

Fresno Unified Triennial Assessment Tool June 2021



Fresno Unified School District Local Wellness Policy and Triennial Assessment

LEAs are required to have a written local wellness policy (LWP) and conduct an assessment of the policy at least once every three years. This Triennial Assessment determines compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The FUSD Wellness Committee uses this tool as an action plan to guide the implementation and assessment of the FUSD LWP.

General Information

School District: Fresno Unified

Number of schools included in assessment: 105

Date of last local wellness policy revision: February 26, 2020

Website address for the wellness policy and/or information on how the public can access a copy: <https://foodservices.fresnounified.org/#>

Nutrition Goals for all Foods Available on Campus

Wellness Goals	Current Status	Activities to Support Goals
<p>School Meals: Promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.</p>	<ul style="list-style-type: none"> Nutrition Services provides healthy food and beverage choices to all students at each meal service. 	<ul style="list-style-type: none"> Fresno Unified Nutrition Services Participates in the following: <ul style="list-style-type: none"> School Breakfast Program National School Lunch Program After School Snack Program CACFP Super Program Fresh Fruit and Vegetables Program.
<p>School Meals: Students shall have adequate time during the breakfast, lunch, snack, or supper periods to purchase or retrieve a meal, eat a meal without rushing, and to clean up after themselves.</p>	<ul style="list-style-type: none"> All school sites are encouraged to provide adequate time during the breakfast, lunch, snack, and supper periods. FUSD AR 5144 	<ul style="list-style-type: none"> Surveys are conducted to review bell schedules
<p>School Meals: Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.</p>	<ul style="list-style-type: none"> Smarter Lunchroom Movement implemented in cafeterias. 	<ul style="list-style-type: none"> UC Cal Fresh Health Living supports schools in creating a pleasant eating environment in the cafeteria.
<p>School Meals: Make available free potable drinking water for all students, at minimum during mealtimes.</p>	<ul style="list-style-type: none"> All school sites have access to free potable water during mealtimes. 	<ul style="list-style-type: none"> The district has installed hydration stations at all middle and high schools and is finalizing the installation at all elementary schools

Nutrition Goals for all Foods Available on Campus

Wellness Goals	Current Status	Activities to Support Goals
<p>Competitive Food and Beverages: Ensure that foods and beverages sold and served on school campuses to students starting at midnight and up to one half hour after the school day comply with federal nutrition standards and CDE’s Competitive Food and Beverage nutrition standards.</p>	<ul style="list-style-type: none"> Approved vendors and order guides are reviewed annually by the Nutrition Services Department. 	<ul style="list-style-type: none"> The Fiscal and Nutrition Services department provide annual training to school site staff on competitive food and beverage guidelines.
<p>Competitive Food and Beverages: All foods offered or provided on the school campus should meet or exceed the CDE’s Competitive Food and Beverage nutrition standards.</p>	<ul style="list-style-type: none"> Approved vendors and order guides are reviewed annually by the Nutrition Services Department. 	<ul style="list-style-type: none"> District nutritionist reviews order guides annually.
<p>Competitive food and Beverages: Food served during classroom celebrations should meet the federal and state nutrition standards. Celebrations that include food and beverages must occur after the lunch period has ended. School administrators may determine to put further restrictions on celebrations. Food and beverages served must follow state safety standards.</p>	<ul style="list-style-type: none"> School staff are encouraged to support the District’s nutrition wellness goals by ensuring that food and beverages donated for parties meet the California Nutrition Standards. 	<ul style="list-style-type: none"> Community based partners provided resources and technical assistance that encourage the use of non-food celebration activities.

