

2023-2024 Capistrano Unified School District School Site Wellness Policy Assessment Results



Total Number of Survey Participants: 42
Responses Provided April 2024

Number of Responses: 42

- **33 Principals**
- **8 Assistant Principals**
- **1 Activities Director**

Site Participation: 63% of sites

- **5 out of 9 High Schools**
- **5 out of 8 Middle Schools**
- **6 out of 6 TK-8 Schools**
- **23 out of 31 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: 64% (51% 2022-2023 data)
- Staff are discouraged from drinking soda or canned energy drinks in front of students: 5% (7%)
- Staff are encouraged to use non-food rewards for academic performance or good behavior: 74% (81%)
- Staff post school menus in the classroom: 57% (39%)
- Staff have in class physical activity breaks for students: 81% (66%)
- Exercise clubs are available to staff (i.e. walking club): 29% (20%)
- Opportunities are available for staff and students to share in physical activity together: 48% (29%)

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

- Healthy Fundraising (utilizes non-food items or compliant food items): 26% (26%)
- Jog-a-Thons/Walk-a-Thons: 60% (73%)
- Walk to School/Bike to School Promotions: 45% (56%)
- Running Clubs: 19% (39%)
- Health Fairs: 19% (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: 47% (32%)
- Parent trainings or workshops: 47% (34%)
- Therapy animals on campus: 31% (22%)
- Classroom lessons: 88% (88%)
- Morning announcements: 69% (51%)
- Posters on campus or in classrooms: 55% (39%)
- School-wide assemblies or activities: 55% (61%)
- Staff professional development workshops: 50% (29%)

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

- Speakers or assemblies: 71% (73%)
- Post an anti-bullying policy on campus: 74% (66%)
- Consistently remind students about school expectations through posters or announcements: 91% (95%)

5. How is nutrition education provided at your site?

- We participate in Harvest of the Month: 24% (29%)
- It is incorporated into core academic subjects: 45% (37%)
- It is incorporated into our school garden: 43% (37%)
- We use resources from Team Nutrition, My Plate, or Dairy Council of CA: 17% (5%)
- It is incorporated in before and after school programs: 10% (5%)
- It is incorporated in clubs: 5% (10%)

6. What resources would be helpful tools to promote healthy eating at your site?

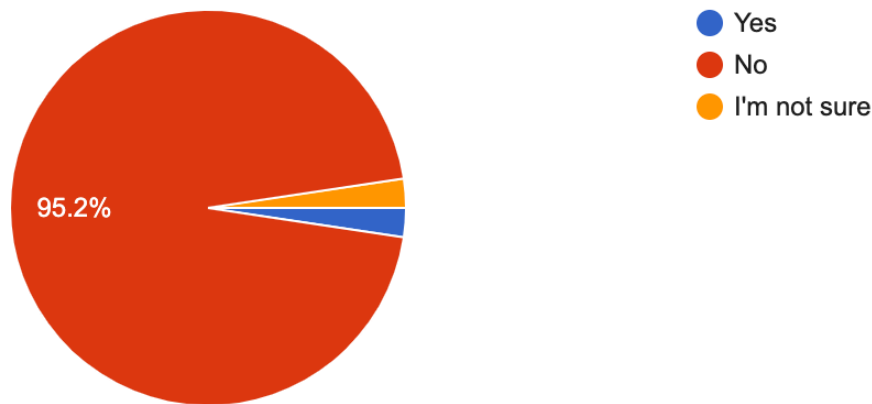
- Parent workshops: 38%
- Posters: 57% (51%)
- Nutrition education curriculum for teachers: 31% (15%)
- Contests: 31%
- Assemblies: 19%
- Morning announcements: 17% (56%)
- School garden resources: 48% (23%)
- Field trip to a farm: 38%
- None: 12%

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

- Physical Education is a consistent and regular part of the curriculum: 98% (100%)
- Recess and break play: 81% (95%)
- Classroom brain breaks: 88% (85%)
- Opportunities are available before and after school: 55% (32%)

