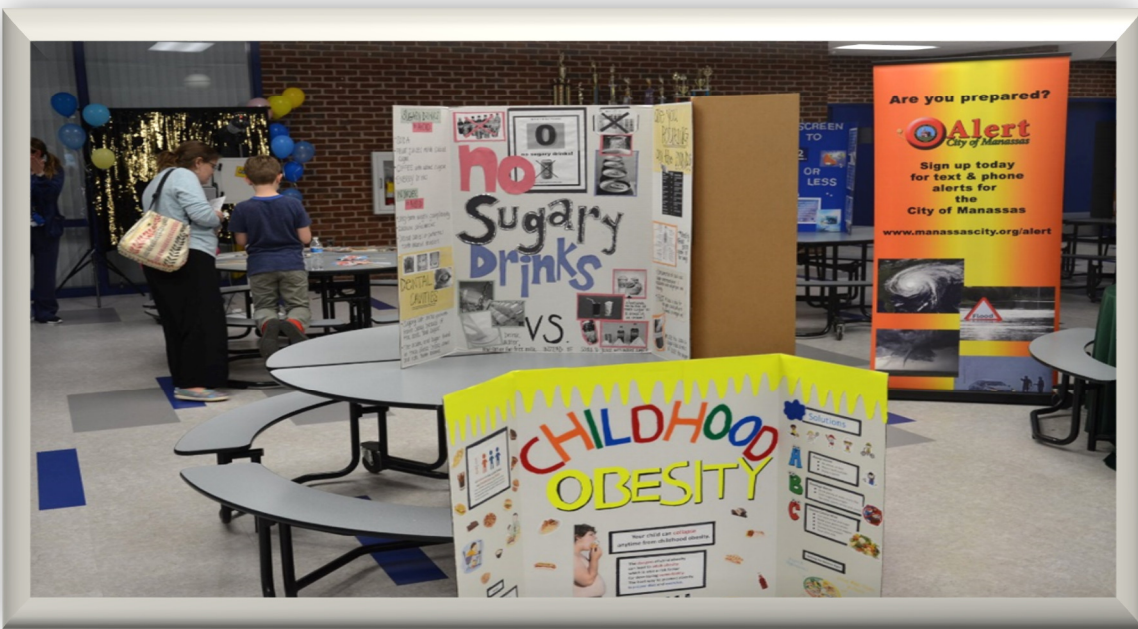


# Manassas City Public Schools

2016 - 2019 First Triennial Wellness Policy Assessment



## OVERVIEW & PURPOSE

In accordance with the federal Healthy, Hunger Free Kids Act of 2010, *Final Rule: Local School Wellness Policy Implementation*, Virginia Administrative Code §8VAC-20-740, and the Virginia Department of Education requirements for local educational agencies that participate in the National School Lunch and Breakfast Programs, Manassas City Public Schools (MCPS) presents the first triennial Wellness Policy report. The triennial report outlines updates on the progress and implementation of the district's wellness related policies and initiatives.

## AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Creating a school division that supports the well-being of the *whole child* is a responsibility shared among all students, parents, staff, departments, schools, and leaders within the community. The *Final Rule* requires school divisions designate individuals outside of the Food Service Department to help lead the oversight, implementation, and progress assessments of the Wellness Policy and its requirements. The district's Safe and Healthy Schools Advisory Committee provides broad oversight of the Wellness Policies. The Advisory Committee meetings are held three times a year and have a broad representation that includes students, staff, parents, administrators, department leaders, and community partners. Guests with a diverse spectrum of related information are invited to provide information on new programs, initiatives and community resources. The Supervisor of Nursing responsible for leading the Committee, policy oversight, and reporting. The Health & Physical Education Curriculum Specialist and the Director of Food and Nutrition Services are critical persons in the guidance and implementation of MCPS wellness related policies.

## WELLNESS POLICIES

The MCPS policies and regulations as related to Food Services and Wellness: EFB Food Services, JHCF-M Student Wellness, and JHCF-R Wellness, include all the identified regulations outlined in the Healthy, Hunger Free Kids Act of 2010 as well as state and division level expectations. The Wellness Policies are located on the division's website under School Board Policies and Regulations. These policies are living documents, undergoing periodic review and revision as needed or mandated.

