

## District Wellness Policy Annual Progress Report 2019

School District: Lexington Co. School Dist. One

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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Steps to implement, challenges/barriers	Data source for monitoring; Next steps for full implementation/expansion
<b>District Wellness Committee/Coordinated District Health Advisory Council</b>					
<b>Policy Leadership</b>					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified.(PO-3)	X			The Director of Food Service and Nutrition is listed in the Board Policy as the designated officer. The Field Supervisor for FSN is the acting Wellness Coordinator. Challenges include getting administrators to reply to requests.	The district Wellness Committee was formed last school year. Goal is to effectively communicate with the school committee wellness leader, obtain feedback on what their school would like for the district wellness team to consider and encourage schools to complete the Alliance for Healthier Generation Assessment.
<b>Public Involvement</b>					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy		X		The District Wellness Committee was established last school year. Committee meets at least twice a year and has met once this school year. (2018-2019). Challenges include the committee knowing what is expected of them and their roles as a committee in regards to the school board policy	Seek more guidance from the Health Team from SCDE. Better understand as a committee what the expectations are from SCDE.
3. To the extent possible, Committee includes parents/legal guardians, students, representatives of district nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. (PO-3)		X		The Wellness Committee is comprised of parents, representatives of FSN, district officials, district health professionals, one school board member, general public and a physical education teacher. Challenges include scheduling meeting times where the majority of the committee is available to meet.	Continue to meet at least twice a year. Improve communication within the committee by way of email and meetings when necessary. Committee to invite students to participate.
<b>School Meals</b>					
4. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)		X		The policy states that foods and beverages are not to be used as a reward or punishment, however ,until all schools have answered the assessment, the committee will be unable to know if the schools are in compliance. Challenges include getting all teachers to change old habits since foods especially, have been used as a reward for many years , and getting administration to enforce the policies in place.	Committee can provide school administrators with a list of alternative ideas for rewards to share with teachers and staff.
5. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)		X		Policy states that there is to be at least 20 minutes allowed for lunch to be consumed. However, until all schools have answered the assessment, the committee will be unable to know if the schools are in compliance. Challenges include getting administrators to look at the schedules and complete the assessment.	Encourage the administrators to complete the assessment.
<b>Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)</b>					
6. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards (SS-1, SS-2)		X		Policy states that all foods and beverages sold outside of the school meal program meet USDA guidelines, however until all schools have answered the assessment, the committee will be unable to know if the schools are in compliance.	Committee can encourage the school teams to complete the assessment.
7. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses (SS-4)	X			Policy states that standards will be established for foods made available, but not sold, during the school day. The barriers include getting parents on board with bringing only Smart Snack compliant foods to the students. This has been a hot topic of conversation for the committee since it's first meeting, and continues to be.	Encourage parents to only provide foods that are USDA Smart Snack compliant and to encourage the School Board to adopt policy that states it as mandatory. However, it will still fall on the schools to be compliant and enforce the rule, if established.
<b>Food and Beverage Marketing</b>					

8. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (P0-3)	X			Policy states that "Contracts for goods or services that include a food and beverage marketing component executed after June 30, 2017, must conform to federal nutrition standards. No exceptions will be granted." However, until all schools have answered the assessment, the committee will be unable to know if the schools are in compliance.	Encourage school teams to complete the assessment and enforce the policy.
<b>District Goals for Health &amp; Wellness</b>					
<b>Nutrition Education</b>					
10. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP.(NS-8, NS-12, HPE-11)	X			The school cafeterias are provided with healthy food and nutrition posters to place in the cafeterias. Meal Viewer menus provide nutritional information to parents and students. Teachers provide nutrition information throughout the year, some schools have small gardens, offer field trips to local farms, participate in taste testing of a variety of healthy foods, etc.	Encourage school teams to complete the assessment.

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<b>Nutrition Promotion</b>					
11. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	X			School cafeterias use the Smarter Lunchroom Techniques. Menus appear with nutritional information in the MealViewer app, on the districts web page and via the televisions in the cafeteria	
12. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.(NS-5, SS-3)	X			Marketing using social media platforms such as Twitter, Instagram and Facebook. Marketing on the televisions in the cafeteria and via the districts webpage. Meal Viewer is used in the school cafeterias and is available to parents and the community promoting the school food programs.	
<b>Physical Activity</b>					
13. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education.( PO-8, PA-4, PA-3, PA-2)		X		<p>State law requires 90 minutes/week of physical activity beyond physical education instruction. All elementary schools offer 20 minutes of recess daily to meet this requirement.</p> <p>Walking tracks open to the community. A variety of activities are offered throughout the district such as kayaking, karate, hiking, swimming, running clubs, biking, etc. in addition to many types of sports</p> <p>Middle and high schools are not required to offer recess. Teachers are not required to integrate movement/learning breaks.</p> <p>Not all schools encourage before and after school activity</p> <p>Not all schools encourage family and community engagement</p>	<p><a href="#">Student Health and Fitness Act of 2005</a></p> <p>Clarify movement requirements and expectations for middle and high school.</p> <p>Reach out to schools to find out exactly what activities/programs each school uses to engage students before and after school.</p> <p>Reach out to schools to find out exactly what activities/programs each school uses to engage parents and community before and after school.</p> <p>Develop repository of suggested activities and programs that schools can use to engage all stakeholders in physical activity.</p>
14. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)		X		State law and district policy forbid withholding physical activity during the school day as punishment. However, some schools allow teachers to dictate the type of physical activity as a form of punishment. This is only at the elementary level. There are no requirements at the middle or high school level.	<p><a href="#">Student Health and Fitness Act of 2005</a></p> <p>Clarify movement requirements and expectations for middle and high school.</p> <p>Ensure school administrators enforce district policy about not restricting physical activity as a means of punishment.</p>
<b>Physical education</b>					
15. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	X			Our district does have an age-appropriate, sequential PE curriculum consistent with national and state standards for PE.	<p><a href="#">Student Health and Fitness Act of 2005</a></p> <p>Audit PE programs at each school.</p> <p>Professional development for all PE teacher</p> <p>Create professional learning network for PE teachers</p>
16. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.		X		Elementary schools do not offer adaptive PE instruction. At some of our middle and high schools, students with special needs can participate in Unified PE or Project Unify. These adaptive classes include regular education students.	<p><a href="#">Student Health and Fitness Act of 2005</a></p> <p>Work with Special Education department to train PE teachers in how to adapt activities for special education students</p> <p>Visit school districts that have implemented quality adaptive PE program.</p>
<b>Update/Inform the Public</b>					