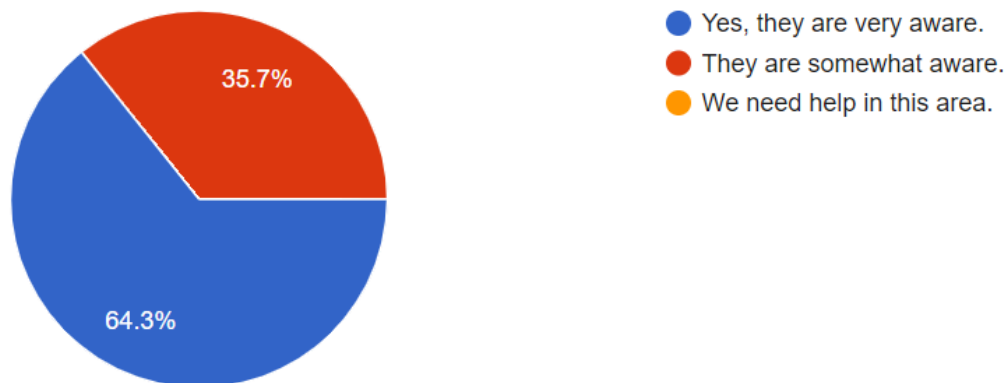
8. Is physical activity is used for disciplinary purposes at your site?

- No: 95% (93%)
- Yes: 2.5% (5%)
- I'm not sure: 2.5% (2%)



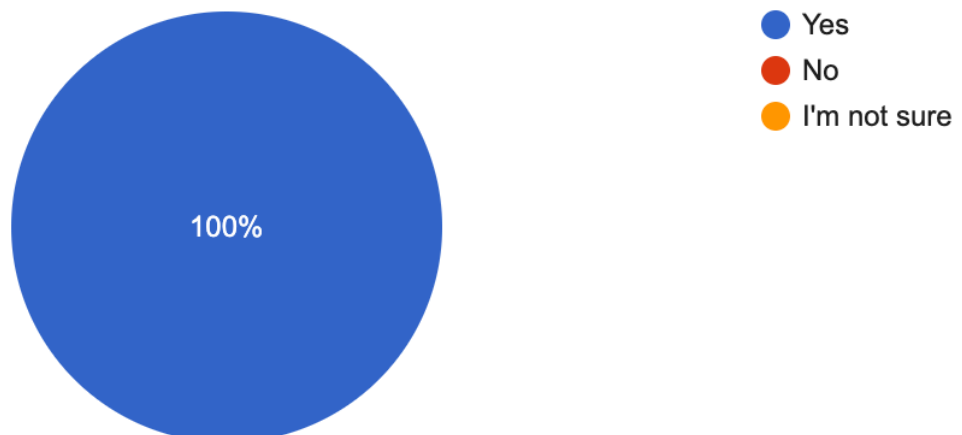
9. The school community (parents, teachers, and staff) are aware of current menu offerings, universal free meals for all students, and understand the importance of Education Benefit Forms for families and CUSD.

- Yes, they are aware: 64% (63%)
- They are somewhat aware: 36% (37%)
- We need help in this area: 0%



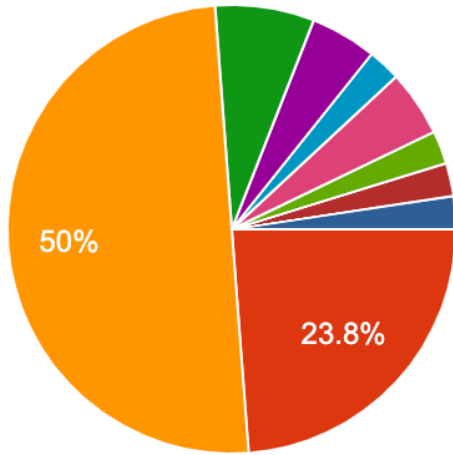
10. All students have access to a free daily breakfast and free lunch on all school days. This includes field trips, minimum days, etc.

