

# 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](mailto: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:

Don Bosco Cristo Rey

### Wellness Policy Title:

DBCR Wellness Policy

### Web Link:

Click or tap here to enter text.

### If applicable, related local regulation title(s):

Click or tap here to enter text.

### Web Links:

Click or tap here to enter text.

### Number of Schools/Sites in LEA:

1

### Reporting Time Period/School Year(s):

2018-2021

### Person(s) Completing Tool:

**Name:** Ben Runyon

**Position:** Vice President of Operations

**Email:** runyonb@dbcr.org

**Phone Number:** 301-891-4750

January 2020

## **Part 1: Comparison to a Model Wellness Policy**

### **WellSAT 3.0**

The MSDE recommends using WellSAT ([www.wellsat.org](http://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:**

65

#### **Overall Strength:**

51

### **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:**

Wellness Promotion and Marketing

#### **Plans for Updating:**

Policies on food promotion and marketing are informally in place but need to be formally added to the Wellness Policy

#### **Identified Policy/Regulation #2:**

Nutrition Standards for Other Foods and Beverages

#### **Plans for Updating:**

Language explaining NS8, NS12, and NS13 will be communicated to school staff and added to the Wellness Plan. These standards are being followed but are not mentioned in the Wellness Policy.

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**Other Comments:**

VP of Operations will be responsible to schedule Wellness Team meetings and invite participants at least two time per year. Assistant Principal for Student Life will be responsible to ensure compliance from all approved and posted flyers, announcements, and advertisements that involve foods or beverages.

**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?**

1

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

<b><u>Compliance Tools</u></b>	<b>Check if applicable</b>
<p><b>Maryland Wellness Policies and Practices Project school survey:</b> 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. <a href="http://www.marylandschoolwellness.org/">http://www.marylandschoolwellness.org/</a></p> <ul style="list-style-type: none"><li>• <b>Aggregate summary report is produced for local school systems.</b></li></ul>	<input checked="" type="checkbox"/>
<p><b>Maryland School Wellness Scorecard:</b> 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. <a href="http://www.eatsmartmaryland.org">http://www.eatsmartmaryland.org</a></p> <ul style="list-style-type: none"><li>• <b>LEA will need to produce aggregate summary report.</b></li></ul>	<input type="checkbox"/>
<p><b>School Health Index:</b> 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. <a href="https://www.cdc.gov/healthyschools/shi/index.htm">https://www.cdc.gov/healthyschools/shi/index.htm</a></p> <ul style="list-style-type: none"><li>• <b>LEA will need to produce aggregate summary report.</b></li></ul>	<input type="checkbox"/>

**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.**

Total schools: 1 Total schools responding to compliance tool: 1 The school does not participate in the Smart Snacks program. School is in compliance with physical activity goals and nutrition education and promotion goals. More education needs to be done with staff on marketing standards and non-sold foods and the standards need to be added to the Wellness Policy.

### **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:**

Three vending machines were added to the Cafeteria for beverage and snack sales during the school day. All offerings are in compliance with the nutrition standards, which resulted in students purchasing healthier foods rather than going outside of the school to buy non-compliant snacks.

#### **Success #2:**

During our year of virtual classes through the pandemic, Physical Education classes continued to be offered, encouraging our students to stay active even though they were stuck at home. One of our staff also offered a strength and conditioning class via Zoom during the lockdown last year enabling students to exercise at home.

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

Strategic staff members, such as the VP of Operations, Principal, AP for Student Life, Athletic Director, and Director of Counseling, are all aware of the Wellness Policy and are promoting its implementation in their respective areas.

#### **Areas of Improvement**

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**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:**

Regular meetings of the Wellness Committee

**Goals for Improvement #1:**

Wellness Committee will meet at least once during the 1<sup>st</sup> semester of SY2021-2022 and once during the 2<sup>nd</sup> semester

**Area for Improvement #2:**

Encouraging healthy food and beverage choices for classroom parties, club fundraisers, etc.

**Goals for Improvement #2:**

During staff orientation for SY2021-2022, include a segment covering the standards for advertising, selling, or offering foods and beverages for non-meal program occasions and give ideas and examples of healthy food alternatives.

**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):

Summer 2021

Method(s):

School website

January 2020

**Families/Parents**

Date(s):  
Summer 2021

Method(s):  
School website

**Students**

Date(s):  
Summer 2021

Method(s):  
School website

**Teachers**

Date(s):  
Summer 2021

Method(s):  
School website; Teacher orientation

**School Administrators**

Date(s):  
May 2021

Method(s):  
Meeting of school Leadership Team

**Other School Staff**

Date(s):  
Summer 2021

Method(s):  
School website

**Community Partners**

Date(s):  
Summer 2021

Method(s):  
January 2020

School website

**Other**

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

**Thank You.**