<p>17. implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the Annually, the public is notified about the content and wellness policy. (P0-3)</p>	<p><b>X</b></p>			<p>The district Wellness Committee was established last school year. The wellness brochure the committee created was available at the school class assignment days and in the school's front office. The contact information is on the brochure along with how interested persons can become a member of the committee or receive additional information.</p>	<p>The Wellness Committee can develop more ways to reach the public, including information about the committee on the district webpage and encourage the schools to share information with the parents at PTO, PTA, SIC meetings.</p>
<p>18. Every three years, the district assesses compliance with the policy, how it compares to published state and federal model wellness policies and the district's progress in attaining the goals of the policy. Results and policy modifications, as needed, will be made public. (P0-3)</p>		<p><b>X</b></p>		<p>The Wellness Committee is in the process of encouraging the schools to complete the assessment so that we can pull a district assessment from Alliance for Healthier Generation site as to help set goals for the schools and district.</p>	<p>Encourage school teams to complete the assessment and enforce the policy. Once all schools have completed the assessment, the committee can begin studying the results and setting goals for the future.</p>
<p>19. Records will be maintained to document compliance with the requirements of the wellness policy including items 12, 13, 14 and 15 above.</p>		<p><b>X</b></p>		<p>The wellness committee has not asked for any records to establish the compliance of the items in question.</p>	<p>The committee will seek to better understand the requirements and to provide the requested documentation to be in compliance.</p>

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<b>Other School Based Strategies for Wellness</b>					
20. SFAs must include, a minimum, one goals for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below.)			X		
<b>Optional Goals</b>					
Goal - offer healthy snacks for parents to purchase for classroom parties		x		<p>flier and marketing material developed for healthy snacks parents may purchase through the cafeteria for classroom parties</p> <p>A wellness flier developed to inform the public of the wellness initiative for Lexington One</p> <p>Barriers - parents knowing about this opportunity. It has been off to a slow start. Will continue to market this opportunity and share with local school PTA/SIC committees</p>	<p>Monitored via the orders received.</p> <p>Parents that are using this resource have shared how much they appreciate it.</p>
Strategy - The foodservice program to develop information of items parents may purchase through the cafeteria for classroom celebrations that meet the smart snack requirements				Flier developed and shared via social media and on school websites	Continue to market this program and make parents aware.
<b>Success/Updates/Activities/Events:</b>					

## LWP Annual Progress Report

### Healthier Generation Items addressing USDA LWP requirements and SCSBA Model LWP

#### PO-3. Local wellness policies:

Has your school implemented the following components of the local education agency's (LEA) or district's local school wellness policy?

- Specific goals for nutrition education and promotion activities
- Specific goals for physical activity opportunities
- Specific goals for other school-based activities that promote student wellness
- Nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and

#### Smart Snacks in School

- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents)
- Policies for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the **school campus** during the school day.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local school wellness policy
- Identified one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy
- Informed and updated the public (including parents, students, and others in the community) about the local school wellness policy on an annual basis
- At least once every three years, measure:
  - The extent to which schools are in compliance with the local school wellness policy,
  - The extent to which the local education agency's local wellness policy compares to model local school wellness policies, and
  - The progress made in attaining the goals of the local wellness policy, and made this assessment available to the public.

#### PO-8. Family engagement in school decision making:

#### NS-5. Promote healthy food and beverage choices using marketing & merchandising techniques:

NS-8 Collaboration between nutrition services staff members and teachers\*

NS-9 Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus

NS-10 Prohibit using food as reward or punishment\*

NS-11 Adequate time to eat school meals

NS-12 Farm to School activities:

SS-1 All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards:

SS-2 All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards:

SS-3 Food and beverage marketing:

SS-4 All foods & beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards:

#### HPE-3. Sequential physical education curriculum consistent with standards\* HPE-11.

Essential topics on healthy eating

PA-2 Availability of physical activity breaks in classrooms:

PA-3 Promotion or support of walking and bicycling to school:

PA-4 Availability of before and after school physical activity opportunities: **PA-6.**

Prohibit using physical activity as punishment:

PA-7. Prohibit w/holding recess as punishment (ES only)\*

\*Included in SCSBA Model LWP

**PO** (Policy & Environment); **NS** (Nutrition Services); **SS** (Smart Snacks); **HPE** (Health & Physical Education); **PA** (Physical Activity)