- Yes: 100% (98%)
- No: 0%
- I'm not sure: 0% (2%)



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

- 5-10 minutes: 0% (2.4%)
- 10-15 minutes: 24% (37%)
- 15-20 minutes: 50% (49%)
- 20-25 minutes: 7% (5%)
- 25-30 minutes: 5% (2.5%)
- 30-40 minutes: 2.4% (2.5%)

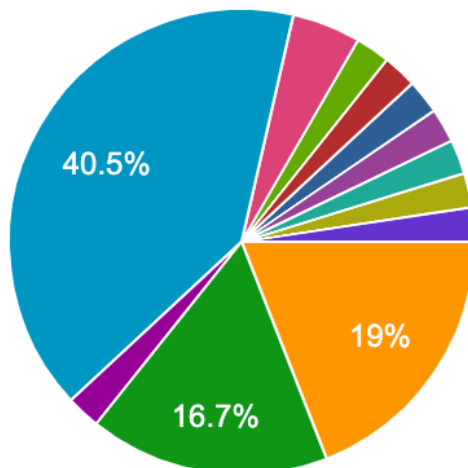


- 5-10 minutes
- 10-15 minutes
- 15-20 minutes
- 20-25 minutes
- 25-30 minutes
- 30-40 minutes
- With a virtual schedule, students may...
- Flexible

▲ 1/2 ▼

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

- 5-10 minutes: 0% (0%)
- 10-15 minutes: 0% (2.5%)
- 15-20 minutes: 19% (24.5%)
- 20-25 minutes: 17% (22%)
- 25-30 minutes: 2.4% (5%)
- 30-40 minutes: 41% (39%)



- 5-10 minutes
- 10-15 minutes
- 15-20 minutes
- 20-25 minutes
- 25-30 minutes
- 30-40 minutes
- With a virtual schedule, students may...
- Flexible

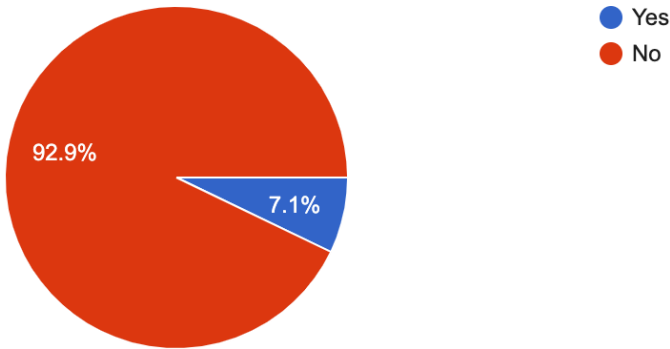
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13. How is free, potable drinking water available to students in the meal service area during meal periods?

- Water bottle filling station: 93% (93%)
- Drinking fountains: 81% (93%)
- Needs improvement: 14% (5%)

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

- Yes: 7% (7.5%)
- No: 93% (92.5%)



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

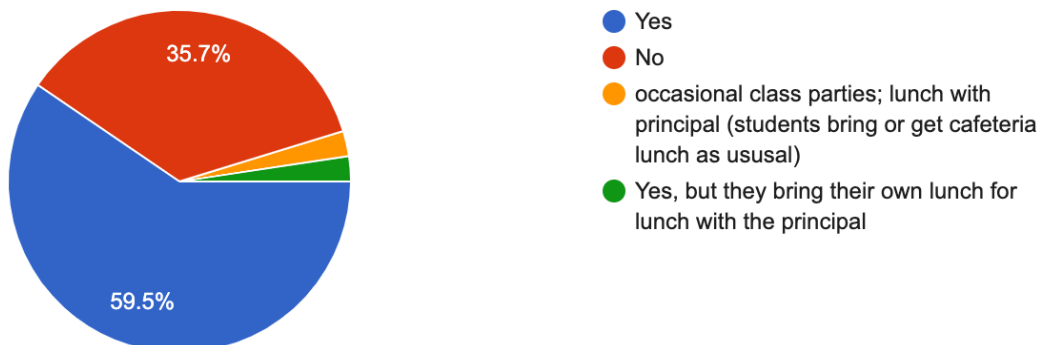
- Must be pre-approved
- Review board policy
- We follow most of the Board Policy BP 3554