- EFB Food Services
  - Adopted December 16, 2013
  - Last Revised July 23, 2019
- JHCF-M Student Wellness
  - Adopted August 13, 2013
  - Last Revised July 23, 2019
- JHCF-R Wellness
  - Adopted June 21, 2006
  - Last Revised January 19, 2018

## WELLNESS POLICY ASSESSMENT

To establish a baseline and comply with reporting requirements, MCPS conducted its first Wellness Policy Assessment for all of the nine district schools. The tool used for the district's assessment was the Virginia Department of Education's template, *School Level Report Card: Tool for the Triennial Assessment*. The resource was edited to reflect the MCPS policies and regulations as related to food service and wellness. The assessment tool was then distributed to each school's leadership for reporting. The tool also helps each site's leadership track the school's degree of compliance and progress towards attaining the division's goals.

## PROGRESS ASSESSMENT AND IMPLEMENTATION

The assessment data from the schools, in addition to other division information, was used to assess baseline progress of policy implementation.

The focus topics of the MCPS wellness policies and division level baseline data are provided in the following tables. Please note that MCPS policies include and encourage additional healthy practices that the division deems important, but that are not part of the *Final Rule*. Also, the division's wellness related policies include language that agrees with, but does not align exactly to the questions within the *Healthy School Assessment* so the assessment tool utilized the wording of the division policies and regulations to assess progress. For more information, please see the MCPS School Board Policies and Regulations; EFB Food Services, JHCF-M Student Wellness, and JHCF-R Wellness.

<p style="text-align: center;"><b>FOCUS 1 NUTRITION, HEALTH, AND WELLNESS INFORMATION</b></p>	<p style="text-align: center;"><b>FULLY IN PLACE</b></p>	<p style="text-align: center;"><b>PARTIALLY IN PLACE</b></p>
<p>Nutrition educational and promotional materials are age appropriate, delivered in a number of different instructional settings, and based on current dietary guidelines with an emphasis on consumer literacy and integration of nutrition, exercise, and healthy choices. Schools are enrolled as Team Nutrition Schools.</p>	<p style="text-align: center;"><b>FULLY IN PLACE</b></p>	
<p>Menus and related nutrition information on foods served in the cafeterias are available on the division website.</p>	<p style="text-align: center;"><b>FULLY IN PLACE</b></p>	
<p>Applications for free and reduced priced meals are made available at the beginning of each year. Applications are available year-round on the division website and upon request at each school.</p>	<p style="text-align: center;"><b>FULLY IN PLACE</b></p>	

<p align="center"><b>FOCUS 1</b> <b>NUTRITION, HEALTH, AND WELLNESS</b> <b>INFORMATION</b></p>	<p align="center"><b>FULLY IN PLACE</b></p>	<p align="center"><b>PARTIALLY IN PLACE</b></p>
<p>Food-tasting opportunities to gain feedback on food choices offered as part of the School Food Services Program.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Office of Food and Nutrition Services provides a list of healthy snack suggestions for classroom celebrations.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Health and wellness information is posted on the division website.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	

<p align="center"><b>FOCUS 2</b> <b>FOODS AND BEVERAGES, SOLD OR PROVIDED</b></p>	<p align="center"><b>FULLY IN PLACE</b></p>	<p align="center"><b>PARTIALLY IN PLACE</b></p>
<p>All schools participate in the National School Lunch Program, National School Breakfast Program, and the Special Milk Program.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Students have access to free, safe, unflavored drinking water to maintain hydration throughout the school day.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Federal school meal nutrition standards are followed for all foods and beverages available for sale on campus during the school day.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Adopted and implemented Smart Snacks nutrition standards for all items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p>Food and beverages provided during the school day for celebrations, treats, and rewards should make a positive contribution to children’s diets and health with an emphasis on serving fruits and vegetables, grains, meat/meat alternatives, and dairy products. The Office of Food and Nutrition Services will provide a list of health snack suggestions for classroom celebrations.</p>	<p align="center"><b>FULLY IN PLACE</b></p>	
<p><u>Fundraising Activities:</u> To support children’s health and school nutrition-education efforts, any school fundraising activity involving food sold for consumption during the school day should include only food and beverages that meet the same nutritional requirements defined above. Schools shall encourage fundraising activities that promote physical activity. Exempt fundraisers (those not meeting requirements</p>	<p align="center"><b>FULLY IN PLACE</b></p>	

<b>FOCUS 2 FOODS AND BEVERAGES, SOLD OR PROVIDED</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
under “Food and Beverages Sold”) are limited to no more than 30 per school per year.		
Foods and beverages offered or sold at school-sponsored events outside the school day shall make a positive contribution to children’s diets and health.		<b>PARTIALLY IN PLACE</b> 6 OF 9
Students sharing food and beverages with one another during meals or snack time is discouraged due to concerns for allergies, medical restrictions, or other dietary accommodations.	<b>FULLY IN PLACE</b>	

