

# UC San Diego Center for Community Health School Wellness

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# UC San Diego

## School Wellness



- Helps elementary schools build their capacity to implement and sustain healthy eating and physical activity policies, systems, and environments that contribute to preventing and reducing childhood obesity.
- School Wellness supports Live Well San Diego, the County's vision of a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

*Objective: To increase physical activity and healthy eating opportunities.*



*Goal: To build the capacity of schools to implement and sustain wellness efforts.*

# School Wellness

## Support Services

- Policy development and advocacy
- School health assessments & monitoring
  - Implementation and outcome evaluation
- Partner and resource development
- On-site visits and technical assistance: observations, role modeling
- Professional development and train-the-trainer
- Curriculum and materials
- Tool and resource development
- Promotional materials



### Bobier Elementary Selected for UCSD Wellness Program



1 Of Only 6 San Diego Schools Chosen For 3-Year Program

# Policy Development & Advocacy

## Local School Wellness Policy (LSWP)

### Fall 2016 – Spring 2019

- Bobier (Vista)
- Julian (Julian)
- Ocean Beach (San Diego)
- Sunset (San Ysidro)
- Valencia Park (San Diego)



### SDUSD Wellness

**By December**, each school will need to complete the annual Assessment of District Wellness Policy implementation.

By March, each school will need to outline in the Action Plan:

- One **student wellness strategy** that will help the school to increase their implementation of the District Wellness Policy.
- One **staff wellness strategy** that will help the school to increase their implementation of the District Wellness Policy (See the Staff Wellness section).
- One **family engagement strategy** that will help the school to increase their implementation of the District Wellness Policy.

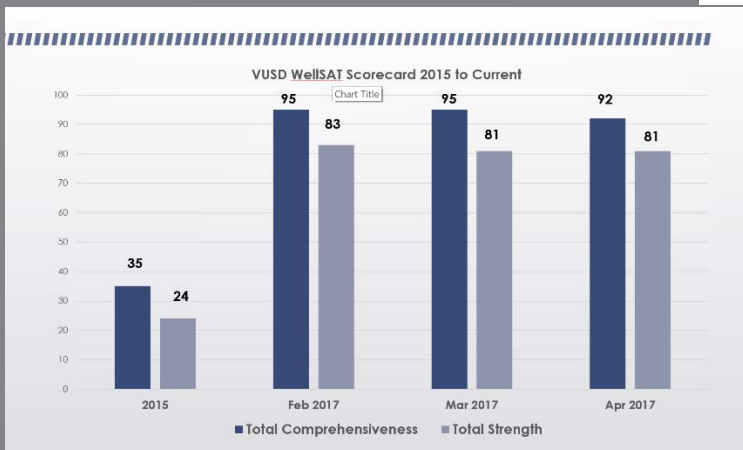
**By May**, each school will submit an Annual Report on progress towards implementation and the action plan.

### Fall 2017 – Spring 2019

- Chollas/Mead (San Diego)
- Encanto (San Diego)
- Fay (San Diego)
- Hawthorne (San Diego)
- Imperial Beach Charter (South Bay)

### Fall 2018 – Spring 2019

- 5 Schools TBD





# School Health Assessments & Monitoring



1. **WellSAT 2.0 or WellSAT-I 2.0**
  - Assessment of the comprehensiveness & strength of district wellness policies.
2. **CDC School Health Index**
  - Assessment & planning tool to improve school health and safety policies & programs.
3. **School Physical Activity Policy Assessment (S-PAPA)**
  - Brief interviews to learn more about physical education and physical activity.
4. **System for Observing Fitness Instruction Time (SOFIT)**
  - Observations of structured physical activity to assess student activity levels, lesson context, and teacher interactions.
5. Smarter Lunchrooms Scorecard & lunchtime plate waste observations.
6. Partner asset mapping.
7. Walk and bike audits

# Partner & Resource Development

## San Diego Unified School District

Take MILK ONLY if you will drink it!  
(You do NOT have to take milk)