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

- We do not allow food at school-related events: 5% (0%)
- We only allow store-bought packaged foods that do not require heating: 43% (54%)
- Hand washing is promoted: 83% (76%)
- Gloves are provided: 76% (63%)

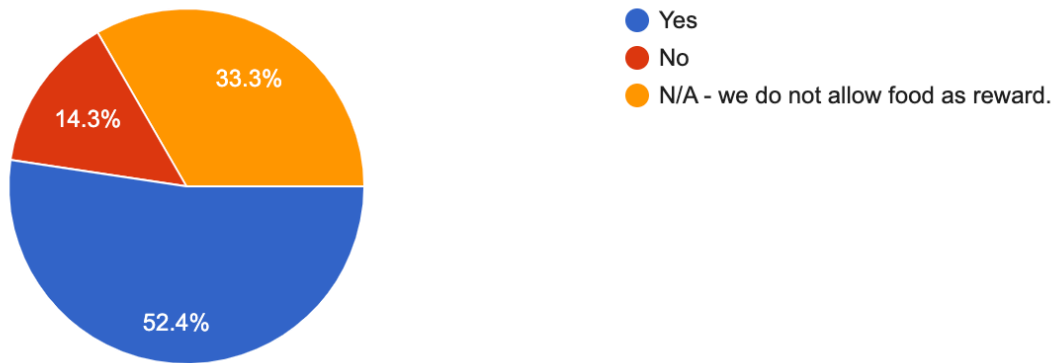
17. Does your site utilize food as a reward for students? (i.e. food in classrooms, food/beverages in PBIS stores, lunch with the principal, etc.)

- Yes: 60%
- No: 36%
- Lunch with the principal but students bring own food: 5%



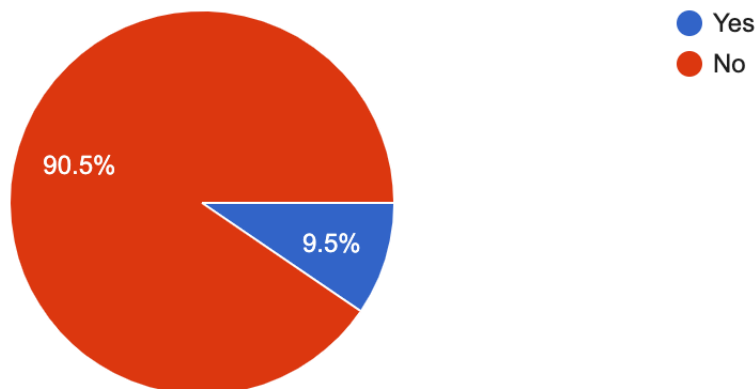
18. If your site utilizes food as a reward, does your site consider nutritional quality of the food?

- Yes: 52%
- No: 14%
- N/A we don't permit food as reward: 33%



19. Do you think BP 5030 should be more strict in regards to foods used as reward? Current policy states, "The Superintendent or designee shall also encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior."

