

# Maryland Wellness Policies and Practices Project

## School System Wellness Policy Report

School System: Catholic Charities

Policies Evaluated: Catholic Charities Family Services Wellness Policy Revised: 10/18

Summary of School Wellness Policy Scores				
WellSAT 3.0 Item	Comprehensiveness (weighted score)		Strength (weighted score)	
	Catholic Charities	MD	Catholic Charities	MD
Nutrition Education	100	71	40	65
Standards for USDA School Meals	71	48	43	25
Nutrition Standards	100	65	57	40
Physical Education & Physical Activity	64	53	43	26
Wellness Promotion and Marketing	82	48	73	25
Evaluation	88	66	88	32
<b>Overall</b>	<b>84</b>	<b>59</b>	<b>57</b>	<b>31</b>

### Strength and Comprehensiveness of your Wellness Policy measured using a New Tool

For 2018- 2019 of the MWPPP, we evaluated each school system's written wellness policy using the new WellSAT 3.0, developed by the Rudd Center for Food Policy & Obesity at the University of Connecticut. The WellSAT3.0, is an online standardized method of comparing wellness policy statements to new USDA school food requirements and current best practices or model language in areas of school wellness as recommended by an expert working group.

Please note: 1) MWPPP evaluated policies effective by 2017 or policies confirmed by School Health Council Leadership 2) not all WellSAT 3.0 policy items are part of current federal written wellness policy requirements and instead may be recommended best practices.

WellSAT3.0 generates scores ranging from 0 to 100 for both the comprehensiveness and strength of the policy language. Comprehensiveness refers to how well recommended content areas are covered in the policy, and strength refers to how strongly the content is stated. Policies with both recommended content and specific and directive language receive higher scores. You can learn more about the WellSAT3.0, or evaluate a school system's wellness policy through their website: <http://www.wellsat.org>.


### WellSAT 3.0 Policy Teams & Scoring Rubric

School wellness policies in Maryland were evaluated based on the degree to which they addressed 67 policy items, categorized into six sections:


Each policy item is rated as:

Policy Section	Number of Items
Nutrition Education	8
Standards for USDA School Meals	10
Nutrition Standards	13
Physical Education & Physical Activity	16
Wellness Promotion and Marketing	12
Evaluation	8





- "0" (not included in the text of the policy)
- "1" (weak, item mentioned but statement is vague, unclear, or confusing)
- "2" (string, item mentioned and specific/strong language is used, indicating that action or regulation is required)

Items in the report that are required by federal regulations are marked with the following icon: 

## Section 1: Nutrition Education







Policy Item	Rating	
Includes goals for nutrition education that are designed to promote student wellness.	 1	
Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2	
All elementary school students receive sequential and comprehensive nutrition education.	N/A	
All middle school students receive sequential and comprehensive nutrition education.	N/A	
All high school students receive sequential and comprehensive nutrition education.	N/A	
Nutrition education is integrated into other subjects beyond health education	1	
Links nutrition education with the school food environment.	1	
Nutrition education addresses agriculture and the food system.	2	
<b>Subtotal for Section 1: Nutrition Education</b>	<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100	<b>100</b>
	<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	<b>40</b>

## Section 2: Standards for USDA School Meals

Policy Item	Rating	
Assures compliance with USDA nutrition standards for reimbursable school meals.		1
Addresses access to the USDA School Breakfast Program.		1
District takes steps to protect the privacy of students who qualify for free or reduced priced meals.		N/A
Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.		N/A
Specifies how families are provided information about determining eligibility for free/reduced priced meals.		N/A
Specifies strategies to increase participation in school meal programs.		2
Addresses the amount of "seat time" students have to eat school meals.		N/A
Free drinking water is available during meals.		2
Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.		2
Addresses purchasing local foods for the school meals program.		0
<p style="text-align: center;"><b>Subtotal for Section 2: Standards for USDA School Meals</b></p>	<p><b>Comprehensiveness Score</b></p> <p>Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100</p>	<b>71</b>
	<p><b>Strength Score</b></p> <p>Count the number of items rated as "2" and divide this number by 10. Multiply by 100.</p>	<b>43</b>

**Section 3: Nutrition Standards**

Policy Item	Rating
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Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.		2
USDA Smart Snack standards are easily accessed in the policy.		1
Regulates food and beverages sold in a la carte.		N/A
Regulates food and beverages sold in vending machines.		N/A
Regulates food and beverages sold in school stores.		N/A
Addresses fundraising with food to be consumed during the school day.		N/A
Exemptions for infrequent school-sponsored fundraisers.		N/A
Addresses foods and beverages containing caffeine at the high school level.		N/A
Regulates food and beverages served at class parties and other school celebrations in elementary schools.		N/A
Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.		2
Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.		2
Addresses food not being used as a reward.		1
Addresses availability of free drinking water throughout the school day.		2
<b>Subtotal for Section 3: Nutrition Standards</b>	<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100	<b>100</b>
	<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 13. Multiply by 100.	<b>57</b>

**Section 4: Physical Education & Physical Activity**







Policy Item	Rating
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There is a written physical education curriculum for grades K-12.	2	
The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2	
Physical education promotes a physically active lifestyle.	2	
Addresses time per week of physical education instruction for all elementary school students.	2	
Addresses time per week of physical education instruction for all middle school students.	N/A	
Addresses time per week of physical education instruction for all high school students.	N/A	
Addresses qualifications for physical education teachers for grades K-12.	0	
Addresses providing physical education training for physical education teachers.	0	
Addresses physical education exemption requirements for all students.	0	
Addresses physical education substitution for all students.	1	
Addresses family and community engagement in physical activity opportunities at all schools.	2	
Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0	
Addresses recess for all elementary school students.	2	
Addresses physical activity breaks during school.	1	
Joint or shared-use agreements for physical activity participation at all schools.	0	
District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1	
<b>Subtotal for Section 4: Physical Education &amp; Physical Activity</b>	<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 16. Multiply by 100	<b>64</b>
	<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 16. Multiply by 100.	<b>43</b>

## Section 5: Wellness Promotion and Marketing

Policy Item	Rating	
Encourages staff to model healthy eating and physical activity behaviors.	2	
Addresses strategies to support employee wellness.	1	
Addresses using physical activity as a reward.	0	
Addresses physical activity not being used as a punishment.	0	
Addresses physical activity not being withheld as a punishment.	2	
Specifies marketing to promote healthy food and beverage choices.	2	
Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	 2	
Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2	
Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2	
Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2	
Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2	
Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	N/A	
<b>Subtotal for Section 5: Wellness Promotion and Marketing</b>	<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100	<b>82</b>
	<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	<b>73</b>

## Section 6: Evaluation

Policy Item	Rating	
Addresses the establishment of an ongoing district wellness committee.	2	
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.	 2	
Identifies the officials responsible for the implementation and compliance of the local wellness policy.	 2	
Addresses making the wellness policy available to the public	 2	
Addresses the assessment of district implementation of the local wellness policy at least once every three years.	 2	
Triennial assessment results will be made available to the public and will include:  1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	 2	
Addresses a plan for updating policy based on results of the triennial assessment.	 2	
Addresses the establishment of an ongoing school building level wellness committee.	0	
<b>Subtotal for Section 6: Evaluation</b>	<b>Comprehensiveness Score</b> Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100	<b>88</b>
	<b>Strength Score</b> Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	<b>88</b>

Overall School System Policy Score	
<b>Total Comprehensiveness</b>	<b>84</b>
<b>Total Strength</b>	<b>57</b>