Food & Nutrition Services

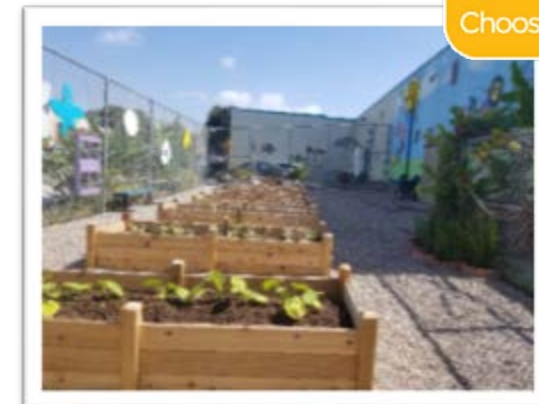


Recycling Specialist



Farm to School Coordinator

Food Corps Member



# Partner & Resource Development

UC San Diego  
◇  
School of Medicine  
◇  
Dept. of Academic General  
Pediatrics  
◇  
Center for Community Health

Aims to transform health and wellness  
in diverse communities by improving  
health equity.



**School Wellness** ◆ Lactation Supportive Services ◆ Food Systems  
Policy & Advocacy ◆ Training & Academic Enrichment ◆ Research & Education  
Faith-Based Wellness ◆ Refugee Health ◆ Workplace Wellness ◆ Healthy Food Retail



# Partner & Resource Development



UC San Diego  
Center for  
Community  
Health  
&  
San Diego  
Unified School  
District

## Faith Based Wellness

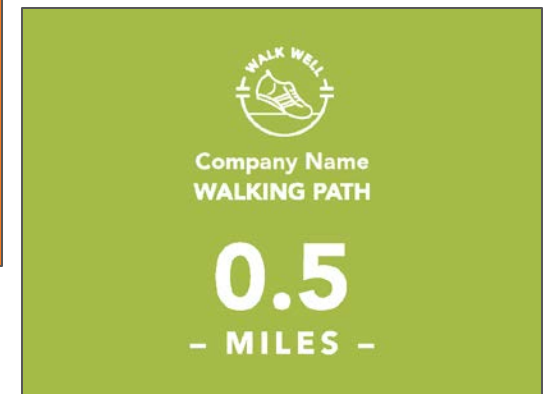
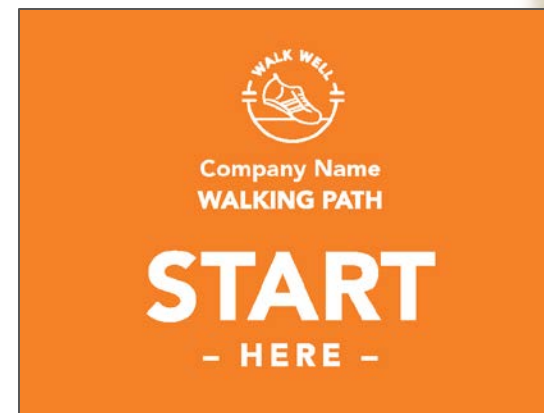
- Training for Physical Education Teachers

Improving Muslim Youth Participation in Physical Education and Physical Activity in San Diego County



## Live Well @ Work

- Employee Walking Paths
- Healthy Meetings & Celebrations





# School Wellness

## Support Services

- Policy development and advocacy
- Comprehensive or focused school health assessments & monitoring
- Implementation and outcome evaluation
- Partner and resource development
- **On-site visits and technical assistance: observations, role modeling**
- **Professional development and train-the-trainer**
- Curriculum and materials
- Tool and resource development
- Promotional materials



# Physical Activity

## Lunchtime Activity Zones





# Nutrition Education



https://ucsdcommunityhealth.org/work/harvest-of-the-month/

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## Welcome to Harvest of the Month

Experience the **Harvest of the Month** self-guided online toolkit brought to you by the University of California San Diego Center for Community Health School Wellness. The online toolkit offers elementary school educators step-by-step instructions and materials to implement monthly nutrition education lessons in the classroom.

Harvest of the Month provides lessons and activities for students, families and the community to engage in hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables and being active everyday.

### Steps to teach Harvest of the Month in the classroom

- 1 Show the Video
- 2 Conduct the Taste Test
- 3 Discuss 'Rate the Taste'
- 4 Implement Workbook Lessons
- 5 Add More Activities

COMPLETE IN 15 MIN + 20-30 MIN + 30 MIN

Download and print the full-color calendar.