- Yes: 9.5%
- No: 90.5%

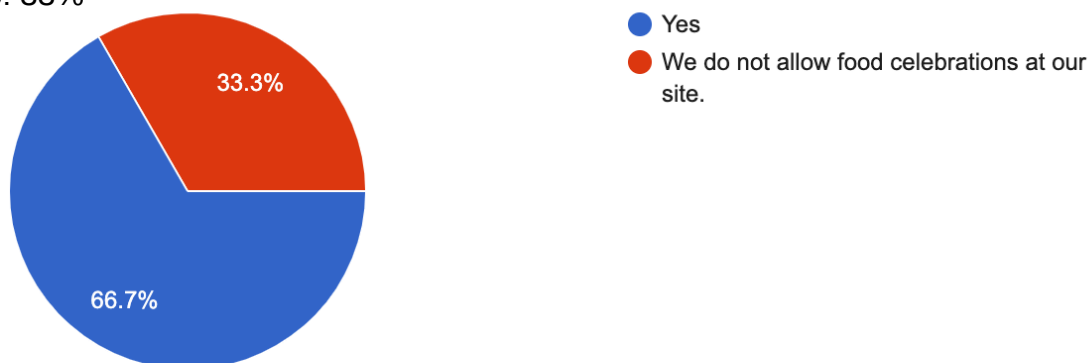


20. What can the Wellness Council do to support your site in regards to foods used as reward?

- Create a list of non-food items that can be used as rewards: 55%
- Create a list of suggested nutritious food items that can be used as rewards: 67%
- Strengthen BP 5030 to remove the use of food altogether as reward: 2.5%
- Strengthen BP 5030 to define the category of non-nutritious foods: 9.5%

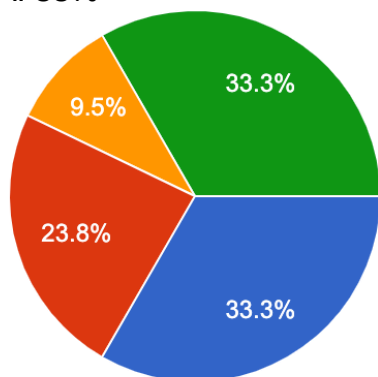
21. Do food celebrations (birthday parties, holiday parties) occur during the school day?

- Yes: 67%
- No: 33%



22. If food celebrations occur at your school site, are they required to be held after the lunch period?

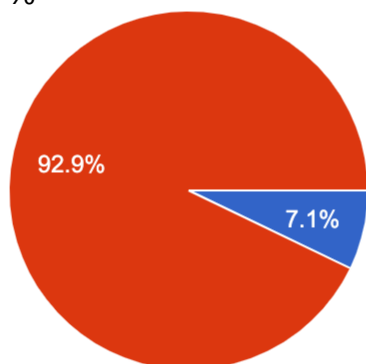
- Yes: 33% (24%)
- No: 24% (61%)
- I'm not sure: 9.5% (15%)
- N/A: 33%



- Yes
- No
- I'm not sure
- N/A - we do not allow food celebrations.

23. Do you think BP 5030 should be more strict in regards to food celebrations? Current policy states, "School staff shall encourage parents/guardians or other volunteers to support the District's food and nutrition program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible."

- No: 93%
- Yes: 7%



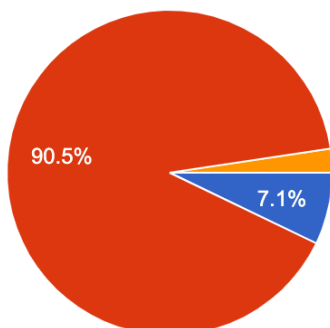
- Yes
- No

24. What can the Wellness Council do to support your site in regards to food celebrations?

- Create a list of non-food items that can be used as rewards: 45%
- Create a list of suggested nutritious foods that can be used as reward: 64%
- Strengthen BP 5030 to remove the use of food altogether as a reward: 7%
- Strengthen BP 5030 to define the category of non-nutritious foods: 7%

25. Is marketing and advertising of non-nutritious foods and beverages permitted on school campus?

- Yes: 7%
- No: 91%
- I'm not sure: 2.5%



- Yes
- No
- I'm not sure

26. What opportunities have you offered parents to receive wellness promotion messages?

- Parent newsletters including categories of wellness (mental health, physical activity, community updates, health resources, nutrition resources): 85% (81%)
- Parent workshops in any category of wellness: 39% (11%)
- Family activities or events that incorporate any category of wellness: 46% (27%)

27. Do you have suggestions to update the existing Wellness Policy BP 5030? If yes, please share below.

- Start with looking at the breakfast items and limiting the sugar content we provide our students.
- Include graphics of nutritious parent provided meals (many parents don't know what to pack and quantities).
- Update BP 5030 to consider student food allergies and not just food quality.
 - *Site should refer to existing BP 5141.27 Food Allergies.*

28. 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: 19% (34%)
- No: 81% (66%)