<b>FOCUS 3 PHYSICAL ACTIVITY</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
Physical education classes provide students with instruction aligned with the state standards and the MCPS Physical Education Curriculum in order to prepare students with the knowledge and skills to develop healthy lifestyles.	<b>FULLY IN PLACE</b>	
A variety of physical education activities shall be offered as electives in the high school.	<b>FULLY IN PLACE</b>	
Elementary teachers provide guidance and supervision during recess/physical activity and are encouraged to participate in physical activity with the students. Physical activity, nutrition, and health education are incorporated into lesson plans whenever appropriate.	<b>FULLY IN PLACE</b>	
Students shall be encouraged to lead physically active lifestyles and participate in physical activities before, during, and outside of school.	<b>FULLY IN PLACE</b>	
Recess/physical activity is provided for a minimum of at least 20 minutes each day at each elementary school.	<b>FULLY IN PLACE</b>	
Teachers may not deny recess as form of discipline except in unusual circumstances.	<b>FULLY IN PLACE</b>	
When weather conditions are below 32 degrees utilizing the “feels like” temperature, elementary school children shall not go outside for recess.	<b>FULLY IN PLACE</b>	

<b>FOCUS 4 HEALTHY AND SAFE SCHOOL ENVIRONMENT</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
All schools and buildings shall maintain an environment that is free of tobacco, alcohol, and other drugs.	<b>FULLY IN PLACE</b>	
Actively seek community involvement for updating and maintaining wellness related policies.	<b>FULLY IN PLACE</b>	
Wellness policies are posted on the website and available to families/community.	<b>FULLY IN PLACE</b>	
Health services are provided by Registered Nurses for students in the school setting to appraise, protect, and promote health and wellness.	<b>FULLY IN PLACE</b>	
Conduct and produce a triennial wellness report (every three years).	<b>FULLY IN PLACE</b>	

## OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

MCPS strives to create a positive school culture and environment to support students' health and well-being. There are a number of programs, partnerships, and highlights across the division. Here are a few of the successes.

- **Top Award for “Meal Access to Fight Hunger”**

Early in the 2018-19 School Year, MCPS established an after school dinner program. The program operates at Osbourn High School and provides meals, during the school year, to all children (up to age 18) from 3:30-5:30 pm, Monday through Thursday. MCPS received the top award in the “Meal Access to Fight Hunger” (below 10,000 student population) category for this program.

The division was one of six winners in the 2019 VSBA Food for Thought Competition. Winning divisions were recognized at the VSBA Conference on Education, which took place in Richmond July 23, 2019. The award was created in 2012 to educate, engage, and empower school leaders to address childhood hunger and provide all students in Virginia with healthier, more nutritious school meals.

- **Interactive Online Menus Powered by Nutrislice**

At the end of the 2018-19 School Year, MCPS took providing menus and nutritional information to the next level with the introduction of an interactive online menu on the division's website. Parents, students, and staff can take part in a digital experience that

allows them to view menus, allergens, carbohydrate counts, and additional features for each menu item offered. Features include:

- Nutrition facts at a glance
  - Customizable printable menus
  - Allergen filtering by item
  - Mobile device access
- **Staff Well-being**

To promote a healthy staff, the Department of Human Resources organizes adult wellness activities. Human Resources sponsors intramural sports amongst the division's schools and departments. Activities include bowling, volleyball, and kickball. After-hours exercise classes and Red Cross blood drives are also offered. Staff participation in these activities also demonstrates to students that wellness is a life-long pursuit. CPR and First Aid classes are offered several times a year, at no cost to employees, and are open to all staff members.
  - **A Full-time Registered Nurse for Every School Building**

The Code of Virginia Standards of Quality sets staffing requirements for local educational agencies. Divisions have the discretion, but are not required to provide some support positions at specified staffing ratios, but as are "...necessary for the efficient and cost-effective operation and maintenance of its public schools." There are no mandatory staffing ratios for school nurses in Virginia. MCPS believes in the important contribution that school nurses make to school wellness and provides a team of ten full-time Registered Nurses; nine Registered Nurses who serve full-time in the schools and a Supervisor of Nursing.
  - **Baldwin Intermediate**

Students participate in a Health course each quarter. This course provides in-depth education on health and wellness. It is independent of the physical education classes.

## ADDITIONAL INFORMATION

This report was prepared by the Supervisor of Nursing, Suzanne Renegar, MSN, RN; Director of Food & Nutrition Services, Montoya Jackson, MS, RD; and Lead Health and Physical Education Teacher, Ray Massey, BS, M.Ed. School principals provided input via a *School Level Report Card*. This tool provided the building administration an opportunity to track school compliance and progress toward attaining the goals of the division's Wellness Policy.