Nutrition Goals for all Foods Available on Campus

Wellness Goals	Current Status	Activities to Support Goals
<p>Competitive Food and Beverages: Discourage the use of food and beverages as rewards for academic performance or behavior and will prohibit withholding food and beverages as a punishment.</p>	<ul style="list-style-type: none"> All school sites are encouraged to support and implement the District’s wellness nutrition goals. 	<ul style="list-style-type: none"> Community based partners provided resources and technical assistance that encourage ideas for non-food rewards.
<p>Competitive Food and Beverages: Student organizations must also follow competitive food sale regulations</p> <ul style="list-style-type: none"> Elementary - The sale of food for fundraising is limited to no more than four food sales per school year and are limited to a single item on those four days. The sale must also occur after the lunch period has ended. Secondary - All clubs or organizations may sell food on campus no more than four times per school year and must use FUSD approved vendors. 	<ul style="list-style-type: none"> All school sites are required to meet guidelines. 	<ul style="list-style-type: none"> The Fiscal and Nutrition Services department provide annual training to school site staff on competitive food and beverage guidelines.
<p>Competitive food and Beverages: Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snack in School nutrition standards.</p>	<ul style="list-style-type: none"> All school sites are required to meet guidelines. 	<ul style="list-style-type: none"> Foods and beverages marketed or promoted to students meet or exceed the USDA Smart Snack in School nutrition standards.

Nutrition, Physical Education and Physical Activity Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>NE: Support an integrated health education curriculum that is designed to motivate and help students maintain and promote their health, prevent disease and injury, and reduce or eliminate behaviors that put their health and safety at risk.</p>	<ul style="list-style-type: none"> ▪ Implementing <ul style="list-style-type: none"> ▪ Science Grades 7 & 9-Positive Prevention Plus (PPP) Curriculum ▪ PE Grades 7-12 –Nearpod Lessons 	<ul style="list-style-type: none"> ▪ Implementation schedules for PPP curriculum secondary sites, and Special Education levels. ▪ Infographic highlighting how health education is integrated into the school day. ▪ Nearpod District Library Resources
<p>PE: Students shall have access to high-quality, comprehensive, and developmentally appropriate physical education program on a regular basis.</p>	<ul style="list-style-type: none"> ▪ K-6 EPEC GVC ▪ Fresno Unified Secondary Curriculum Resources - Culmination of standards-based lessons created and shared by teachers 	<ul style="list-style-type: none"> ▪ EPEC Training provided ▪ Two Buyback days per year devoted to PL for secondary PE. ▪ Monthly Secondary PE PLC ▪ IHT Training/Kaiser Grant.
<p>PE: Classroom and physical education teachers' will be provided professional development opportunities that includes scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the FITNESSGRAM.</p>	<ul style="list-style-type: none"> ▪ EPEC Trainings offered for all elementary sites. <ul style="list-style-type: none"> ▪ Training includes standards based best practices, scope and sequence ▪ Annual PFT Trainings ▪ Annual Buyback PL 	<ul style="list-style-type: none"> ▪ District Updates ▪ Communications ▪ Principal’s Institute ▪ PL Summit ▪ PFT Data Reports

Nutrition, Physical Education and Physical Activity Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>PE: Schools shall meet or exceed the mandated minutes required by the State of California and shall meet or exceed the California State Content and Performance Standards for Physical Education.</p>	<ul style="list-style-type: none"> ▪ Elementary school sites meet the mandated minutes requirements. ▪ Secondary school sites exceed the mandated minutes requirement. 	<ul style="list-style-type: none"> ▪ Master PE Schedules are collected on an annual basis for all elementary school sites. ▪ The Physical Manager provides technical assistance to school sites and shares best practices for creating a master PE schedule
<p>PA: Endorse physical activity as a positive and enjoyable aspect of dynamic living and individual excellence.</p>	<ul style="list-style-type: none"> ▪ EPEC Training ▪ Buyback Trainings 	<ul style="list-style-type: none"> ▪ EPEC Training provided by Physical Education Manager ▪ Infographic for PE ▪ Infographic on Health
<p>PA: Teachers and other school personnel will not use physical activity or withhold physical activity as punishment.</p>	<ul style="list-style-type: none"> ▪ <u>FUSD AR 5144</u> 	

Nutrition, Physical Education and Physical Activity Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>PA: Support joint or shared use agreements for indoor and outdoor physical activity so facilities are available to students, their families and community members outside of school hours.</p>	<ul style="list-style-type: none"> ▪ Community partners work with Facilities and Goal 2 to utilize recreational spaces. ▪ Fresno Unified allows use of facilities, pending approvals, by any outside agency/community members through the FUSD Civic Center. 	<ul style="list-style-type: none"> ▪ Facilities request form available on district website.
<p>PA: Teachers will be encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.</p>	<ul style="list-style-type: none"> ▪ EPEC Training ▪ Physical Fitness Activity Calendars 	<ul style="list-style-type: none"> ▪ The importance of Physical activity is a focus in the EPEC training provided by Physical Education Manager ▪ Physical Activity Calendars created by the Physical Education Manager ▪ CSUF Interns -Brain Breaks

