

SALEM CITY SCHOOLS WELLNESS POLICY

2017-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule for the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAc20-740, Salem City Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017 to 2020. The Triennial Assessment indicates updates on the progress and implementation of Salem City Schools' Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The schools included in this Triennial Assessment are: East Salem Elementary, South Salem Elementary, GW Carver Elementary, West Salem Elementary, Andrew Lewis Middle, and Salem High School.

Wellness Policy

The Salem City Schools wellness policy can be found at www.salem.k12.va.us. The policy can be found on the SCS website under School Board Policies. The Student Wellness Policy has been through multiple revisions over the past few years. Salem City Schools updates or modifies the Wellness Policy as appropriate.

- Dates of Revisions
- Current Policy-- Approved July 9, 2019 (revisions will be added in July 2021)
- Past Revisions: July 11, 2017, July 10, 2018
- Originally Adopted: June 8, 2006

Leadership

Dr. Forest I. Jones, with support from the SCS Health & Wellness Advisory Board shall implement and ensure compliance with the Local School Wellness Policy by leading the review, update, and evaluation of the policy.

Public Involvement: Wellness Policy Updates

Our Salem City Schools Health and Wellness Advisory Board has been a strong group of engaged citizens, experts in various areas of health and wellbeing, and important internal leaders and stakeholders for many years. Because of the group's focus and authority as a guiding/advisory body for the School Board, the overall process of policy updating and revisions is maintained by this body. However, we felt there were viewpoints and individuals that were underrepresented. To ensure we had diverse representation and engaged the community in the process, we invited students to participate for the first time and the head of our local YMCA and recreation department to participate in the updating process at our regular wellness committee meetings during the 2019-20 school year and beyond.

- Administrators
- Classroom teachers
- PE teachers
- School Food Authority representatives
- School nurse
- Community members
- Students
- Parents
- School Board members
- Medical/Healthcare professionals
- Virginia Cooperative Extension agents
- Local farmers, chefs, nutritionists

During the wellness committee meeting on May, 12, 2021, the committee reviewed and updated the policy. They went through Strengths, Weaknesses, and Opportunities for Improvement.

PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

In addition to the policy being available on our SCS website under BoardDocs. For the 2021-22 school year, our SCS website also has a new student wellness page that provides a wealth of information, resources, initiatives and a link to our wellness policy.

For the 2021-22 school year, the wellness policy continues to be available on our SCS website in the same locations (BoardDocs and student wellness page)

SCHOOL WELLNESS/CAFETERIA ADVISORY COMMITTEES

All schools have school wellness/cafeteria advisory committees under the leadership of the individual school's administration. The committees acted as the school leadership group around student and staff wellness. School committees vary in size and membership, however, the ideal committee consists of an administrator, grade level

teachers, physical education teacher, nurse, and at least one parent. Committees help the division wide committee with goals that the system will use. Goals are aligned with our wellness policy and best practices in school wellness.

WELLNESS POLICY PROGRESS ASSESSMENT

As part of the requirements outlined in the *Final Rule*, Salem City Schools conducted the first wellness policy progress assessment for all our 6 school sites (4 elementary schools, 1 middle school, and 1 high school). This initial assessment will act as our baseline and will be used to look at future goals and opportunities for our schools individually and collectively as a school division.

Salem City Schools used the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. This eight module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy. The eight modules included in the assessment are:

1. School Health and Safety Policies & Environment*
2. Health Education*
3. Physical Education and other Physical Activity*
4. Nutrition Services*
5. Health Services
6. Counseling, Psychological & other Social Services
7. Health Promotion for Staff*
8. Family and Community Engagement*

*Required module of the Healthy School Assessment

The division's School Health and Wellness Advisory Committee led the completion of the *Healthy School Assessment*. A **division level report** was generated by the Alliance for a Healthier Generation.

While there is an action plan component on the Alliance for a Healthier Generation portal, SCS are not currently using this tool to capture their wellness goals but we did use it as a resource to formulate ours.

