

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:

Mother Seton Academy

Wellness Policy Title:

Health and Wellness Policy and Procedures

Web Link:

<https://www.mothersetonacademy.org/mother-seton-academy-wellness-plan/>

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):

2018-19

Person(s) Completing Tool:

Name: Dr. Gregory Sucre

Position: Principal

Email: gsucre@mothersetonacademy.org

Phone Number: 410-563-2833

January 2020

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:

62

Overall Strength:

40

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:

Section 1: Nutrition Education

Includes goals for nutrition education that are designed to promote student wellness

Plans for Updating:

MSA already utilizes the Maryland State Health Education Curriculum in planning physical education and science classes. As part of our annual curriculum review process, teachers will use strands in those standards and embed them in new unites of Science Technology Engineering Art and Math curriculum for the coming school year.

Identified Policy/Regulation #2:

Section 6: Addresses a plan for updating policy based upon results of the triennial assessment.

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Plans for Updating:

MSA already uses parent and student participation in a Wellness committee as a way to review wellness policy and implementation. The effort will be broadened to incorporate shared surveys to teachers, students, and families that elicit views on fidelity between the plan, and ideal plan, and implementation of the plan. We will also plan for dedicated parent group meetings aimed at evaluating and sharing views on the wellness plan.

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?

1. We are only one school

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/ <ul style="list-style-type: none">● Aggregate summary report is produced for local school systems.	<input checked="" type="checkbox"/>
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 <ul style="list-style-type: none">● LEA will need to produce aggregate summary report.	<input type="checkbox"/>

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.

- 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.

Mother Seton Academy is an independent school and is not part of an LEA. We have only one site, 2215 Greenmount Avenue, Baltimore. We do not provide food items outside of the meal program. There are no snacks sold in vending machines or otherwise at Mother Seton Academy.

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Physical Activity Goals

We are in 95% compliance with our goals for physical activity. Goals for recess access and activity minutes during the week are on target. The only area for continued work may be in incorporating physical activity into academic lessons.

Nutrition Promotion Goals

We are in 100% compliance with our nutrition promotion goals.

Food and Beverage Marketing Standards

We are in 100% compliance with our nutrition marketing goals. During the course of the school year, signage is used to promote healthy food choices.

Non-sold Foods

Mother Seton Academy does not permit food to be brought in for student birthdays etc.

Other School Level Wellness Activities

We are in 100% compliance with our goals for Other School Level Wellness Activities.

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:

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Daily Recess

Mother Seton Academy has completed the construction of a dedicated gym facility. Previously if students were not able to participate in outdoor physical activity for recess due to weather or other constraints, there was no effective way to allow students to have access to physical activity except with constraints in smaller spaces or at later times in the day when weather would be more conducive. Now, students may have recess regardless of weather or any outdoor constraints because outdoor recess can be easily replaced with indoor gym access, if the need arises.

Success #2:

Other School Based Activities: Mindfulness

Mindfulness has been integrated into the day. Teachers have been trained by the school counselor to lead mindfulness sessions with their homeroom classes. Students are also taught how to practice mindfulness when they are alone or away from the school.

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

The Wellness plan forms the basis of discussion around implementation efforts and effectiveness of the school's efforts to promote wellness. Members are encouraged to gather oral feedback from students and families around the effectiveness of the effort and fidelity to the plan.

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:

Staff Wellness

Goals for Improvement #1:

To provide at least one day per school year that occurs during the 2021/22 school year and beyond to allow teachers to gather in reflective moments and engage in activities meant to promote mental and emotional well-being.

Area for Improvement #2:

Wellness Policy Monitoring

Goals for Improvement #2:

The Mother Seton Academy Health and Wellness Committee (HWC) will plan to introduce a reporting function to meetings of the Parent Association. The purpose of the report will be to

update parents about the wellness policy and its implementation. The HWC will report to the Parent Association twice per year beginning in the 2021/22 school year.

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): January 26, 2021

Click or tap here to enter text.

Method(s):

Email to president of board

Families/Parents

Date(s):

May 2016

Method(s):

Posting to school website

Students

Date(s): May 2016

Method(s):

Posting to school website

Teachers

January 2020

Date(s): May 2016

Method(s):

Presentation at faculty meeting

School Administrators

Date(s):

May 2016

Method(s):

Same as above.

Other School Staff

Date(s):

May 2016

Method(s):

Same as above

Community Partners

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

Other

Date(s):

Click or tap here to enter text.

Method(s):

Click or tap here to enter text.

Thank You.