Sell after school and choice of healthy choices: 33.3%
- Fundraiser request process: 33.3%
- Administration oversees fundraiser that is only once a month or every other month: 33.3%

17. How are food safety and sanitation standards followed at all school-related events?

- We do not allow food at school-related events: 0%
- We only allow store-bought packaged foods that do not require heating: 53.7%
- Hand washing is promoted: 75.6%
- Gloves are provided: 63.4%

18. Do food celebrations (birthday parties, holiday parties) occur during the school day?
- We do not allow food celebrations at our site: 14.6%
 - We have 4 or less food celebrations at our site and consider nutritional quality of food/beverage: 28.6%
 - We have 4 or less food celebrations at our site and could improve on the nutritional quality of food/beverages served: 31.7%
 - We have more than 4 food celebrations at our site and consider nutritional quality of food/beverage: 4.9%
 - We have more than 4 food celebrations at our site and could improve on the nutritional quality of food/beverage: 2.4%
 - Not sure: 2.4%
19. If food celebrations occur at your school site, are they required to be held after the lunch period?
- No: 61%
 - Yes: 24.4%
 - I'm not sure: 14.6%
20. Is marketing and advertising of non-nutritious foods and beverages permitted on school campus?
- No: 82.9%
 - Yes: 9.8%
 - I'm not sure: 7.3%
21. If your school has a garden, how are students involved?
- We don't have a garden: 25%
 - Students and parents work on the garden on the weekends: 12.5%
 - We have an afterschool garden club: 2.5%
 - Classes can utilize the garden during the school day: 45%
 - PTA maintains: 2.5%
 - STEPS assists with garden: 5%
 - Preschool works on the garden: 2.5%
22. What opportunities have you offered parents to receive wellness promotion messages?
- Parent newsletters: 81.1%
 - Parent workshops: 10.8%
 - Family activities or events: 27%
 - Listserv message: 2.7%
 - PTA presentation: 2.7%
 - Not sure: 2.7%
23. List any feedback regarding the current Wellness Policy.
- Would love to have resources uploaded onto every school's website
 - The idea of teaching healthy choices, build a burrito, smoothie in the classroom is possible.
 - Keep promoting expectations for consistency purposes.
 - I'd love to implement more after school clubs, community-education nights, and a community garden.
24. We are building a robust Wellness Committee and need participation from administrators, teachers, nurses, PE teachers, counselors, and classified employees. Will you join us for a meeting?
- Yes: 34.1%
 - No: 65.9%