



Goleta Union School District

Local School Wellness Policy

Triennial Assessment 2022-2023



Wellness Committee 2022-2023

Brandon: Julia Bottiani, Lisa Embury

Kellogg: Sara Prince (Parent)

El Camino: Mary Bainu

La Patera: Christina Clayton, Gloria Ino

Ellwood: Karis Joldersma

Mountain. View: Mark Casady

Foothill: Jamie Anderson (Parent)

Hollister: Shad Springer, Olivia Wiley

Isla Vista: Virginia Sun

Community Representative: Kirsten Criswell, School Wellness Summit

Teacher on Special Assignment (TOSA): Amy Welbourn

Board Member: Vicki Ben-Yaacov

Director of Food Services: Hannah Carroll

Director of Pupil Services: Abby Vasquez

Introduction

Introduction to the Triennial Assessment

According to the USDA Final Rule, Local Educational Agencies (LEAs) must conduct a comprehensive assessment of the Local School Wellness Policy (LSWP) by June 2023. The Triennial Assessment (TEA) requires LEAs to assess compliance with their LSWP and to make this assessment available to the public. The Triennial Assessment is comprised of four components:

- Comparison to a model LSWP
- Extent of compliance for all schools with the District LSWP
- Progress made in attaining the goals of the wellness policy
- Triennial Assessment report to the public

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Note: This document has been adapted from the California Local School Wellness Policy Collaborative.

1. Timeline

The Goleta Union School District (GUSD) Wellness Committee restarted the Triennial Assessment (TEA) in School Year 2021-2022, following a disruption in the project during the COVID-19 Pandemic. The United State Department of Agriculture (USDA) granted a waiver to the State of California, extending the TEA deadline to June 2023. The School Board approved the final revisions of Policy 5030: Student Wellness in May 2023.

Triennial Assessment Timeline

Participants	Action	Date
Wellness Committee	Review LSWP using the WellSat 3.0. Meet throughout the year to review results and connect policy to practice in the schools.	School Year 2021-2022
Wellness Committee	Compare revised LSWP to the California School Board Association Board Policy 5030 (CSBA BP 5030). Make final revisions to LSWP.	School Year 2022-2023
Wellness Committee	Meet to review the TEA Report.	May 2023
District School Board	Aprobar el nuevo LSWP.	May 2023
Wellness Committee	Publicly Post the TEA Report and new LSWP.	May 2023

2. Comparison to Model Local School Wellness Policy

The Wellness Committee used the [Wellness School Assessment Tool or the WellSat 3.0](#) to measure the strength and comprehensiveness of the Wellness Policy. Most importantly, during the review the district wellness policy, school staff and administrators measured the connection between policy and practice in the schools. Additionally, the Committee incorporated the required components of the [California School Board Association \(CSBA\) BP 5030](#).

[WellSat 3.0 Assessment Results](#)

Model Wellness Policy Comparison Results

Component	Description
Tool used for Model LSWP Comparison:	WellSat 3.0, CSBA BP 5030
Revisions made:	1. Addresses hiring and annual continuing education/training requirements for Child Nutrition Professionals. This practice was already in place, but not included in the LSWP.
	2. Written regulation on foods sold a la carte, in vending machines, school stores and fundraisers.
	3. Addition of social emotional wellness as topic of training for certificated staff.
	4. Addresses making the wellness policy available to the public. This practice was already in place, but not included in the LSWP.

	<ol style="list-style-type: none"> Strengthens language that regulates foods served during classroom celebrations and throughout the school day.
Opportunities for Future Improvement	<ol style="list-style-type: none"> Incorporate more social emotional wellness practices.
	<ol style="list-style-type: none"> Include specific details of LSWP evaluation through the TEA.
As a result of the comparison, was the new language adopted in the LSWP?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible)	<p>Changes were made in the following sections:</p> <ol style="list-style-type: none"> Nutrition Education Goals for Physical Education and Physical Activity Other Activity Food Service/Child Nutrition Program Nutritional Quality of Foods and Beverages Sold and Served on Campus Classroom Celebrations Fundraising Activities

3. Compliance with the Wellness Policy and Progress Towards Goals

The second component of the Triennial Assessment is identifying the extent to which GUSD is compliant with the LSWP as it is written. The purpose of this is to determine whether schools

within GUSD are following the LSWP. This helps our district identify where to provide additional support to reach the requirements included in the LSWP.

The district completed an assessment during the school year 2019-2020 for each school within the district using the [Action for Healthy Kids School Health Index](#). Results of the assessment are available upon request. Additionally, the WellSat 3.0 serves as a measurement of compliance.

The table below is an assessment of the LSWP with TEA revisions and includes progress made or goals for improvement. The format or sections of the table align with the WellSat 3.0.

Extent of Compliance and Goals for Improvement

Policy Area	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Progress or Goals for Improvement
Nutrition Education Requirements(s)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Standards for USDA Child Nutrition Programs and School Meals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adopt language for “seat time” students have to eat school meals (SM 7).
Nutrition Standards for Competitive and Other Foods and Beverages	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Determine how the district will handle exemptions for infrequent school-sponsored fundraisers (NS 7, Memo SP36-2014). The district administration also identified challenges with parents bringing in foods for birthdays that do not meet smart snack guidelines. The principals reminded their teachers and office staff. The office staff will stop any incompliant outside foods from being brought onto campus. Parents are informed of this policy at the beginning of the school year.

Physical Education and Physical Activity	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Include the district's current partnership with community organizations in sharing school property for physical activities and events (PEPA 15).
Wellness Promotion and Marketing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Include physical activity not being <i>withheld as a punishment</i> with the current standard of it not being <i>used as a punishment</i> (WPM5). Measure practice in schools.
Implementation, Evaluation & Communication	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Specifically address the completion of the triennial assessment, how the district will share results and how the district will establish school building level wellness committees (IEC6, IEC7, IEC8). When do we share the wellness policy with teachers?

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement The district will actively communicate the ways in which representatives of the District Wellness Council, School Wellness Council, and others can participate in the development, implementation and periodic review and update of the LSWP.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification The district will actively inform caregivers and the public each year of basic information about the LSWP.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

<p>Triennial Assessment</p> <p>Once every three years, the district will assess the LSWP by completing the following: Comparing district LSWP to a model LSWP, Assessing the extent of compliance for all schools with the LSWP, Assessing the progress made in attaining the goals of the LSWP</p>	<p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
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4. Report to the Public

Once the Triennial Assessment is completed, the final step is to share results with the public. The purpose of this step is to ensure the school community is aware of the LSWP work. It is also a great opportunity to recruit new LSWP Committee Members. The next Triennial Assessment will be completed during the school year 2025-2026, with a report to the public in 2026.

Report to the Public

Target Audience(s)	Method	Date
Wellness Committee, Teachers, Principals and Community Partners	District Wellness Committee Meeting	May 1, 2023
Parents/Caregivers, teachers, community partners	District Website, Parent Square	August 2023
District School Board	School Board Meeting	May 8, 2023

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