PROGRESS ASSESSMENT FOR IMPLEMENTATION

The assessment data in addition to other division data was used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and baseline data form the division level are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the Healthy School Assessment. As such, we utilized our policy language to assess our program.

Nutrition Service and Food and Beverages

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools participate in the National School Lunch and breakfast program.	YES (we also have alternative breakfast models to enhance access at schools)	
Free, safe, unflavored drinking water is available to all students throughout the school day.	YES	
All food sold outside of the reimbursable school meals, including a la carte items and vending options by Nutrition Services meet the USDA Smart Snacks in School nutrition standards.		YES (4 are out of compliance- elementary schools)
All food and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day must meet or exceed the USDA Smart Snacks nutritional standards.		YES (Aramark director said some but not all meet Smart Snack standards, 4 out of compliance- elementary schools)
Encourage food and beverages that are offered during the school day meet the USDA Smart Snacks nutritional standards.		YES (Aramark director said some but not all meet Smart Snack standards, 4 out of compliance- elementary schools)
Nutrition Standards are provided to the community within the nutrition policy.	YES	

Nutrition Education

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Nutrition education essential topics are taught by health and physical education teachers (secondary) and physical education teachers (elementary)	YES	
Health, wellness, and nutrition information, including menus and nutritional information will be posted on the division's website		YES (Aramark will work on nutritional information being made available)
Applications for free and reduced priced meals will be made available at the beginning of each year and will be available on the division's website and upon request.	YES	
Will host periodical food-tasting opportunities to gain feedback on food choices offered as part of the school breakfast and lunch programs.	YES	
Food and beverage fundraisers during the school day must meet Smart Snacks standards.		YES (this is becoming more widespread because of allergy issues)
Advertising and marketing of food and beverages are permitted only if those items maintain the nutritional standards of Smart Snack in Schools.	YES	

Encourage healthy and non-food choices for celebrations, treats, and rewards.	YES (For National Breakfast Week this year we offered a bike as a prize)	
---	--	--

Nutrition Education and Physical Activity

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Promotes and offers opportunities for physical activity in a variety of ways including: before/after school programs, athletics, intramurals, brain boosters/breaks and active lessons/kinesthetic learning in the classroom.	YES	
Promotes active transport including walking and biking (where such activities can be conducted in a safe manner)	YES (4 of 6 schools have a walking track, the other 2 have a walking area)	
Recess is provided for at least 30 minutes (including transition time) most days during the school year (elementary only)	YES	
Prohibits taking away recess as a means of punishment for an individual or whole class (if make up work is necessary only ½ of recess time can be used for make-up session)		YES (this is always a last resort but we need to continue to work on this as a division)
Physical activity should not be imposed as a consequence for misbehavior.	YES	
Physical education will use age-appropriate, sequential curriculum consistent with national and state standards.	YES	

Provide a program of physical activity for elementary students consisting of at least 30 minutes each day of physical activity- or an average of 150 minutes per week.	YES	
Strive for at least 150 minutes of physical activity per week on average during the regular school year for secondary students (middle and high)	YES	
Evidence-based essential topics on physical activity will be included in the health education curriculum.	YES	

Community Engagement

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
When practicable, schools' indoor/outdoor facilities are available to students, families, community and other organizations.	YES	
Actively seek community involvement for updating and maintaining the wellness policy.		YES (we will continue to be more inclusive with this)
Annual notification to families/community on the basic information of the policy.		YES (we will post on our website for the community)
Conducting and producing a triennial report (every three years)	YES	

Other Wellness Components

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools will have school wellness councils.	YES	
Schools will create an annual School Wellness Action Plan.		YES (this is something each school committee can do)

DIVISION WELLNESS GOALS

Salem City Schools recognizes the importance of health and wellbeing on students' academic and future success. We have created structures and initiatives to ensure we are supporting the whole child.

The main goals and the current progress for the past 3 years (2017-2020) are indicated below in the chart.