Download (PDF)

Harvest of the Month Interactive Seasonal Calendar-San Diego County

## Harvest of the Month Interactive Seasonal Calendar-San Diego County

Click on a fruit or vegetable to access the materials to conduct the five steps. San Diego's seasonal produce helps communities maintain healthy lifestyle habits.

### Fall (September, October, November)

- Dried Fruits
- Persimmon
- Grapes
- Peppers
- Tomatoes
- Root Vegetables

### Winter (December, January, February)

- Beets
- Apples
- Citrus
- Salad Greens
- Winter Squash
- Kiwi

### Spring (March, April, May)

- Strawberries
- Berries
- Grapefruit
- Cucumber
- Cooked Greens
- Peas

### Summer (June, July, August)

## Persimmon - Resources

**VIDEO: PERSIMMON**

Watch this virtual farm video about organic Fuyu persimmons.

**TASTE TEST SAMPLE PREP INSTRUCTIONS: PERSIMMONS**

- See **How do I obtain and prepare produce for taste tests?**
- See **How do I conduct taste tests in the classroom?**

**Persimmons**

Suggested Sample: Each persimmon provides about 12 slices. Provide each student with 1 slice.

- Wash the persimmons.
- Slice and remove the top stem and any leaves.
- Cut the persimmon in half, vertically.
- Lay the flat halves on the cutting board.
- Cut each half into 6 slices.
- Place 1 slice on a napkin and distribute to each student.
- Instruct the students to wait to taste their sample until they are told to start tasting.

**RATE THE TASTE**

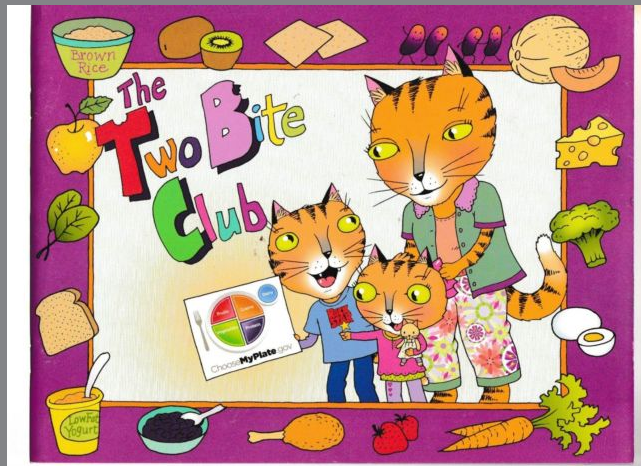
- Kinder: Rate the Taste PDF
- 1st Grade: Rate the Taste PDF
- 2nd-3rd Grades: Rate the Taste PDF
- 4th-6th Grades: Rate the Taste PDF

**WORKBOOK LESSONS**

- Kinder Workbook: Persimmon PDF
- 1st Grade Workbook: Persimmon PDF
- 2nd Grade Workbook: Persimmon PDF
- 3rd Grade Workbook: Persimmon PDF
- 4th Grade Workbook: Persimmon PDF
- 5th Grade Workbook: Persimmon PDF



# Nutrition Education



# Smarter Lunchrooms Movement

[www.smarterlunchrooms.org](http://www.smarterlunchrooms.org)

Before



After



Simple no-cost or low-cost, research-based strategies that:

- Increase participation in lunch.
- Improve consumption of healthy food.
- Reduce food waste.



## Focus on Fruit

- Serve fruit cut instead of whole to prevent waste.
- Make it easy for students to wade through all the choices by choosing one fruit to be the fruit of the day. Give it a fun, catchy name; put a sign next to it on the service line.

## Vary the Vegetables

- Offer a variety of vegetables. On the day that the Harvest of the Month vegetable was on the salad bar, it was the least wasted.

## Highlight the Salad

- Label salad bar choices with creative, descriptive names. This places the spotlight on healthy options. Give items fun, catchy names and post labels near each item on the service line or bar.

## Move More White Milk

- Display the white milk in front of all other beverages in the cooler. When it comes to food selection, students usually opt for what they see first.





Thank you!

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