Health Services Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Provide care for minor illness/injury, emergency services, and chronic conditions, as needed to promote optimum health for all students.</p>	<ul style="list-style-type: none"> Health Services supports students with complex chronic medical issues so that they may attend school daily along with caring for all injuries and illnesses that arise during the school day. 	<ul style="list-style-type: none"> For students with chronic health conditions, school nurses and other health care providers play a large role in the daily management of their conditions.
<p>Ensure students have access to highly qualified nurses and trained healthcare providers professionals in the school setting.</p>	<ul style="list-style-type: none"> Qualified professionals such as school nurses, nurse practitioners, dentists, health educators, physicians, physician assistants, and allied health personnel provide quality care to students, staff and family. 	<ul style="list-style-type: none"> All school sites in Fresno Unified have an assigned Credentialed School Nurse.
<p>Coordinating with school-based health centers, caregivers, community medical providers and community-based organizations to address students' health needs.</p>	<ul style="list-style-type: none"> Health Services manages its own mobile health unit. Oversees two School Based Health Centers. 	<ul style="list-style-type: none"> Clinica Sierra Vista provides support for the School Based Health Centers. Collaborates with community partners and health providers to address students physical and mental, emotional, and social needs, including dental and vision services.

Health Services Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Promote good health and provide health education and resources to students and families.</p>	<ul style="list-style-type: none">• School Nurse are credentialed to deliver health education instruction to students, families and other community members.	<ul style="list-style-type: none">• Support students' educational success by promoting whole-child health and wellness within the school setting.• Provides direct health education to students and families at school events.

Positive School Climate Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>The district will implement evidence-based programs and practices to establish and maintain positive academic, social and emotional school climate where students feel valued, respected, cared for and are motivated to learn.</p>	<ul style="list-style-type: none"> • Implementing <ul style="list-style-type: none"> • Second Step/School Connect SEL Curriculum K-12 • PBIS Structures • Circles • Restorative Practices, • IPG Support 	<ul style="list-style-type: none"> • Purchased School Connect for 9-12 and Second Step Online Curriculum K-8. • Continued PL offerings in areas listed.
<p>Implement tiered system of support to address students diverse needs to eliminate exclusionary discipline practices such as suspensions and expulsions.</p>	<ul style="list-style-type: none"> • District MTSS plan • Discipline Guidelines at 19 sites to support behavioral calibration focused on prevention and intervention (proactive). 	<ul style="list-style-type: none"> • Cultural Proficiency Learning for ALL staff. • Future roll out plan for additional Discipline Guideline Sites.
<p>Establish and maintain school and classroom behavioral expectations, rules and routines that promote positive behavior.</p>	<ul style="list-style-type: none"> • Implement Schoolwide classroom expectations and provide Guidelines for Success. 	<ul style="list-style-type: none"> • Use of Safe and Civil supports such as STOIC/CHAMPS, Foundations

Positive School Climate Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Provide opportunities for every student to learn and practice social-emotional skills utilizing evidence-based curriculum and practices, including resiliency, self-regulation, effective listening, conflict resolution, problem solving, personal reflection and responsibility, and ethical decision-making.</p>	<ul style="list-style-type: none"> • Secondary sites have advisory periods for SEL Instruction and Community Building. • Elementary sites have weekly time scheduled for SEL Instruction. • 31 school sites have Intervention Specialists providing targeted Social and Emotional Intervention. 	<ul style="list-style-type: none"> • In the process of finalizing <ul style="list-style-type: none"> • FUSD SEL standards, • SEL Curriculum • Circles to practice SEL skills learned. • Roll out plan for SEL integration for secondary sites. • Expanding Tier II support at additional sites.
<p>Create opportunities for every student to build significant relationships with adults and peers on campus through positive communication and community building.</p>	<ul style="list-style-type: none"> • Established structures, supports, and PL for community building practices. 	<ul style="list-style-type: none"> • Morning Meetings, Class Circles, Mentor Program, MBK, Community building resources for sites
<p>Students will have access to highly qualified, mental health professionals in the school setting and a referral pathway for connecting students to community-based providers as needed.</p>	<ul style="list-style-type: none"> • Mental Health teams at every school site. • Secondary sites have CSSW • All sites have access to school Psychologists. • All mental health professionals provide direct services and linkages to support. • District mental health and suicide prevention Board Policy. 	<ul style="list-style-type: none"> • <u>Care Solace</u> mental health contract • Gaggle to identify students in need • Signs of Suicide (SOS) • Climate and Culture Survey • Districtwide and site-based referral process in place

