

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:

Associated Catholic Charities

Wellness Policy Title:

Wellness Policy on Nutrition and Physical Fitness

St. Vincent's Villa Residential Services and Villa Maria School

Web Link:

<https://www.catholiccharities-md.org/services/villa-maria-school/information-about-our-services/>,
<https://www.catholiccharities-md.org/services/st-vincent-villa/>, and
<https://www.catholiccharities-md.org/wp-content/uploads/2021/04/2021April-Wellness-Policy.pdf>

If applicable, related local regulation title(s):

St. Vincent's Villa Residential Services

Web Links:

<https://www.catholiccharities-md.org/services/st-vincent-villa/information-about-our-services/>
and
<https://www.catholiccharities-md.org/wp-content/uploads/2021/04/2021April-Wellness-Policy.pdf>

Number of Schools/Sites in LEA:

3

Reporting Time Period/School Year(s):

2020 - 2021

January 2020

Person(s) Completing Tool:

Name: Linda Taylor MSM, RDN

Position: Registered Dietitian

Email: ltaylor2@cc-md.org

Phone Number: 667-600-3051

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:**

84

Overall Strength:

57

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:

Physical activity breaks during school.

Plans for Updating:

January 2020

RD would like to address this policy item, to gather The Wellness Committee's ideas on how this policy item could develop, and to get more information on what the issues are surrounding it. In the next update to the wellness policy, RD plans to address this policy.

Identified Policy/Regulation #2:

Food not being used as a reward. The policy's language strongly discourages using food as a reward, but does not prohibit it.

Plans for Updating:

RD would like to address this policy item in a Wellness Committee Meeting to gather the committee's ideas on how this policy item could improve, and to gather more information on what the issues are surrounding it.

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?

3

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/	<input checked="" type="checkbox"/>

- **Aggregate summary report is produced for local school systems.**

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. <https://www.healthiergeneration.org/take-action/schools>

- **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:

WellSAT 3.0

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.

January 2020

There are 3 LEA's and 100% of LEA's responded to the compliance tool. Percentages of compliance are as follows:

1. Nutrition Education Comprehensiveness: 100 compares well will MD (71),
Strength: scored lower than MD (65) at 40, which is our lowest score.
 2. Standards for USDA School Meals Comprehensiveness: 100 and compares well will MD (48),
Strength: scored higher than MD (25) at 100.
 3. Nutrition Standards Comprehensiveness: 100 compares well will MD (65),
Strength: scored higher than MD (40) at 83.
 4. Physical Education & Physical Activity Comprehensiveness: 85 and compares well will MD (53),
Strength: scored higher than MD (26) at 69.
 5. Wellness Promotion and Marketing Comprehensiveness: 100 and compares well will MD (48),
Strength: scored higher than MD (25) at 91.
 6. Evaluation Comprehensiveness: 88 and compares well will MD (66),
Strength: scored higher than MD (32) at 88.
- Overall Comprehensiveness: 96 and compares well will MD (59),
Strength: scored higher than MD (31) at 57.

The Wellness School Assessment Tool and the Maryland Wellness Policy and Practices Project were completed in 2020. In preparing for the 2020-2021 Triennial Assessment, these assessments were looked over very closely. The Wellness Policy was again revised and updated in April 2021, to be in better compliance with regulations on these assessments and some practices were changed.

IMPROVEMENTS in the Wellness Policy include:

- Elementary and middle school have sequential and comprehensive nutrition education.
- The Wellness Policy addresses the amount of "seat time" students have to eat school meals and have adequate time to eat.
- Wellness Policy addresses purchasing local and regional food whenever possible and economical.
- The USDA Smart Smacks Standards are easily accessed in the policy.
- Policy addresses and regulates food and beverages served at class parties and celebrations.
- Policy addresses food not being used as a reward.
- Policy addresses time per week of physical education instruction for all middle school students.
- Addresses physical education exemption for all students.
- Active transport (Safe Routes to School) is addressed in the Wellness Policy, as does not apply to students in our LEA's. Due to the need of constant supervision and the nature for the reasons children are admitted to SVV, children at SVV may not walk or bicycle to school.
- Addresses using physical activity as a reward.
- Addresses physical activity not being used as a punishment.

IMPROVEMENTS in the Maryland Wellness Policy and Practices Project:

- Provides technical assistance to schools for evaluating wellness policy implementation: all 3 LEA's are partially in place.
- Provides public updates on the content and implementation of wellness policies: all 3 LEA's are fully in place.
- Does not permit staff to use food/beverages as a reward for academic performance or good behavior: 2 LEA's partially in place and one is fully in place.
- Assures/Has a designated person that all foods and beverages sold to students during the school day meet the Maryland Nutrition Standards for All Foods Sold in Schools: No LEA's sell food or beverages to students, so this is N/A
- Did not permit physical activity to be used as punishment: all 3 LEA's are fully in place.
- Did not permit physical activity to be withheld as punishment: all 3 LEA's are fully in place.

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:

The Wellness Policy, Maryland Wellness Policies & Practices Project, Wellness School Assessment Tool, and USDA Civil Rights Statement was added to the St. Vincent's Villa and Villa Maria School Webpages. Access to the Wellness Policy is under it's own header.

Success #2:

We are teaching students, that healthy food tastes good! St. Vincent's Residential Center has a variety of sodium free spices available, and are receiving salad in addition to regular vegetable frequently.

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

The LEA and Wellness Committee: -Have an established committee that meets four times per year. – Stakeholders have opportunities to be active participants in planning, problem solving, decision making,

and evaluating services. –Utilize data to drive policy creation and revisions. –Fully integrate trauma-informed care into policies, procedures and practices so that our expectations are realistic.

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:

Now that COVID-19 has affected our facility and will affect us until the children are able to receive the COVID-19 vaccine, we need to identify how we can adapt our wellness practices to current and future situations.

Goals for Improvement #1:

Identify COVID-19 barriers to wellness and successes, what practices we can implement to improve wellness, and how we can improve and adapt our wellness program in regards to COVID-19 within the next year's Wellness Committee meetings.

Area for Improvement #2:

Coordinated services related to healthy eating and physical activity. St. Vincent's Villa bought a smoothie bike to have children make their own healthy smoothies (with ingredients such as: strawberries, yogurt, spinach, berries).

Goals for Improvement #2:

The next step is to ask and answer questions. How and what ingredients will be provided? Where will it be used? Who will help them use it? When will it be used?

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:

January 2020

School Board

Date(s):
May 2021

Method(s):
Website address as above for the Wellness Policy and Assessment

Families/Parents

Date(s):
May 2021

Method(s):
Website address as above for the Wellness Policy and Assessment
Additional notification via email and/or newsletter

Students

Date(s):
September 2021

Method(s):
Newsletter

Teachers

Date(s):
May 2021

Method(s):
Website address as above for the Wellness Policy and Assessment
Additional notification via email and/or newsletter

School Administrators

Date(s):
May 2021

Method(s):
Website address as above for the Wellness Policy and Assessment
Additional notification via email and/or newsletter

Other School Staff

Date(s):
January 2020

May 2021

Method(s):

Website address as above for the Wellness Policy and Assessment

Additional notification via email and/or newsletter

Community Partners

Date(s):

May 2021

Method(s):

Website address as above for the Wellness Policy and Assessment

Other

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

Thank You.