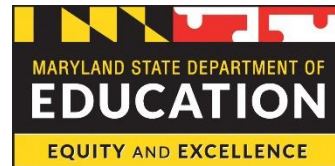


Maryland Local School Wellness Policy Triennial Assessment Report



Directions for Triennial Assessment Report: There are four parts to this report. Review the guidance instructions (in blue text boxes) for each part and fill in the required information. Email the final document to leslie.sessomparks@maryland.gov at the Office of School and Community Nutrition Programs (OSCNP).

(Refer to SM 19-20: Triennial Assessment of Local School Wellness Policy memo for additional information)

General Information

Local Education Agency (LEA) Name:

Carroll County Public Schools

Wellness Policy Title:

Comprehensive School Health Program and Wellness Policy

Comprehensive School Health Program and Wellness Regulations

Web Link:

<https://www.carrollk12.org/boe/Board%20Policies/E%20-%20Support%20Services/EFE%20-%20Comprehensive%20School%20Health%20Program%20and%20Wellness.pdf>

<https://www.carrollk12.org/boe/Administrative%20Regulations/E%20-%20Support%20Services/EFE%20Comp.%20School%20Health%20Program.Regulations.pdf>

If applicable, related local regulation title(s):

N/A

Web Links:

N/A

Number of Schools/Sites in LEA:

41

Reporting Time Period/School Year(s):

2017-2020 (waivered until 2021 w/ Pandemic)

Person(s) Completing Tool:

Name: Karen Sarno

Position: Supervisor of Food Services

January 2020

Email: Click or tap here to enter text.

Phone Number: Click or tap here to enter text.

Part 1: Comparison to a Model Wellness Policy

WellSAT 3.0

The MSDE recommends using WellSAT (www.wellsat.org) a quantitative tool, for wellness policy comparison. In order to improve written school wellness policies, WellSAT provides an overall strength and comprehensiveness score, in addition to subscale scores for specific content areas. Items in WellSAT 3.0 reflect current federal law and best practices.

During school year 2019-2020, the Maryland Wellness Policies and Practices Project (MWPPP) via the University of Maryland Division of Growth and Nutrition will be completing the WellSAT 3.0 on all LEA's wellness policies/regulations, and will provide a report to each individual LEA outlining their scores. In the future, LEAs may need to complete the WellSAT on their own.

WellSAT 3.0 Scores

Overall Comprehensiveness:

50

Overall Strength:

0

Analysis

Based on the results of the WellSAT, provide the following information:

- 1) A description of two policies/regulations that you would like to update.
- 2) How will your school health council/wellness team plan to update these items?

Identified Policy/Regulation #1:

-Address how to handle feeding children with Unpaid meal debt without stigmatizing them.

Plans for Updating:

A Policy on School Meal Debt per MD Senate Bill 760 has been developed. During the next update of the Wellness Policy Regulations the School Health Council this policy will be included in the Nutrition section. To be completed by June 2022 and prior to next triennial assessment. At this time school meal debt does not exist- Carroll County Public Schools received donations during school year 20-21 from individuals and businesses that eliminated all school meal debt. It is the systems intent to operate SSO in 21-22 therefor debt will not be able to be incurred until SY 23.

January 2020

Identified Policy/Regulation #2:

Ensures annual training for food and nutrition services staff in accordance with USDA professional Standards.

Plans for Updating:

This is part of the Food Service operations and is being tracked internally and documented in Administrative reviews. During the next update of the Wellness Policy Regulations the School Health Council will include the statement in the Nutrition section that “Annual training for food and nutrition services staff is in accordance with USDA professional Standards”. To be completed by June 2022 and prior to next triennial assessment.

Other Comments:

Click or tap here to enter text.

Part 2: Extent of Each Schools’ Compliance with the Wellness Policy

School-Level Compliance Tool

The LEA is responsible for ensuring that a Triennial Assessment of **all** schools under its jurisdiction is conducted (see School Meals memo SM 23-17). Examples of school-level reporting include the following:

- 1. A summary of wellness practices for each school
- 2. A grading system with scores given to each school.