Positive School Climate Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Establish anti-bullying policies and identify and implement school-wide approaches to prevent and address harassment, bullying and cyber bullying.</p>	<ul style="list-style-type: none"> • District anti-bullying Board Policy • Schoolwide anti-bullying campaign with resources. • PL opportunities in cyberbullying identification and prevention. 	<ul style="list-style-type: none"> • Olweus Anti-Bullying PL • DHIB protocol PL (working on online version) • Gaggle to identify bullying behaviors
<p>Implement restorative practices, social justice, cultural proficiency and equity practices.</p>	<ul style="list-style-type: none"> • Regional focus on Restorative Practices including <ul style="list-style-type: none"> • Restorative counselors • Equity and access department focused on cultural proficiency and equity districtwide. 	<ul style="list-style-type: none"> • Cultural Proficiency Learning for ALL staff. • District Site and Department Goals for cultural proficiency.

Family and Community Engagement Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Support schools in communicating family engagement activities that align with the community's needs and district wellness goals.</p>	<ul style="list-style-type: none"> Virtual year-round family Learning engagement districtwide. 	<ul style="list-style-type: none"> Parent University promote Family Learning engagement districtwide: <ul style="list-style-type: none"> Provided positive discipline parenting tools to build stronger relationship(s) among adult and children. Understand what is adolescence, physical, cognitive, emotional development adolescence, social and emotional learning, tips on how to support social emotional learning at home and learn Fresno Unified School District and Community Support Services.
<p>Promote family engagement and participation in school and district-sponsored wellness activities and events.</p>	<ul style="list-style-type: none"> Piloted new Nutrition Learning Program at 10 school sites. 	<ul style="list-style-type: none"> Parent University: <ul style="list-style-type: none"> Bring awareness to students and families to learn about healthy nutritional choices to incorporate for long-term healthy life and family fun physical activities.

Family and Community Engagement Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>Maintain relationships with community partners who provide wellness programs, physical activity, nutrition, and other physical and mental health topics for families and community members that are fully inclusive, culturally informed, and address the community's needs.</p>	<ul style="list-style-type: none"> • Nutrition Services collaborates: <ul style="list-style-type: none"> • Cal Fresh Healthy Living • Dairy Council of California • No Kid Hungry • Cultiva la Salud • Alliance for a Healthier Generation • Parent University collaborates with: <ul style="list-style-type: none"> • Cal Fresh Healthy Living • Education and Leadership Foundation • Every Neighborhood Partnership • Fresno Economic Opportunities Commission, Fresno Street Saints • The Fresno Center • Success Together 	<ul style="list-style-type: none"> • Parent University Partners: <ul style="list-style-type: none"> • Culturally based leadership and skill building monthly opportunity for African American, Hmong and Spanish families. • Provides wellness program to support student achievement. • Empowering and engaging families in K-6 curriculum opportunities in Reading, Science, and Social Emotional Learning.
<p>Collaborate with community-based organizations consistent with the district's Wellness Policy and its goals.</p>	<ul style="list-style-type: none"> • Parent University collaborate with: <ul style="list-style-type: none"> • Action for Healthy Kids • Central Valley Immigrant Integration Collaborative • California Health Collaborative • Education and Leadership Foundation • The Fresno Center 	<ul style="list-style-type: none"> • Parent University Community-based organizations: <ul style="list-style-type: none"> • Connecting dreamers to individualized support. • Support schools by bringing all the members of a school community together and equipping them with healthy tools and resources they need to make change happen.

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