



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:

Maryland Department of Health

Wellness Policy Title:

Maryland Department of Health Wellness Policy

Web Link:

<https://health.maryland.gov/rica-balti/Documents/Wellness%20Policy.pdf>

<https://health.maryland.gov/jlgrica/Pages/home.aspx>

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:

3

Reporting Time Period/School Year(s):

2017-2018, 2018-2019,2019-2020 school years

Person(s) Completing Tool:

Name: Click or tap here to enter text.

January 2020

Position: Click or tap here to enter text.

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:

Score of 44 out of a possible 100.

Overall Strength:

Score of 28 out of a possible 100.

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:

Other foods Outside school meals: 1. At sites where other food outside of the meals are sold to students during the school day and on the school campus, the food will meet Maryland Nutrition Standards for All foods sold in school, Examples may include school stores or fundraisers

Plans for Updating:

At sites where other food outside of the meals are sold to students during the school day and on the school campus, the food will meet Maryland Nutrition Standards for All foods sold in school and comply with all federal and state and local standards or competitive foods. Including but not limited to meeting the USDA Smart Snacks standards: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

January 2020

Identified Policy/Regulation #2:

Nutrition Education and Nutrition Promotion - 5. Foods and beverages that are marketed and promoted must meet Maryland Nutrition Standards for All Foods Sold in School

Plans for Updating:

All Foods and beverages for sale to students on the school campus during the school day are consistent with the standards for federal school meal regulation, Maryland School Nutrition standards and the nutrition standards for Smart Snacks.

ADD

Only foods and beverages meeting the Maryland School Nutrition standards and Smart Snacks standards are allowed to be advertised or promoted in the school. All sites will prohibit all advertising of food and beverages that do not meet these standards.

Other Comments:

Physical Education and Physical Activity:

1. Each site will follow the State of Maryland physical education curriculum and standards and any local physical education standards for all grade levels served by the site when applicable.
2. Physical activity is encouraged throughout the school day and before and after school through any of the following activities:
 - a. Physical activity and movement breaks in the classroom
 - b. Clubs, sports teams and group activities promote physical activity including walking, bicycling, roller skating, basketball, gardening and nature walks.

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

3

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"/>
<p>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</p> <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>
<p>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</p> <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>
<p>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/</p> <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>
<p>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</p> <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>
<p>LEA survey tool: LEAs can develop their own tool to survey schools on compliance of their school wellness policy.</p> <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>

Other tool(s), if applicable:

Click or tap here to enter text.

Aggregate Summary of School-Level Compliance

January 2020

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.

See MWPPP Department of Health and Mental Hygiene Report - 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 1 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:

All 3 LEA's have established school wellness teams with diverse members from the school community, with regular scheduled meetings.

Success #2:

In accordance with USDA professional standards all dietary and nutrition staff at all sites are meeting their training requirements.

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

The Wellness Committee

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:

To establish a system-level school health council at all sites.

Goals for Improvement #1:

Establish an ongoing committee at the beginning of the school year that focuses on healthy eating and physical activity.

Biannually each Health Council will review and provide feedback on the Wellness Policy .

The Wellness Committee will take the updated information and compare it with Wellsat, a model Wellness Policy for Policy revision.

Area for Improvement #2:

The LEA's mechanism to encourage the broader school community or public involvement in wellness policy implementation and initiatives.

Goals for Improvement #2:

Include a family member and a student in each health council when applicable.

Each LEA will provide communication that promotes healthy eating and physical activity at least twice a year to stakeholders.

Other Comments:

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

N/A

Date(s):

Method(s):

Families/Parents

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.

Students

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.

Teachers

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.

January 2020

Also may be sent via email.

School Administrators

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.
Also may be sent via email.

Other School Staff

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.
Also may be sent via email.

Community Partners

Date(s):

no later than June 30th, 2021

Method(s):

The Triennial Assessment Report will be uploaded to the BHA website and the individual LEA websites.

Other

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

Thank You.