Land Acknowledgment - Ohlone People

We gather today on the traditional, ancestral and stolen land of the Ohlone Peoples past and present, and honor with gratitude the land itself and the people who have stewarded it throughout the generations.
Today’s Agenda

- Wellness Policy Vision and Mission
- Water Access
- Oral Health
- Student-Led Action
- School Food

**Vision:** To make the healthy choice the easy, most-desired, choice

**Mission:** To implement a framework to actively promote an environment that encourages and supports students, staff, families, and communities to make healthy choices.
Water Access

$500,000

“To install hydration stations at low income schools serving students with health disparities, to elevate the schools to the Silver or Gold standard for hydration:

- Gold - multiple on each floor, centrally located, and conduct water education
- Silver - one on each floor, centrally located, and conduct water education

Funds may support purchase of Spa Water Supplies, station maintenance and beautification, refillable water bottles to distribute to students, water testing.”
SY 19-20 First-Round Installations

The first round of the 33 schools to receive Hydration Stations at the Silver or Gold standard for Hydration Stations are:

- McLaren EES (3) as well as a public-facing Station at McLaren Bike Park (1) - 94124, District 10
- Francisco Middle School (2) - 94113 - District 3
- Rosa Parks Elementary School (1) and Raphael Weil EED (1) - co-located 94115, District 5

Oral Health
“Support School-based and school-linked preventative oral health programs within SFUSD schools serving high-risk target populations. This should also support SFUSD dedicated oral health staffing”
Student-Led Action

$500,000

“Support student led (stipend) efforts to:
● decrease consumption of sugary drinks,
● Increase consumption of water, and
● increase awareness of sugary drinks consumption among students,
with focus on schools with the largest populations of high-risk students that are disproportionately targeted by the sugary drinks industry, SFUSD should provide to SDDTAC a proposal of how the funding will be spent through student led action.”
Jade Rivera
Teacher on Special Assignment (TSA)
SF Native, Spanish Bilingual

Vanessa Lieu
Para on Special Assignment (PSA),
LA Native, Mandarin

Jennifer Lopez,
Site Nutrition Coordinator
SF Native, Spanish Bilingual

Maya Pastreich,
Site Nutrition Coordinator
SF Native, Spanish Bilingual
Student-Led Groups

Stipended student groups at

- Balboa High School (10 students)
- Lincoln High School (9 students)
- O'Connell High School (9 students)
- Mission High School (4 students)
- Willie Brown Middle School (5 students)
- BSU at Ulloa Elementary (4 students)

who embody and advocate for the SFUSD Wellness Policy, especially through supporting environmental and behavioral shifts around Nutrition.

In SY 19-20, these Student Groups will focus on SSBs and Healthy Eating, through a racial equity lens and with project-based learning initiatives.

Future Collaborations with:

- Black/Latinx Student groups in leadership with Student Advisory Groups
- The Bigger Picture

O’Connell High School Water Project
Mission High School Water Project with CTE
Teacher Mark D’Acquisto

O’Connell, Mission High School Water Project
Student Leaders
Racial Makeup

![O’Connell HS, n=9](chart1.png)

African American: 11.1%
White: 11.1%
Latino: 77.8%

Mission HS, n=4

African American: 25.0%
Mission High School Water Project

Pre-Survey

How many days per week do you usually drink water?
100 responses

Post-Survey

How many days per week do you usually drink water?
65 responses

Black Student Union

Willie Brown
BSU
Nutrition
Outreach
Workers
Nutrition Outreach Workers (NOWs)

Lincoln HS NOWs
Harvest of the Month

Nutrition Outreach Workers (NOWs)

Balboa HS NOWs
Healthy Breakfast and Lunch Campaign
PBL Conference
Project-Based Learning

Let students lead the way...

- Attended by crucial staff at School Health Programs, Student Nutrition Services and BSU to design, assess and manage Project-Based Learning, especially for our historically least served-students

- Attendees will use and share their knowledge to implement projects and to build capacity at school sites to support student-led efforts

Tap Thirst First Student Led Film Project

How Much Sugar in This Drink?

STEP 1: Find the sugar from nutrition facts label

70g

STEP 2: Divide the grams of sugar by 4 to find the number of teaspoons

70g divided by 4 = 17.5 teaspoons of sugar
Culturally Competent

- 6 crucial staff attended racial equity training to interrupt and improve inequitable experiences and outcomes for the students we serve.

- Trainees included:
  - 1 Asian-American,
  - 1 Latina,
  - 1 Arab-American, and
  - 3 Caucasians

- Ensure that all employees are **culturally competent** and can use and share the knowledge, skill and resources to foster **equity-centered environments** at school sites across the district.

Expenditures

- Student Stipends
- Adult Ally Stipends
- Hiring (2) FTE staff to implement and oversee student-led project-based initiatives: Teacher and Paraprofessional on Special Assignment
- 10% of (2) Site Nutrition Coordinators
- Materials, supplies
- Conferences, Professional Developments
SFUSD Wellness Policy Budget Overview

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<tr>
<th>Student Led Action</th>
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<td>Staff</td>
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<td>Teacher on Special Assignment</td>
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Evaluation & Next Steps

**CDC School Health Index Tool**
- Assessment with SF State Interns

**SFUSD (priorities 19 - 20)**
- Attendance
- Sense of Belonging
- Achievement Gaps
- Impact on Project-Based Learning Initiatives

**Our Children Our Families (OCOF)**
- Healthy Bodies Goal C
- Physical Activity - FitnessGram Aerobic Capacity Gaps

**Future Focus on the following:**
- Historically Underserved Schools (Zip Codes)
- High Equity Gap Schools
- Messaging going home to parents
School Food
School Food, Nutrition Ed
$1,000,000

“To improve the quality and appeal of school meals and support nutrition education to increase participation in school meal programs (for example: cooking and serving equipment, staff professional development, and innovative procurement and menu strategies to increase freshly prepared food). Funding will target schools with the largest populations of high-risk students that are disproportionately targeted by the sugary drinks industry.”