

St. Mary's County Public Schools
Maryland Local School Wellness Policy
Triennial Assessment Report 2019-2020



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:

St. Mary's County Public Schools

Wellness Policy Title:

Policy JLC: Student Wellness

Web Link:

<http://go.boarddocs.com/mabe/smcps/Board.nsf/goto?open&id=AMMMNL55F414>

If applicable, related local regulation title(s):

Regulation JLC-R: Student Wellness

Web Links:

<http://go.boarddocs.com/mabe/smcps/Board.nsf/goto?open&id=AMMP9W634454>

Number of Schools/Sites in LEA:

26

Reporting Time Period/School Year(s):

Data Briefing Report from School Year 2018-2019

Person(s) Completing Tool:

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January 2020

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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:

69

Overall Strength:

56

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:

Policy/Regulation JLC/JLC-R

Plans for Updating:

As part of the WellSat for St. Mary's County we received a "0" in the following areas based on the evaluation of our school wellness policy:

- Addresses the establishment of an ongoing district wellness committee.
- Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
- Identifies the officials responsible for the implementation and compliance of the local wellness policy.

We will work towards addressing these issues throughout the 2020-2021 school year. The SHC will review and make recommendations regarding policy and regulations related to these identified areas to the SMCPS Board of Education for their consideration.

Identified Policy/Regulation #2:

SMCPS Policy/Regulation EEA/EEA-R

Plans for Updating:

Our School Health Council will have a few focus areas to guide us through next school year. One of them will be the Safe Routes to School Program. We have established a great relationship with our Health Department and the Healthy St. Mary's Partnership (HSMP) through the School Health Council (SHC). Together, we will focus on this topic. The HSMP will be working on grants and studies to support this work and the school system will support their efforts through policy and regulation modification, school and system support, and communication to students, staff, parents, and community. We would like to have policy and regulation modifications approved by the end of the 2020-2021 school year that supports this initiative.

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?

100% (26 of 26 schools from our LEA completed an assessment of compliance

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

<u>Compliance Tools</u>	Check if applicable
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/ • Aggregate summary report is produced for local school systems.	X
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 an aggregate summary report.	☐
School Health Index: The <i>School Health Index (SHI) Self-Assessment and Planning Guide</i> 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 an 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 an 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 the School Health Index and the Whole School, Whole Community, Whole Child model, which expands beyond nutrition and physical activity. <https://www.healthiergeneration.org/take-action/schools>

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

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

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

Other tool(s), if applicable:

Not applicable

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 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.

Of our 26 schools, all 26 schools completed the survey giving us 100% compliance. Our individual schools scored between 18 and 24 on the assessment survey. The average score was 20, the low score was 18 and the high score was 24. All of our schools were fairly consistent in their reporting based on the survey questions. We had 100% participation from our schools which is something to be celebrated.

We make sure that all snacks meet Smart Snack requirements by entering all nutritional information into a Smart Snacks Product calculator from the Alliance for a Healthier Generation website. We also use NutriKids to ensure that our cycle menus meet the nutritional requirements of the National School Lunch Program, School Breakfast Program, Summer Feeding and CACFP Supper Program requirements.

We conduct site visits to cafeterias, do observations of classroom parties, monitor snacks in vending machines and a la carte items for sales. We ensure that we are not marketing products based on brand recognition.

Principals at the elementary level provide three class periods of physical education within every ten days of school. Middle schools provide three marking periods of physical education and high school requires

one semester of physical education as a graduation requirement. All of these efforts, including daily recess at the elementary and middle school levels, promote the attainment of our physical activity goals.

Our report from MWPPP is linked from our SHC Public Google Site: [MWPPP Report for St. Mary's](#)

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:

Assures that all foods and beverages sold to students during the school day meet the Maryland Nutrition Standards for All Foods Sold in School. The MWPPP Data Briefing Report shows that we are 77% compliant in this area. However, as a school system we are 100% compliant in this area based on our menu compliance, annual review and 100% claim reimbursement from MSDE. We will continue to work with administrators and wellness coordinators to explain this category and the criteria to meet the Maryland Standards for All Food Sold in Schools.