Tools to support school-level compliance with the LEA wellness policy include examples in the table below. The table also includes the school survey to support completion of the first Triennial Assessment conducted by the MWPPP. If a LEA did not have 100% school participation in the MWPPP school survey, the district’s data specialist may be helpful in compiling the aggregated data required for this report using another tool.

How many schools/sites completed an assessment of compliance to the school wellness policy?

41

Identify the tool(s) used to assess compliance. Check boxes where applicable.

<u>Compliance Tools</u>	Check if applicable
<p>Maryland Wellness Policies and Practices Project school survey: A school-level survey to measure individual school(s)/site(s) compliance to federal and state wellness policy requirements. The survey is focused on nutrition and physical activity. http://www.marylandschoolwellness.org/</p> <ul style="list-style-type: none"> • Aggregate summary report is produced for local school systems. 	<input checked="" type="checkbox"/>

Maryland School Wellness Scorecard: A school-level scorecard adapted from the School Health Index that focuses on federal and state wellness policy requirements and best practices. The scorecard focuses on the physical activity environment, nutrition guidelines, and the nutrition environment. It can be used for both assessment and action planning. <http://www.eatsmartmaryland.org>

- **LEA will need to produce aggregate summary report.**

School Health Index: The *School Health Index (SHI) Self-Assessment and Planning Guide* is an online self-evaluation and planning tool for schools. SHI aligns with the Whole School, Whole Community, Whole Child model, which expands beyond nutrition and physical activity.

<https://www.cdc.gov/healthyschools/shi/index.htm>

- **LEA will need to produce aggregate summary report.**

Action for Healthy Kids Game On: An on-line tool for schools to assess their wellness policies and best practices and action plan on improving their environment. The focus of this tool is on nutrition and physical activity.

<https://www.actionforhealthykids.org/game-on-program/>

- **LEA will need to produce aggregate summary report.**

Alliance for Healthier Generation Healthy Schools Assessment: A on-line tool for schools to assess and action plan about their health and wellness policies and practices. The tool is aligned with School Health Index and the Whole School, Whole Community, Whole Child model, which expands beyond nutrition and physical activity.

- **LEA will need to produce aggregate summary report.**

LEA survey tool: LEAs can develop their own tool to survey schools on compliance of their school wellness policy.

- **LEA will need to produce aggregate summary report.**

Other tool(s), if applicable:

Click or tap here to enter text.

Aggregate Summary of School-Level Compliance

Aggregate reports should summarize each school-level report to minimally include:

- Total schools/sites in LEA
- Total schools/sites or percentage responding to compliance tool
- Percentage compliance to the following:
 - Smart Snack standards
 - Physical activity goals
 - Nutrition education and promotion goals,
 - Food and beverage marketing standards,
 - All non-sold foods made available to students (birthdays, celebrations, rewards)
 - Other school-level wellness activities

Provide an aggregate summary of school-level compliance with the LEA's wellness policy.

Wellsat 3.0 and Data Briefing Report MWPPP are attached.

Part 3. Progress in Meeting the School Wellness Policy Goals

To summarize your LEA's progress in meeting the goals of the school wellness policy, use information and data from Part I and Part 2 of the Triennial Assessment report to complete the questions below.

Areas of Success

Example areas of success: *Collaborated with Alliance for Healthier Generation in 10 schools to support improving the nutrition and physical activity environment. Provided professional development to over 100 elementary school teachers on how to integrate physical activity throughout the school day. Identified funding for wellness team leaders/champions in each school.*

- 1. Identify two successes of how schools are meeting wellness policy goals and regulations, and how they are adopting best practices?**

Success #1:

Provides Recess at the Middle School Level. This score improved from 78% to 100% between SY17 and SY19. The importance of physical activity and "brain breaks" was emphasized in regulations and by the School Health Council. Middle school administrators all adopted.

