This worksheet can be used to create narrative descriptions to post alongside sections from Worksheet 3: Identifying Connections between Policy and Practice. The purpose of these narratives is to describe the district’s progress toward meeting their wellness goals. Not all districts will have information to share in all four sections.

SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

If applicable, write a narrative below to describe your district’s areas of success in meeting its wellness goals.

Tulare City School District’s (TCSD) Local School Wellness Policy (LSWP) has strong and aligned practices that have been updated and implemented for the last 15 years. Based on the current triennial assessment TCSD has successfully followed the federal guidelines in implementing these policies:

- Have free drinking water available in the cafeteria.
- Strong guidelines regarding foods sold through a la carte, vending machines and school stores meeting or exceeding state and federal guidelines.
- Marketing restrictions on the school campus during the school day to foods and beverages that do not meet smart snack standards.
- Availability to the public of the wellness policy.
- Availability to the public of the district implementation.

Additionally, going above in ensuring there is:

- Access to USDA school breakfast.
- Smart snack standards that are easily accessible in the LSWP policy and through administrator documents.
- Availability of drinking water throughout the school day.
- Written physical education curriculum for grades K-8, that is aligned with national and or state standards, promoting a physically active lifestyle.
- Opportunities for all students to engage in physical activity before and after school.
SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

If applicable, write a narrative below to describe how your district will create practice implementation plans to ensure full compliance with all elements of the LSWP.

TCSD will create practice implementations plans through working with the District Wellness committee to leverage partners, such as community nutrition educators, school administration, health staff, and nutrition staff allowing for the successful implementation of nutrition education into all school sites. Additionally, working with the same partners through education and reminders to ensure compliance of all food and beverages sold to students during the school day are smart snack compliant. These two areas are of most importance as they are a federally required. The additional areas for implementation improvement will be completed upon completion of triennial assessment and board approval of the updated wellness policy.

SECTION 3: UPDATE POLICIES

If applicable, write a narrative below to describe how the district will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

TCSD has many areas for growth in updating the LSWP. Our district has been very successful in implementing many wellness activities without noting the documents on the policy. Updated federally required items will be added as our school meals program does assure compliance with USDA nutrition standards for school meals as well as maintains annual training for nutrition standards that align with USDA professional standards. Additionally, the LSWP will add in the relevance of all stakeholders in the wellness committee.

Additional items for policy updates will be reviewed with the district wellness committee and will be discussed to determine if the community agrees with adding in the new language for these areas. We will want to ensure the policy is attainable for the district to implement at all school sites.
SECTION 4: OPPORTUNITIES FOR GROWTH

If applicable, write a narrative below to describe how your district will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

Opportunities for growth will also be discussed as we update the wellness policy. If we deem they are attainable items for the district to successfully implement.

Areas of note would be the federal regulations regarding Free/Reduced meal applications, unpaid meal balances and over identification of students eligibility. These are not listed in our current wellness policy as the district is currently operating under the community eligibility provision (CEP) where all students are eligible for free breakfast and lunch. Additionally, the federal requirement regarding class parties and the items served during parties, per our LSWP we address and provide language regarding guidelines, however our language is weak. As a committee we would need to decide if we feel it needs to be stronger.

Other areas noted as opportunities for growth, but are not federal requirements include:
- Linking nutrition education with the school food environment as well as the agriculture and food system.
- Addressing purchase of local foods for the school meals program.
- Nutrition standards for all foods and beverages sold to students after the school day.
- Stronger language regarding not using food as a reward. Current policy and practice are implemented, but both are considered weak.
- Addressing physical activity not being withheld as punishment.
- Addressing marketing through fundraisers and corporate incentive programs, i.e. box tops.
- Establishing school site wellness committees.