Success #2:

Provides resources, support, and/or training to implement regular physical activity breaks for every grade. We jumped from 60% fully implemented to 77% fully implemented.

A positive sense of physical, social, and emotional well-being empowers students to meet personal goals. This is largely in part to our Student Services Department who provides services to address the cognitive, behavioral, social, emotional, safety, and alternative education needs of all students to maximize student achievement. Schools are also implementing conscious discipline and restorative practices across all levels. This has been a focus of our professional development across the system from multiple departments. These efforts also include brain breaks and physical activity breaks in the traditional classroom. Genius Breaks has also been a shared practice among our PE teachers. We had a teacher present on this topic at the ShapeMaryland Conference in November of 2019.

Success #3: (Not required, just want to share two additional items we are excited about)

- We had 100% participation from our schools
- We scored above the state average in our comprehensiveness score and our strength score on the MWPPP data report and the WellSat comparison.

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

Wellness coordinators (paid stipend) are required to attend SHC meetings and report out/share their

school-based initiatives. We also have sub-committees, one of which is based on Healthy Eating and Living (HEAL), that work on specific initiatives based on our school wellness policy. These sub-committees include VAPE-Free, HEAL, Behavioral Health. Materials and resources will be shared with teachers, administrators, parents, students, and the community via our SHC Google Site.

As a SHC we also review policy and regulation annually to update our current language and practice regarding students and staff. Any modification to the policy or regulation is shared with school administration and school wellness coordinators.

The HEAL sub-committee, as part of the School Health Council, is working on providing guidelines to schools regarding classroom celebrations. This includes non-food items and health food item options. This will also extend to Boosters organizations and clubs who sell concessions at after school events.

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:

Schools not utilizing recess or loss of PE class as a consequence for misconduct.

Does NOT permit physical activity to be WITHHELD as punishment (e.g. taking away recess or ending PE class early). Based on the MWPPP survey, SMCPS is only 39% fully in place on this measure. All elementary schools will offer at least 20 minutes of recess on all days during the school year. Middle schools are encouraged to offer at least 15 minutes of recess on all days during the school year. This is modified for early release or late arrival days.

Goals for Improvement #1:

The specific goal for improvement will be to increase the percent of full implementation as a school system to 50% from 39%. We have recently updated our student code of conduct and student handbooks. Along with that we have provided guidance to school administrators on levels of intervention to be utilized by schools based on the action or behavior of individual students. The lower levels of intervention no longer include recess detention. We don't state this specifically but it is language we would like to add to the student code of conduct. This will go a long way in improving our overall systemic percentage in this area. The goal of 50% full implementation is attainable and realistic by the next reporting time or survey date.

We

will strive to be at 50% full implementation by the end of the 2020-2021 school year.

Area for Improvement #2:

Schools utilizing food/beverages as a reward for student performance/behavior.

Based on the MWPPP Data report, SMCPS does not permit staff to use food/beverages as a reward for academic performance or good behavior. The report indicates, as a system, we are only at 17% towards full implementation.

Goals for Improvement #2:

To increase our percentage from 17% to 25% by the end of the 2020/2021 school year. Our local SHC Healthy Eating and Living (HEAL) sub-committee is looking for healthy options for fundraisers and after school events, ways to pay it forward to correct lunch debt, ways to engage in active lifestyles for the community and in schools and healthy food ideas. Please reference the link below for more information.

[SMCPS School Health Council Google Site \(HEAL Resources Page\)](#)

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):

TBD (Prior to July 1, 2020)

Method(s):

Press Release and Google Site

Families/Parents

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, email, school newsletter, and Google Site

Students

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, school newsletter, and Google Site.

Teachers

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, school newsletter, Superintendent's Monday Message, and Google Site

School Administrators

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, Superintendent's Monday Message, and Google Site

Other School Staff

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, Superintendent's Monday Message, and Google Site

Community Partners

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, email, and Google Site

Other

Date(s):

TBD (Prior to July 1, 2020)

Method(s):

Press Release, email, and Google Site

Resources:

[SMCPS SHC Google Site](#)

[MWPPP Report for St. Mary's](#)

[St. Mary's County Well Sat 3.0](#)

Thank You.