Success #2:

Reduction in use of food/beverage as a reward. The Score improved from 26% to 54% from SY17 and SY19 for Does not permit staff to use food/beverages as a reward for academic performance or good behavior. The wellness policy and School Health Council continue to emphasize the importance of not using food/beverage as a reward and have provided alternative reward listings for teachers and administrators.

2. How is your LEA and wellness council/school health council, etc. supporting implementation of the school wellness policy?

The School Health Council holds quarterly meetings and then works in a subcommittee model to complete projects that support the wellness policy. During this assessment period mental health has been a focus area. Our Wellness Policy uses the Whole School, Whole Community, and Whole Child Model from the Centers for Disease Control and Prevention. As a result many areas beyond the scope of this triennial assessment are included and supported in our wellness policy.

Areas of Improvement

3. What are two areas for improvement and what are your goals for improvements? Utilize SMART (Specific, Measurable, Attainable, Realistic, Time bound) goals to measure improvement.

Area for Improvement #1:

Provide opportunities for parent and/or student input on wellness policy implementation.

Goals for Improvement #1:

Consistent low score in this area: SY19 8%. Set goal to improve outreach through use of community partners and development of a School Wellness Newsletter.

Area for Improvement #2:

Provides technical assistance to schools for evaluating wellness policy implementation- SY19 score- 5%.

Goals for Improvement #2:

Improve the perceptions of schools that the Central office and School Health Council are a resource for assisting in implementation and evaluation of wellness policies to improve this perception.

Other Comments:

Click or tap here to enter text.

Part 4. Reporting to the Public

Public Accessibility

LEAs are required to make the wellness policy and the Triennial Assessment public. At minimum, LEAs should make Part 2 of the Triennial Assessment public (the summary of how school(s)/site(s) comply with the wellness policy).

Indicate the dates and methods (email, phone, meeting minutes, press release, social media, newsletter, automated messages and/or website) that the Triennial Assessment will be made public accessible for each target audience.

Target Audience:

School Board

Date(s):

Specific and detailed to BOE as formal presentation no later than Spring 2023

Method(s):

Although other methods listed below will be available to the BOE. The BOE is presented updates to the Policy/Regulations every three years or as needed per the policy. The Last update was March 2020 so updates to include assessment data will occur again no later than Sprng 2023. This will place our Policy reviews in alignment with the Triennial Assessment schedule which will be ideal.

Families/Parents

Date(s):

9/2/21

Method(s):

Systemic E-mail to all CCPS community (parents, administrators, teachers, school staff, BOE) as part of Food Services Welcome to the Cafeteria start of school outreach. This outreach will describe the Wellness policy and triennial assessment and provide link to the report on the on School System website.

Students

Date(s):

8/16/21

Method(s):

Information and link on the published menu

Teachers

Date(s):

9/2/21

Method(s):

Systemic E-mail to all CCPS community (parents, administrators, teachers, school staff) as part of Food Services Welcome to the Cafeteria start of school outreach. This outreach will describe assessment and provide links to the Wellness policy and report on the on School System website. [Click or tap here to enter text.](#)

School Administrators

January 2020

Date(s):
9/2/21

Method(s):
Systemic E-mail to all CCPS community (parents, administrators, teachers, school staff) as part of Food Services Welcome to the Cafeteria start of school outreach. This outreach will describe assessment and provide link to the report on the on School System website.

Other School Staff

Date(s):
9/2/21

Method(s):
Systemic E-mail to all CCPS community (parents, administrators, teachers, school staff, BOE) as part of Food Services Welcome to the Cafeteria start of school outreach

Community Partners

Date(s):
9/14/21 and Fall 21

Method(s):
Reported at the School Health Council Meeting and included in documented public minutes.
Fall 21 Article in the CCPS School Wellness Newsletter to include overview and link to CCPS website.

Other

Date(s):
08/31/21

Method(s):
Part of the Food Service All Employee Meeting Training

Thank You.