GOALS	PROGRESS
Expand wellness integration through community partnerships.	Completed/continuous. Parks and Recreation and the YMCA have joined our division committee to help us with our division goal setting. (SY 2019-2020)
Name a Student Wellness coordinator for the division.	Completed 2017-2018
Establish School Wellness/Cafeteria Advisory Committees at all schools in the division.	Completed 2017-2018
Change school start times to reflect current research and recommendations related to health and safety of students.	Completed 2020-2021
Meet more often as a division committee	Completed and continuous
Change the unpaid meal policy for all students in SCS	Completed 2020-2021

Current and past goals have helped establish a framework and foundation to implement the updated wellness policy. Division and individual school goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations.

GOALS FOR NEXT 3 YEARS (2021-2023)

Salem City Schools will continue to stay committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities in this year's assessment.

Goals to be completed by the next triennial report (2023-2024)

- 1. Nutrition Education Goal- 70% of all teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. This will include more education on nutritional facts--i.e-- calories, sodium fiber.**
- 2. Nutrition Promotion Goal-- Salem City Schools will offer at least one family-focused event during the school year supporting health promotion (e.g-- Salem City Schools Family Community Resource Fair/Open House that is sponsored by SCS Title I Program)-system wide event with Salem Parks & Rec/Salem YMCA/School nurses, Drug task force, mental health advocates.**
- 3. Student Wellness Goal-- Salem City Schools will collaborate with the Virginia Cooperative Extension's Family Nutrition Program on a 'farm to school'/garden to go activity to help 3rd and 4th grade students practice sustainable living by creating a school garden and using the items in a 'kitchen classroom' at our two elementary schools that have the highest percentage of free and reduced lunch students.**

QUALITY OF OUR SCS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under *Final Rule*, we used the WellSAT 3.0 tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in SCS that are not indicated in the policy. This assessment only recognizes items explicitly indicated in the policy and does not take into account common practices that aren't identified or described in the policy.

An assessment was completed in April 2021 by SCS Wellness Policy Chair on the current wellness policy that was approved by the School Board in July 2020. The overall comprehensiveness score was 89 and the overall strength was 52.

OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

Our schools and division are leading the way on creating a healthy school culture and environment and supporting our students' health and well-being. There are too many great programs, partnerships, and highlights across our country to recognize within this report, however, here are a few successes to mention.

HIGHLIGHTS 2017-2018

- Successfully implemented a 'Grab and Go' alternative breakfast model at East Salem Elementary and GW Carver Elementary.
- Successfully implemented a 'Breakfast After the Bell' alternative breakfast model at Andrew Lewis Middle School and Salem High School.
- The Virginia Department of Health awarded SCS a \$9,000 grant for GW Carver Elementary to improve their equipment for school nutrition.
- Expanded Summer meals to include the Salem Public Library.

HIGHLIGHTS 2018-2019

- The food service contract went out to bid in Spring 2019. We have several presentations for our cafeteria managers, students, administrators, and parents. Aramark was awarded the contract and one of our main priorities was to improve food quality and healthy eating habits of our students and staff.
- SCS participated in a 'Summer Read and Feed Program' to get healthy food into the hands of our students and free books. This was a collaboration with local organizations such as food banks and churches.
- Expanded Summer meals to include our local YMCA.

HIGHLIGHTS 2019-2020

- Expanded the Health & Wellness division committee to include Parks & Recreation, Students, Aramark food services, YMCA, and Student Services.
- Began discussions with Virginia Cooperative Extension about a program including farm to school and student gardens.
- Aramark teamed with the SCS transportation department and others to use a bus meal delivery system daily to provide breakfast and lunch to all students. This system continued into the summer months.

PREPARATION OF THIS REPORT & ADDITIONAL INFORMATION

This report was written by the Health & Wellness Board Chair, Dr. Forest I. Jones, and reviewed by the Health & Wellness Advisory Board. For additional information, please email fjones@salem.k12.va.us

