



District Wellness Committee Update

Board Meeting
March 6, 2025

Agenda Item No. 10.2

Presented by:

Diana Flores, Executive Director, Nutrition Services
Kristy Weber, Alliance for a Healthier Generation

Equal Opportunity to Health and Wellness

SCUSD Core Value

We recognize that our system is inequitable by design and we vigilantly work to confront and interrupt inequities that exist to level the playing field and provide opportunities for everyone to learn, grow and reach their greatness.

SCUSD GUIDING PRINCIPLE

All students are given an equal opportunity to graduate with the greatest number of postsecondary choices from the widest array of options

SCUSD Student Wellness Policy (BP 5030)

- Board Policy 5030 was first adopted by the school board Aug 30, 2006
- Aug 17, 2017 BP 5030 was revised/updated and adopted by the school board of education
- 23-24 school year membership recruitment efforts were successful with over 25 actively participating members
 - District staff, parents and members of the community
 - Food Literacy Center, Alchemist CDC, Alliance for a Healthier Generation, Health Education Council
 - 14 Students

Local School Wellness Policy

- Food and Beverage Standards
- Physical Education
- Clean/Safe School Facilities
- Health & Nutrition Education
- Counseling & Psychological Services
- School Based Health Services
- Classroom Celebrations
- Healthy Fundraising
- Special Diets
- Employee Wellness
- Access to Water
- School Gardens
- Food Access



Activities this year focused on 3 Key Areas

Food Access Center

Student Mental Health Project

1st Triennial Assessment

Occurring once every three years

Food Access Center

- Supporting 180 families identified as food insecure by the Student Support & Health Services (SSHS) team
- Food bags are customized according to the family living conditions
- 570 food bags per month are delivered through SSHS teams and community volunteers, and intra- district mail/warehouse deliveries



CENTRAL
KITCHEN

NO KID
HUNGRY

ALCHEMISTS
COMMUNITY DEVELOPMENT CORPORATION

SACRAMENTO
Food Bank
& Family
SERVICES

Sacramento City
UNIFIED SCHOOL DISTRICT

Student Mental Health Committee

- \$20,000 mini grant was received from Alliance for a Healthier Generation and Kaiser Permanente
- In partnership with Student Support and Health Services, Youth Development, and the Student Advisory Council, nearly 300 high school students across the district applied and 14 students were selected to participate in the committee
- The work of this committee is based on elevating and improving mental health supports for students throughout the district



**73 Site Administrators
provided responses in
December 2024**



66%

of schools indicated the need to establish a School Wellness Committee

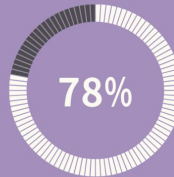


83%

of schools regularly sell food and beverages that meet or exceed USDA Smart Snacks standards

43%

of schools offer nutrition education and activities regularly



of schools are regularly compliant with CA Ed Code 49056 by not withholding recess as a form of punishment



88%

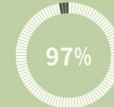
of schools usually only allow healthy or non-food items for classroom celebrations

75%

of schools regularly refrain from using food or candy as a reward for students



of schools provide the required weekly minutes of physical education



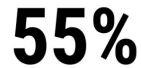
of schools provide additional physical activity opportunities for students



of schools ensure that students have access to clean and well-maintained water fountains



of schools regularly ensure that students have access to clean and well-stocked restrooms



of schools promote staff member participation in health promotion programs



of schools report that district mental health services are available to meet the needs of student mental, emotional, or social health




of schools provide opportunities for family involvement in wellness-related decision making



of schools regularly communicate to the public about the content and implementation of the Local School Wellness Policy

Amendment Recommendation to BP 5030

The district wellness committee would like to recommend a revision to the policy at the March 20th board meeting to include the required Federal USDA non-discrimination statement



The poster features the USDA logo and the text "United States Department of Agriculture" at the top. Below this is a photograph of a classical building with columns, likely the USDA headquarters, with an American flag in the foreground. The text "AND JUSTICE FOR ALL" is prominently displayed in large, white, serif font over the image. At the bottom of the image is a row of thirteen stars.

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.asc.usda.gov/sites/default/files/USDA-CASCR%20F-Complaint-Form-0208-0002-008-11-28-1172a01a1.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax:
(833) 256-1665 or (202) 690-7442;
email:
program.intake@usda.gov.
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La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA, al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.asc.usda.gov/sites/default/files/USDA-CASCR%20F-Complaint-Form-0208-0002-008-11-28-1172a01a1.pdf>, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR), por sus siglas en inglés sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

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correo electrónico:
program.intake@usda.gov.
Esta institución ofrece igualdad de oportunidades.

Form AD-3027-1 - Revised Public Release September 2016. Alcance recomendado al Formulario AD-3027-1 (Revisado Septiembre 2016)

Questions?

